

SAMPLE ITINERARY AESTHETIC+ 7 NIGHTS

DAY 1

12:00 - 12:30 Anti-ageing Doctor Consultation
13:00 - 14:00 **LUNCH**
15:00 - 15:30 Aesthetic Doctor Consultation
16:00 - 16:50 RAKxa Relaxing Massage
19:30 - 20:30 **DINNER**

DAY 3

08:00 - 09:00 **BREAKFAST**
09:30 - 10:20 Personalised Aesthetic Treatment (using treatment credits)
13:00 - 14:00 **LUNCH**
15:00 - 16:30 Body Perfect Draining & Contouring Treatment
19:30 - 20:30 **DINNER**

DAY 5

08:00 - 09:00 **BREAKFAST**
13:00 - 14:00 **LUNCH**
15:00 - 16:00 Hand Massage
19:30 - 20:30 **DINNER**

DAY 7

08:00 - 09:00 **BREAKFAST**
13:00 - 14:00 **LUNCH**
15:00 - 16:20 Personalised Aesthetic Treatment (using treatment credits)
19:30 - 20:30 **DINNER**

DAY 2

07:00 - 08:00 Laboratory Investigations
08:00 - 09:00 **BREAKFAST**
10:00 - 10:45 Functional Fitness Assessment (FFA)
11:00 - 11:03 Facial Skin Analysis (VISIA)
13:00 - 14:00 **LUNCH**
15:00 - 16:00 Beauty Refresh IV
16:30 - 17:20 Facial Acupuncture
17:30 - 18:50 Personalised Holistic Treatment (using treatment credits)
19:30 - 20:30 **DINNER**

DAY 4

08:00 - 09:00 **BREAKFAST**
11:00 - 12:00 Personalised Aesthetic Treatment (using treatment credits)
13:00 - 14:00 **LUNCH**
15:00 - 16:20 Foot Massage
19:30 - 20:30 **DINNER**

DAY 6

08:00 - 09:00 **BREAKFAST**
13:00 - 14:00 **LUNCH**
15:00 - 16:20 Manual Lymphatic Drainage Massage
19:30 - 20:30 **DINNER**

DAY 8

08:00 - 09:00 **BREAKFAST**
11:00 Departure / Check-out

*Remark:

This is a sample itinerary for reference only. Your schedule will be personalised following your health assessment and consultation, with treatment timings and sequence adjusted to suit your individual needs.

Make the Most of Your Stay with Our Daily Group Classes

SAMPLE WELLNESS ACTIVITIES

TIME	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
07:00	 MORNING YOGA RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 RAKxa RISE AND SHINE RAKxa GAYA	 STRETCHING RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 TAI CHI RAKxa GAYA
10:00	 TAI CHI RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA 	 PILATES RING RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA 	 YOGA FLOW RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA 	 ACTIVE BRAIN COORDINATION RAKxa GAYA
15:00	 ACTIVE SUSPENSION RAKxa GAYA	 HIIT RAKxa GAYA	 ACTIVE BRAIN COORDINATION RAKxa GAYA	 ANIMAL FLOW RAKxa GAYA	 LATIN BEAT CARDIO DANCE RAKxa GAYA	 ACTIVE SUSPENSION RAKxa GAYA	 HIP TWIST RHYTHMIC DANCE RAKxa GAYA
17:00	 STRETCHING RAKxa GAYA	 AQUA AEROBIC BOXING RAKxa GAYA	 SUNSET YOGA RAKxa GAYA	 AQUA AI CHI RAKxa GAYA	 PILATES MAT FOUNDATION RAKxa GAYA	 AQUA AEROBIC WITH NOODLE RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA

 Light Intensity  Moderate Intensity  High Intensity



THB 1,200 per person per class

*Full-price charge will be applied on any cancellation made within 24 hours of class date/time.



Special Event

• Wellness activities are updated weekly, with new experiences to explore throughout your stay.

• If it rains:

- Aqua boxing, noodle and hand buoy will change to HIIT class.
- Aqua Ai chi will change to Fascia release class.