

SAMPLE ITINERARY

WEIGHT MANAGEMENT+

14 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
11:00 - 11:45
13:00 - 14:00
15:00 - 15:45
16:30 - 16:50
17:30 - 18:30
19:30 - 20:30

BREAKFAST
Private Active Aqua Exercise
Basal Metabolic Rate Assessment
LUNCH
Hyperbaric Oxygen Therapy
Whole Body Light Therapy
Udvarthanam
DINNER

DAY 5

08:00 - 09:00
09:30 - 10:50
11:00 - 12:00

13:00 - 14:00
15:00 - 15:50
19:30 - 20:30

BREAKFAST
Personalised Corrective Exercise
Indiba RF for Body Contouring
- Abdomen or Upper Thigh
LUNCH
Deep Tissue Massage
DINNER

DAY 7

08:00 - 09:00
09:30 - 10:20
11:00 - 12:00

13:00 - 14:00
16:30 - 17:50
19:30 - 20:30

BREAKFAST
Personalised Corrective Exercise
Indiba RF for Body Contouring
- Abdomen or Upper Thigh
LUNCH
Chi Nei Tsang
DINNER

DAY 9

08:00 - 09:00
09:00 - 10:20
13:00 - 14:00
15:00 - 17:20
19:30 - 20:30

BREAKFAST
Head to Toe Stretch
LUNCH
Kaya Suddhi (Body Detox)
DINNER

DAY 11

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
Colon Hydrotherapy
DINNER

DAY 13

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

BREAKFAST
Metabolism Booster IV
LUNCH
DINNER

DAY 15

08:00 - 09:00
11:00

BREAKFAST
Departure / Check-out

DAY 2

07:30 - 08:15
08:15 - 08:30
08:30 - 09:30
09:30 - 09:33
10:00 - 10:45
11:15 - 11:30
13:00 - 14:00
15:00 - 15:50
16:00 - 16:25
16:30 - 17:15
19:30 - 20:30

Laboratory Investigations
Body Composition Analysis
BREAKFAST
Cryo Sauna Therapy
Functional Fitness Assessment (FFA)
Nutritionist Consultation
LUNCH
Private Active Aqua Exercise
Traditional Chinese Medicine Diagnosis
Hyperbaric Oxygen Therapy
DINNER

DAY 4

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

16:30 - 16:50
17:30 - 18:20
19:30 - 20:30

BREAKFAST
Personalised Corrective Exercise
Ankle Brachial Index (ABI)
LUNCH
Indiba RF for Body Contouring
- Abdomen or Upper Thigh
Weight Controlling Injection
Traditional Chinese Acupuncture
DINNER

DAY 6

08:00 - 09:00
09:30 - 10:20
11:00 - 12:00

13:00 - 14:00
15:00 - 16:30

19:30 - 20:30

BREAKFAST
Personalised Corrective Exercise
Indiba RF for Body Contouring
- Abdomen or Upper Thigh
LUNCH
Body Perfect Draining & Contouring
Treatment
DINNER

DAY 8

08:00 - 09:00
09:30 - 10:20
11:00 - 12:00

13:00 - 14:00
15:00 - 16:20
19:30 - 20:30

BREAKFAST
Personalised Corrective Exercise
Indiba RF for Body Contouring
- Abdomen or Upper Thigh
LUNCH
Manual Lymphatic Drainage Massage
DINNER

DAY 10

08:30 - 09:30
08:15 - 08:30
11:00 - 12:00

13:00 - 14:00
15:00 - 16:00
19:30 - 20:30

BREAKFAST
Pilates One-on-One
Indiba RF for Body Contouring
- Abdomen or Upper Thigh
LUNCH
Colon Hydrotherapy
DINNER

DAY 12

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

BREAKFAST
Metabolism Booster IV
LUNCH
DINNER

DAY 14

08:15 - 08:30
08:30 - 09:30
11:00 - 11:03
11:15 - 11:45
13:00 - 14:00
19:30 - 20:30

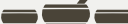
Body Composition Analysis
BREAKFAST
Cryo Sauna Therapy
Anti-ageing Doctor Consultation
LUNCH
DINNER

*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	 HIP OPENER RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 STRETCHING RAKxa GAYA	 RAKxa RISE AND SHINE RAKxa GAYA	 STRETCHING RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA
10:00	 PILATES REFORMER FOUNDATION RAKxa GAYA	 SINGING BOWL RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA	 PILATES RING RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA	 YOGA FLOW RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA
15:00	 HIIT RAKxa GAYA	 STRETCHING RAKxa GAYA	 ACTIVE SUSPENSION RAKxa GAYA	 ACTIVE BRAIN COORDINATION RAKxa GAYA	 HIIT RAKxa GAYA	 ACTIVE SUSPENSION RAKxa GAYA	 LATIN BEAT CARDIO DANCE RAKxa GAYA
17:00	 STRETCHING RAKxa GAYA	 AQUA AI CHI RAKxa GAYA	 YOGA FLOW RAKxa GAYA	 AQUA AEROBIC WITH NOODLE RAKxa GAYA	 HIP TWIST RHYTHMIC DANCE RAKxa GAYA	 AQUA AEROBIC WITH HAND BUOY RAKxa GAYA	 SUNSET YOGA 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.