

SAMPLE ITINERARY DESTRESS+ 10 NIGHTS

DAY 1

11:00 - 11:50 Health & Wellness Consultation
12:00 - 12:30 Anti-ageing Doctor Consultation
13:00 - 14:00 **LUNCH**
16:00 - 16:50 Aromatherapy Massage
19:30 - 20:30 **DINNER**

DAY 3

08:00 - 09:00 **BREAKFAST**
09:30 - 10:20 Head to Toe Stretch
10:30 - 11:20 Angel Stone Healing
13:00 - 14:00 **LUNCH**
15:00 - 16:20 RAKxa Signature Sleep Enhancement
19:30 - 20:30 **DINNER**

DAY 5

08:00 - 09:00 **BREAKFAST**
09:30 - 10:20 Personalised Corrective Exercise
10:30 - 11:20 Pranayama
13:00 - 14:00 **LUNCH**
15:00 - 15:50 Chi Nei Tsang
19:30 - 20:30 **DINNER**

DAY 7

08:00 - 09:00 **BREAKFAST**
11:00 - 11:20 Weber IV Laser Therapy
13:00 - 14:00 **LUNCH**
15:00 - 16:00 Shirodhara
19:30 - 20:30 **DINNER**

DAY 9

08:00 - 09:00 **BREAKFAST**
11:00 - 11:20 Whole Body Light Therapy
13:00 - 14:00 **LUNCH**
15:00 - 16:20 RAKxa Stress Release Treatment
19:30 - 20:30 **DINNER**

DAY 11

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

DAY 2

07:30 - 08:15 Laboratory Investigations
08:15 - 08:30 Body Composition Analysis
08:30 - 09:30 **BREAKFAST**
10:00 - 10:45 Functional Fitness Assessment (FFA)
11:15 - 12:05 Private Tai Chi
13:00 - 14:00 **LUNCH**
15:00 - 15:45 Hyperbaric Oxygen Therapy
16:30 - 17:20 Thai Pure Nutrient Hair and Scalp Massage
19:30 - 20:30 **DINNER**

DAY 4

08:00 - 09:00 **BREAKFAST**
09:30 - 10:20 Thai Boxing (with Fitness Instructor)
11:00 - 12:00 Immune Myer IV
13:00 - 14:00 **LUNCH**
15:00 - 15:50 Traditional Thai Ya-Pao Detoxification Therapy
19:30 - 20:30 **DINNER**

DAY 6

08:00 - 09:00 **BREAKFAST**
09:30 - 11:20 Mano Maya (Stress Management)
13:00 - 14:00 **LUNCH**
15:00 - 16:00 Brain Booster IV
16:30 - 17:50 Traditional Thai Ya-Chae
19:30 - 20:30 **DINNER**

DAY 8

08:00 - 09:00 **BREAKFAST**
11:00 - 11:03 Cryo Sauna Therapy
13:00 - 14:00 **LUNCH**
15:00 - 16:00 Navarakizhi
19:30 - 20:30 **DINNER**

DAY 10

08:15 - 08:30 Body Composition Analysis
08:30 - 09:30 **BREAKFAST**
11:15 - 11:45 Anti-ageing Doctor Consultation
13:00 - 14:00 **LUNCH**
15:00 - 16:00 Antioxidant Boost-up IV
19:30 - 20:30 **DINNER**

*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	 STRETCHING RAKxa GAYA	 ACTIVE SUSPENSION RAKxa GAYA	 HIIT RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 TAI CHI RAKxa GAYA	 YOGA FLOW RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA
10:00	 PILATES REFORMER FOUNDATION RAKxa GAYA	 BASIC CHAIR YOGA RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA	 ANIMAL FLOW RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA	 HIIT RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA
15:00	 ACTIVE BRAIN COORDINATION RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 PILATES RING RAKxa GAYA	 FITBALL RAKxa GAYA	 HIP OPENER RAKxa GAYA	 HIP TWIST RHYTHMIC DANCE RAKxa GAYA
17:00	 FLY STRETCH RAKxa GAYA	 AQUA AEROBIC BOXING RAKxa GAYA	 YOGA FLOW RAKxa GAYA	 AQUA AI CHI RAKxa GAYA	 ACTIVE SUSPENSION RAKxa GAYA	 AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	 ABS, BUTT AND THIGHS 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.