

SAMPLE ITINERARY

WEIGHT MANAGEMENT

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 Active Aqua Exercise
11:00 - 12:00 Indiba RF for Body Contouring
 - Abdomen or Upper Thigh
13:00 - 14:00 **LUNCH**
15:00 - 16:00 Udvarthanam
19:30 - 20:30 **DINNER**

DAY 5

08:00 - 09:00 **BREAKFAST**
09:30 - 10:50 Personalised Corrective Exercise
11:00 - 12:00 Indiba RF for Body
 Contouring - Abdomen or Upper Thigh
13:00 - 14:00 **LUNCH**
15:00 - 15:50 Deep Tissue Massage
19:30 - 20:30 **DINNER**

DAY 7

08:00 - 09:00 **BREAKFAST**
13:00 - 14:00 **LUNCH**
15:00 - 16:00 Shirodhara
16:30 - 17:50 RAKxa Signature Sleep Enhancement
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 Colon Hydrotherapy
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 - 11:30 Nutritionist Consultation
13:00 - 14:00 **LUNCH**
15:00 - 15:50 Private Active Aqua Exercise
16:00 - 16:25 Traditional Chinese Medicine Diagnosis
16:30 - 17:15 Hyperbaric Oxygen Therapy
19:30 - 20:30 **DINNER**

DAY 4

08:00 - 09:00 **BREAKFAST**
09:30 - 10:20 Personalised Corrective Exercise
11:00 - 11:20 Indiba RF for Body Contouring
 - Abdomen or Upper Thigh
13:00 - 14:00 **LUNCH**
15:00 - 15:50 Traditional Chinese Acupuncture
19:30 - 20:30 **DINNER**

DAY 6

08:00 - 09:00 **BREAKFAST**
09:30 - 10:20 Personalised Corrective Exercise
11:00 - 11:20 Indiba RF for Body Contouring
 - Abdomen or Upper Thigh
13:00 - 14:00 **LUNCH**
15:00 - 16:30 Body Perfect Draining & Contouring
 Treatment
19:30 - 20:30 **DINNER**

DAY 8

08:00 - 09:00 **BREAKFAST**
09:30 - 10:20 Head to Toe Stretch
11:00 - 12:00 Metabolism Booster IV
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 - 12:00 Whole Body Light 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	★ STRETCHING RAKxa GAYA	★ CHAIR STRETCH RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA	★ RAKxa RISE AND SHINE RAKxa GAYA	★★ YOGA FLOW RAKxa GAYA	★ STRETCHING RAKxa GAYA	★ FASCIA RELEASE RAKxa GAYA
10:00	★★★ REFORMER STRETCH RAKxa GAYA	★★★ REFORMER STRETCH RAKxa GAYA	★★★ PILATES MAT FLOW RAKxa GAYA	★★★ PILATES REFORMER FOUNDATION RAKxa GAYA	★ STRETCHING RAKxa GAYA	★★★ REFORMER STRETCH RAKxa GAYA	★★★ HIIT RAKxa GAYA
15:00	★★★ ACTIVE SUSPENSION RAKxa GAYA	★★★ HIIT RAKxa GAYA	★★★ ACTIVE BRAIN COORDINATION RAKxa GAYA	★★★ ANIMAL FLOW RAKxa GAYA	★★ LATIN BEAT CARDIO DANCE RAKxa GAYA	★★★ ABS, BUTT AND THIGHS RAKxa GAYA	★ STRETCHING RAKxa GAYA
17:00	★ AQUA AI CHI RAKxa GAYA	★ STRETCHING RAKxa GAYA	★★ AQUA AEROBIC BOXING RAKxa GAYA	★★ FITBALL RAKxa GAYA	★★ AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	★ CHAIR STRETCH RAKxa GAYA	★★ AQUA AEROBIC WITH NOODLE 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.