

SAMPLE ITINERARY DESTRESS 7 NIGHTS

DAY 1

11:00 - 11:50

12:00 - 12:30

13:00 - 14:00

16:00 - 16:50

19:30 - 20:30

Health & Wellness Consultation

Anti-ageing Doctor Consultation

LUNCH

Aromatherapy Massage

DINNER

DAY 3

08:00 - 09:00

09:30 - 10:20

10:30 - 11:20

13:00 - 14:00

15:00 - 16:20

19:30 - 20:30

BREAKFAST

Thai Boxing (with Fitness Instructor)

Angel Stone Healing

LUNCH

RAKxa Signature Sleep Enhancement

DINNER

DAY 5

08:00 - 09:00

09:30 - 10:20

11:00 - 12:00

13:00 - 14:00

15:00 - 15:50

19:30 - 20:30

BREAKFAST

Pranayama

Brain Booster IV

LUNCH

Chi Nei Tsang

DINNER

DAY 7

08:15 - 08:30

08:30 - 09:30

11:00 - 11:20

13:00 - 14:00

15:00 - 16:00

19:30 - 20:30

Body Composition Analysis

BREAKFAST

Whole Body Light Therapy

LUNCH

Shirodhara

DINNER

DAY 2

08:15 - 08:30

08:30 - 09:00

10:00 - 10:45

11:15 - 12:05

13:00 - 14:00

15:00 - 15:45

16:30 - 17:20

19:30 - 20:30

Body Composition Analysis

BREAKFAST

Functional Fitness Assessment (FFA)

Private Tai Chi

LUNCH

Hyperbaric Oxygen Therapy

Thai Pure Nutrient Hair and

Scalp Massage

DINNER

DAY 4

08:00 - 09:00

09:30 - 10:20

11:00 - 12:00

13:00 - 14:00

15:00 - 15:50

19:30 - 20:30

BREAKFAST

Personalised Corrective Exercise

Immune Myer IV

LUNCH

Traditional Thai Ya-Pok

Therapeutic Massage

DINNER

DAY 6

08:00 - 09:00

11:00 - 11:03

13:00 - 14:00

15:00 - 16:20

16:30 - 17:50

19:30 - 20:30

BREAKFAST

Cryo Sauna Therapy

LUNCH

Scalp Acupuncture

RAKxa Stress Release Treatment

DINNER

DAY 8

08:00 - 09:00

11:00

BREAKFAST

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