

SAMPLE ITINERARY

HORMONAL REBALANCE+

10 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
RAKxa Relaxing Massage
DINNER

DAY 3

08:00 - 09:00
09:30 - 10:20
10:30 - 11:20
13:00 - 14:00
15:00 - 16:00
19:30 - 20:30

BREAKFAST
Private Tai Chi
Zen Na Tai
LUNCH
Traditional Thai Women (or Men)
Care Massage
DINNER

DAY 5

08:00 - 09:00
09:30 - 10:50
10:30 - 11:50
13:00 - 14:00
15:00 - 15:50
19:30 - 20:30

BREAKFAST
Active Brain Coordinating Exercise
Personalised Energy Medicine Treatment
LUNCH
Traditional Chinese Acupuncture
DINNER

DAY 7

08:00 - 09:00
11:00 - 12:00
13:00 - 14:00
15:00 - 16:00
19:30 - 20:30

BREAKFAST
Antioxidant Boost-up IV
LUNCH
Shirodhara
DINNER

DAY 9

08:00 - 09:00
09:30 - 10:50
11:00 - 11:03
13:00 - 14:00
15:00 - 18:00
19:30 - 20:30

BREAKFAST
RAKxa Signature Sleep Enhancement
Cryo Sauna Therapy
LUNCH
Gut Health IV
DINNER

DAY 11

08:00 - 09:00
11:00

BREAKFAST
Departure / Check-out

DAY 2

07:30 - 08:15
08:15 - 08:30
08:30 - 09:30
10:00 - 10:45
11:15 - 12:05
13:00 - 14:00
15:00 - 15:25
16:30 - 17:15
19:30 - 20:30

Laboratory Investigations
Body Composition Analysis
BREAKFAST
Functional Fitness Assessment (FFA)
Personalised Corrective Exercise
LUNCH
Traditional Chinese Medicine Diagnosis
Hyperbaric Oxygen Therapy
DINNER

DAY 4

08:00 - 09:00
09:30 - 10:20
11:00 - 11:45
13:00 - 14:00
15:00 - 16:50
19:30 - 20:30

BREAKFAST
Private Tai Chi
Hyperbaric Oxygen Therapy
LUNCH
Traditional Thai Women (or Men)
Care Massage
DINNER

DAY 6

08:00 - 09:00
11:00 - 11:20
13:00 - 14:00
15:00 - 16:00
19:30 - 20:30

BREAKFAST
Antioxidant Boost-up IV
LUNCH
Marma Healing Massage
DINNER

DAY 8

08:00 - 09:00
11:00 - 12:00
13:00 - 14:00
15:00 - 15:50
19:30 - 20:30

BREAKFAST
Weber IV Laser Therapy
LUNCH
Deep Tissue Massage
DINNER

DAY 10

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
Customised Biologique Recherche
Facial Treatment
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	 FASCIA RELEASE RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 MORNING YOGA RAKxa GAYA	 STRETCHING RAKxa GAYA	 RAKxa RISE AND SHINE RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 PILATES MAT FLOW RAKxa GAYA
10:00	 PILATES RING RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA	 SINGING BOWL RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA	 PILATES RING RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA
15:00	 ABS, BUTT AND THIGHS RAKxa GAYA	 ACTIVE SUSPENSION RAKxa GAYA	 ACTIVE BRAIN COORDINATION RAKxa GAYA	 FITBALL RAKxa GAYA	 ABS, BUTT AND THIGHS RAKxa GAYA	 ANIMAL FLOW RAKxa GAYA	 LATIN BEAT CARDIO DANCE RAKxa GAYA
17:00	 AQUA AI CHI RAKxa GAYA	 FITBALL RAKxa GAYA	 AQUA AEROBIC WITH NOODLE RAKxa GAYA	 HIIT RAKxa GAYA	 AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 AQUA AEROBIC BOXING 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.