RAK Xa
INTEGRATIVE WELLNESS

SAMPLE ITINERARY

PERSONALISED

7 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	Core Treatment
19:30 - 20:30	**DINNER**

DAY 2

08:00 - 09:00	**BREAKFAST**
10:00 - 10:45	Functional Fitness Assessment (FFA)
11:00 - 12:30	Advanced Treatment
13:00 - 14:00	**LUNCH**
15:00 - 16:00	Core Treatment
16:30 - 17:50	Specialised Treatment
19:30 - 20:30	**DINNER**

DAY 3

08:00 - 09:00	**BREAKFAST**
11:00 - 12:30	Advanced Treatment
13:00 - 14:00	**LUNCH**
15:00 - 16:00	Core Treatment
19:30 - 20:30	**DINNER**

DAY 4

08:00 - 09:00	**BREAKFAST**
13:00 - 14:00	**LUNCH**
15:00 - 16:00	Core Treatment
16:30 - 17:30	Core Treatment
19:30 - 20:30	**DINNER**

DAY 5

08:00 - 09:00	**BREAKFAST**
13:00 - 14:00	**LUNCH**
15:00 - 16:00	Core Treatment
16:30 - 17:30	Core Treatment
19:30 - 20:30	**DINNER**

DAY 6

08:00 - 09:00	**BREAKFAST**
13:00 - 14:00	**LUNCH**
15:00 - 16:00	Core Treatment
16:30 - 17:30	Specialised Treatment
19:30 - 20:30	**DINNER**

DAY 7

08:00 - 09:00	**BREAKFAST**
13:00 - 14:00	**LUNCH**
15:00 - 16:00	Core Treatment
16:30 - 17:50	Specialised Treatment
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.

CORE TREATMENTS FROM VITALLIFE

MEDICAL (VITALLIFE)

DOCTOR CONSULTATION	DURATION (MINS)
Anti-Ageing Doctor Consultation	60
Aesthetic Doctor Consultation	30
Nutritionist Consultation	30
Physical Medicine & Rehabilitation Doctor Consultation (subject to availability)	30
DIAGNOSTICS	
Ankle Brachial Index (ABI)	15
Body Composition Analysis	15
Facial Skin Analysis (VISIA)	15
IV INFUSION	
Beauty Refresh IV	60
Blood Ozone IV	30 - 45
Immune Myer IV	60
Metabolism Booster IV	75
Weber IV Laser Therapy	60
AESTHETIC TREATMENT	
Bright-Lifting (Profacial)	60
Indiba RF for Body Contouring - Abdomen or Upper Thigh	60
Indiba RF for Body Contouring - Hip or Upper or Lower Back	60
Indiba RF for Body Contouring - Upper and Lower Back	60
Indiba RF for Facial Tightening - Neck	30
Indiba RF for Facial Tightening - Full face	30
Indiba RF for Facial Tightening - Full face and Neck	60
Photo-Facial Rejuvenation	30
PHYSIOTHERAPY SERVICES	
Physiotherapy Assessment	30 - 60
Physiotherapy Treatment	60
Balance and Reflex Test	30
RF for Physiotherapy	50
WELLNESS TREATMENT	
Colon Hydrotherapy	60
Cryo Sauna Therapy	3
Hyperbaric Oxygen Therapy	45
Infrared Sauna Therapy	30
Whole Body Light Therapy	20

CORE TREATMENTS FROM RAKxa GAYA

MEDICAL GYM

PHYSIOTHERAPY	DURATION (MINS)
Performance Remedy	50
Fascia Release	50
Deep Tissue Massage	50
Physical Movement Assessment	45
Biomechanic Analysis (Gait Analysis)	50
Hydrotherapy Exercise	50
Performance Regenerating Exercise	50
Core and Stability Training	50
Private Suspension Session	50
Craniosacral Therapy	50
RAKxa Functional Fitness Assessment (FFA)	45
FITNESS	
Personalised Corrective Exercise	50
Sport Performance Analysis	30
Private Outdoor Training	50
Total Body Power Training	50
HIIT Re-energise Training	50
Private Active Aqua Exercise	50
Private Yoga	50
Private Tai Chi	50
Thai Boxing (with Fitness Instructor)	50
Head to Toe Stretch	50
Pilates One-on-One	50
Active Brain Coordinating Exercise	50
Basal Metabolic Rate Assessment	45
VO2 Max Testing	45
Lower Body Imbalance Assessment	50
Private Swimming Lesson	50
Couple Exercise Class	50
Animal Flow Exercise	50
Gyrotonic	50

CORE TREATMENTS FROM RAKxa JAI

HOLISTIC TREATMENTS

HEALTH AND WELLNESS CONSULTATION	DURATION (MINS)
Sand Tray Therapy	60
TRADITIONAL THAI MEDICINE	
Traditional Thai Medicine Diagnosis	25
Traditional Thai Massage	50
Traditional Thai Oil Massage	50
Traditional Thai Ya-Pok Therapeutic Massage	50
Traditional Thai Herbal Steam (Ya-Soom)	30
Traditional Thai Reflexology Massage	50
Traditional Thai Medicine Treatment Additional	30
AYURVEDA	
Ayurvedic Diagnosis	25
Pranayama	50
Yoga Detox	50
Jala Neti	30
Mindfulness Meditation	50
Trataka Meditation	30
Matra Basti	30
ENERGY MEDICINE	
Energy Medicine Consultation	25
Personalised Energy Medicine Treatment	50
Chi Nei Tsang	50
Zen Na Tai	50
Reiki	50
Singing Bowl Healing	50
Chakra Balancing	50
Crystal Healing	50
Angel Stone Healing	50
Mien Acupressure	50
TRADITIONAL CHINESE MEDICINE	
Traditional Chinese Medicine Diagnosis	25
Traditional Chinese Acupuncture	50
Cupping	50
Facial Acupuncture	50
Facial Guasha	50
Body Guasha	50
Tuina Acupressure Massage	50

CORE TREATMENTS FROM RAKxa JAI

HOLISTIC TREATMENTS

RAKxa SPA	DURATION (MINS)
RAKxa Relaxing Massage	50
Aromatherapy Massage	50
Balinese Massage	50
Scalp Massage	50
Hand Massage	50
Foot Massage	50
Back Massage	50
Remedial Nail and Cuticle Therapy	80
Curative Toenail and Cuticle Therapy	80
Spa Treatment Additional	30
HYDROTHERAPY	
Floatation Session	45
Vichy Rejuvenating	60

SPECIALISED TREATMENTS FROM VITALLIFE, RAKxa GAYA AND RAKxa JAI

MEDICAL (VITALLIFE)

SPECIALISED - VITALLIFE	DURATION (MINS)
Chelation IV	60-90
Immune Hi C IV	60
Liver Detox IV	60
Tesla Former	30
Fotona - Cheek*	40-60

MEDICAL GYM (RAKxa GAYA)

PHYSIOTHERAPY	
Performance Remedy	80
Fascia Release	80
Deep Tissue Massage	80

HOLISTIC TREATMENTS (RAKxa JAI)

HEALTH AND WELLNESS CONSULTATION	
Sand Tray Therapy (couple)	90
TRADITIONAL THAI MEDICINE	
Traditional Thai Massage	110
Therapeutic Court Type Thai Massage	80
Traditional Thai Oil Massage	110
Traditional Thai Reflexology Massage	80
Traditional Thai Prakob and Massage	80
Traditional Thai Ya-Chae	80
Thai Pure Nutrient Hair and Scalp Massage	80
Traditional Thai Women Care Massage	80
Traditional Thai Men Care Massage	80
AYURVEDA	
Marma Healing Massage	60
Udvarthanam	60
Kati Vasti	50
Thalapothichil	80
ENERGY MEDICINE	
Personalised Energy Medicine Treatment	80
TRADITIONAL CHINESE MEDICINE	
Acupuncture & Cupping Initial	80
Scalp Acupuncture	80
RAKxa SPA	
Manual Lymphatic Drainage Massage	80
RAKxa Relaxing Massage	80
Aromatherapy Massage	80
Balinese Massage	80
Hot Stone Massage	80
RAKxa Stress Release Treatment	80
RAKxa Body Therapy (Body Scrub + Wrap)	60
Cryorganic Firming & Anti-Ageing Facial Treatment	60

*An additional consultation fee with our Aesthetic doctor applies to this treatment

SPECIALISED TREATMENTS FROM VITALLIFE, RAKxa GAYA AND RAKxa JAI

HOLISTIC TREATMENTS (RAKxa JAI)

HOLISTIC INTEGRATIVE TREATMENTS	DURATION (MINS)
Restorative Gut Therapy (Customised Traditional Chinese Acupuncture + Chi Nei Tsang)	50
Vitality Flow Enhancement Therapy (Customised Traditional Chinese Acupuncture + Singing Bowl Healing)	50
Respiratory Purification Therapy (Customised Traditional Chinese Acupuncture + Ya-soom)	50
Traditional Eye And Stress Relief (Customised Traditional Chinese Acupuncture + Ya-pok)	50

ADVANCED TREATMENTS FROM VITALLIFE, RAKxa GAYA AND RAKxa JAI

MEDICAL (VITALLIFE)

ADVANCED - VITALLIFE	DURATION (MINS)
Antioxidant Boost-up IV	90
Brain Booster IV	60
Gut Health IV	180
Fotona - Full Face*	60
Fotona - Neck*	60

HOLISTIC TREATMENTS (RAKxa JAI)

ADVANCED – RAKxa JAI	
Therapeutic Court Type Thai Massage	110
Traditional Thai Prakob and Massage	110
Traditional Thai Salt Pot Massage	80
Traditional Thai Ya-Pao Detoxification Therapy	80
Traditional Thai Facial Therapy	80
Traditional Thai Skin Clarifying Therapy	80
Thai Deep Sleep & Skin Radiant Therapy	110
Traditional Thai Women Care Massage	110
Traditional Thai Men Care Massage	110
Marma Healing Massage	90
Abhyanga Four Hands	90
Shirodhara	60
Ksheeradhara	60
Elakizhi	80
Navarakizhi	60
RAKxa Signature Sleep Enhancement	80
Traditional Chinese Yin-Yang Rebalance	80
Hydrating & Smoothing Facial Treatment	90
Plumping & Wrinkle Refining Facial Treatment	90
Lifting & Age-Delay Facial Treatment	90
VIPO2™ Oxygenating Deep Cleanse Facial Treatment	90
4 Hands Body Firming Massage	90
CORPS™ Body Youth Sculpting Treatment	90
Body Perfect Draining & Contouring Treatment	90
Integrative Stress and Scalp Recovery	50
Integrative Tension Relief	50

*An additional consultation fee with our Aesthetic doctor applies to this treatment

RAKXa
INTEGRATIVE WELLNESS

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	✪✪✪  **ACTIVE SUSPENSION** RAKxa GAYA	✪  **FASCIA RELEASE** RAKxa GAYA	✪  **CHAIR STRETCH** RAKxa GAYA	✪  **TAI CHI** RAKxa GAYA	✪  **RAKxa RISEAND SHINE** RAKxa GAYA	✪  **FASCIA RELEASE** RAKxa GAYA	✪  **STRETCHING** RAKxa GAYA
10:00	✪✪  PAID CLASS **REFORMER STRETCH** RAKxa GAYA	✪  **CHAIR STRETCH** RAKxa GAYA	✪✪  PAID CLASS **PILATES REFORMER FOUNDATION** RAKxa GAYA	✪✪  **PILATES RING** RAKxa GAYA	✪✪  PAID CLASS **REFORMER STRETCH** RAKxa GAYA	✪✪  **YOGA FLOW** RAKxa GAYA	✪✪  PAID CLASS **PILATES REFORMER FOUNDATION** RAKxa GAYA
15:00	✪  **CHAIR STRETCH** RAKxa GAYA	✪✪  **YOGA FLOW** RAKxa GAYA	✪✪✪  **ACTIVE BRAIN COORDINATION** RAKxa GAYA	✪✪✪  **ANIMAL FLOW** RAKxa GAYA	✪  **LATIN BEAT CARDIO DANCE** RAKxa GAYA	✪  **CHAIR STRETCH** RAKxa GAYA	✪✪✪  **HIP TWIST RHYTHMIC DANCE** RAKxa GAYA
17:00	✪✪  **AQUA AEROBIC WITH NOODLE** RAKxa GAYA	✪  **FASCIA RELEASE** RAKxa GAYA	✪  **SUNSET YOGA** RAKxa GAYA	✪  **HIP OPENER** RAKxa GAYA	✪  **AQUA AI CHI** RAKxa GAYA	✪✪  **FITBALL** RAKxa GAYA	✪✪  **AQUA AEROBIC BOXING** RAKxa GAYA

✪ Light Intensity ✪✪ Moderate Intensity ✪✪✪ High Intensity

PAID CLASS 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.