

SAMPLE ITINERARY

SLEEP ENHANCEMENT

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

Aromatherapy Massage

19:30 - 20:30

DINNER

DAY 2

08:00 - 09:00

BREAKFAST

10:00 - 10:45

Functional Fitness Assessment (FFA)

11:15 - 12:05

Personalised Corrective Exercise

13:00 - 14:00

LUNCH

15:00 - 15:20

Whole Body Light Therapy

16:30 - 18:20

Thai Deep Sleep & Skin Radiant Therapy

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

Vitality Flow Enhancement Therapy

13:00 - 14:00

LUNCH

15:00 - 15:50

Traditional Eye and Stress Relief

19:30 - 20:30

DINNER

DAY 4

08:00 - 09:00

BREAKFAST

09:30 - 10:20

Head to Toe Stretch

11:00 - 11:45

Hyperbaric Oxygen Therapy

13:00 - 14:00

LUNCH

15:00 - 16:20

Traditional Chinese Yin-Yang Rebalance

19:30 - 20:30

DINNER

DAY 5

08:00 - 09:00

BREAKFAST

09:30 - 10:20

Singing Bowl Healing or Zen Na Tai

11:00 - 12:00

Immune Myer IV

13:00 - 14:00

LUNCH

15:00 - 16:00

RAKxa Signature Sleep Enhancement

19:30 - 20:30

DINNER

DAY 6

08:00 - 09:00

BREAKFAST

09:30 - 10:20

Angel Stone Healing

11:00 - 12:00

Weber IV Laser Therapy

13:00 - 14:00

LUNCH

15:00 - 16:00

Shirodhara or Ksheeradhara

19:30 - 20:30

DINNER

DAY 7

08:00 - 09:00

BREAKFAST

09:00 - 10:20

Pranayama or Mindfulness Meditation

11:00 - 11:03

Cryo Sauna Therapy

13:00 - 14:00

LUNCH

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.

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