

SAMPLE ITINERARY WOMEN'S HEALTH+ 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

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

11:00 - 11:25

Traditional Chinese Medicine Diagnosis

13:00 - 14:00

LUNCH

15:00 - 16:00

Beauty Refresh IV

19:30 - 20:30

DINNER

DAY 5

08:00 - 09:00

BREAKFAST

11:00 - 12:00

Beauty Refresh IV

13:00 - 14:00

LUNCH

15:00 - 16:20

Traditional Thai Ya-Chae

16:30 - 17:20

Chi Nei Tsang or Zen Na Tai

19:30 - 20:30

DINNER

DAY 7

08:00 - 09:00

BREAKFAST

13:00 - 14:00

LUNCH

15:00 - 15:50

Traditional Chinese Acupuncture

or Cupping

16:30 - 17:30

Bright-Lifting (Profacial)

19:30 - 20:30

DINNER

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

Pilates One-on-One

13:00 - 14:00

LUNCH

15:00 - 15:25

Traditional Thai Medicine Diagnosis

16:30 - 17:15

Hyperbaric Oxygen Therapy

19:30 - 20:30

DINNER

DAY 4

08:00 - 09:00

BREAKFAST

11:00 - 12:00

Beauty Refresh IV

13:00 - 14:00

LUNCH

15:00 - 15:50

Deep Tissue Massage

16:30 - 17:30

Navarakizhi

19:30 - 20:30

DINNER

DAY 6

08:00 - 09:00

BREAKFAST

11:00 - 11:03

Cryo Sauna Therapy

13:00 - 14:00

LUNCH

15:00 - 16:00

Traditional Thai Women Care Massage

17:30 - 19:00

Biologique Recherche Facial 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.

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	 MORNING YOGA RAKxa GAYA	 STRETCHING RAKxa GAYA	 RAKxa RISE AND SHINE RAKxa GAYA	 FASCIA RELEASE RAKxa GAYA	 PILATES MAT FLOW RAKxa GAYA
10:00	 PILATES RING RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA 	 FASCIA RELEASE RAKxa GAYA	 REFORMER STRETCH RAKxa GAYA 	 ANIMAL FLOW RAKxa GAYA	 PILATES REFORMER FOUNDATION RAKxa GAYA 	 TAI CHI RAKxa GAYA
15:00	 ABS, BUTT AND THIGHS RAKxa GAYA	 ACTIVE SUSPENSION RAKxa GAYA	 ACTIVE BRAIN COORDINATION RAKxa GAYA	 FITBALL RAKxa GAYA	 FLY STRETCH RAKxa GAYA	 HIIT RAKxa GAYA	 LATIN BEAT CARDIO DANCE RAKxa GAYA
17:00	 AQUA AI CHI RAKxa GAYA	 YOGA FLOW RAKxa GAYA	 AQUA AEROBIC WITH NOODLE RAKxa GAYA	 HIIT RAKxa GAYA	 AQUA AEROBIC BOXING RAKxa GAYA	 CHAIR STRETCH RAKxa GAYA	 AQUA AEROBIC WITH HAND BUOY 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.