

SAMPLE ITINERARY

INTEGRATIVE LONGEVITY+

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 RAKxa Relaxing Massage
 19:30 - 20:30 **DINNER**

DAY 3

08:00 - 09:00 **BREAKFAST**
 09:30 - 10:20 Private Tai Chi or Private Yoga
 10:30 - 11:20 Pranayama or Mindfulness Meditation
 13:00 - 14:00 **LUNCH**
 15:00 - 16:20 Traditional Thai Ya-Pao Detoxification Therapy
 19:30 - 20:30 **DINNER**

DAY 5

08:00 - 09:00 **BREAKFAST**
 09:30 - 10:20 Private Suspension Session
 13:00 - 14:00 **LUNCH**
 15:00 - 16:20 Acupuncture & Cupping Initial
 19:30 - 20:30 **DINNER**

DAY 7

08:00 - 09:00 **BREAKFAST**
 11:00 - 12:00 Liver Detox IV
 13:00 - 14:00 **LUNCH**
 15:00 - 16:00 Marma Healing Massage
 19:30 - 20:30 **DINNER**

DAY 9

08:00 - 09:00 **BREAKFAST**
 11:00 - 11:03 Cryo Sauna Therapy
 13:00 - 14:00 **LUNCH**
 15:00 - 16:00 Bright-Lifting (Profacial)
 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 Personalised Corrective Exercise
 13:00 - 14:00 **LUNCH**
 15:00 - 15:45 Hyperbaric Oxygen Therapy
 16:30 - 16:50 Whole Body Light Therapy
 17:30 - 18:20 Deep Tissue Massage
 19:30 - 20:30 **DINNER**

DAY 4

08:00 - 09:00 **BREAKFAST**
 09:30 - 10:20 Private Tai Chi or Private Yoga
 11:00 - 11:45 Hyperbaric Oxygen Therapy
 13:00 - 14:00 **LUNCH**
 15:00 - 16:20 Traditional Thai Skin Clarifying Therapy
 19:30 - 20:30 **DINNER**

DAY 6

08:00 - 09:00 **BREAKFAST**
 09:30 - 10:20 Vitality Flow Enhancement Therapy
 11:00 - 12:00 Antioxidant Boost-up IV
 13:00 - 14:00 **LUNCH**
 15:00 - 16:20 Traditional Chinese Yin-Yang Rebalance
 19:30 - 20:30 **DINNER**

DAY 8

08:00 - 09:00 **BREAKFAST**
 11:00 - 12:00 Weber IV Laser Therapy
 13:00 - 14:00 **LUNCH**
 15:00 - 16:20 Manual Lymphatic Drainage Massage
 19:30 - 20:30 **DINNER**

DAY 10

08:15 - 08:30 Body Composition Analysis
 08:30 - 09:30 **BREAKFAST**
 11:00 - 11:03 Cryo Sauna Therapy
 13:00 - 14:00 **LUNCH**
 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	 FASCIA RELEASE RAKxa GAYA	 STRETCHING RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 TAI CHI RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 STRETCHING RAKxa GAYA	 RAKxa RISE AND SHINE RAKxa GAYA
10:00	 ACTIVE SUSPENSION RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA 	 SINGING BOWL RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA 	 PILATES MAT FOUNDATION RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA 	 PILATES MAT FLOW RAKxa GAYA
15:00	 YOGA FLOW RAKxa GAYA	 ACTIVE BRAIN COORDINATION RAKxa GAYA	 HIIT RAKxa GAYA	 FITBALL RAKxa GAYA	 ABS, BUTT AND THIGHS RAKxa GAYA	 YOGA FLOW RAKxa GAYA	 LATIN BEAT CARDIO DANCE RAKxa GAYA
17:00	 AQUA AEROBIC WITH NOODLE RAKxa GAYA	 BASIC CHAIR YOGA RAKxa GAYA	 AQUA AEROBIC BOXING RAKxa GAYA	 ANIMAL FLOW RAKxa GAYA	 AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	 HIIT RAKxa GAYA	 AQUA AI CHI 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.