RAKXa

INTEGRATIVE WELLNESS



RAKxa's INTEGRATIVE PROGRAMMES

RAKxa offers a comprehensive approach to healing and revitalisation through its five pillars of health: Exercise, Nutrition, Rest, Restorative Treatment, and Stress Management. Each programme is thoughtfully designed by wellness professionals to create a personalised journey of wholeness—nurturing your body, mind, and lifestyle in harmony. Our integrative methodology is at the heart of thirteen wellness programmes, including:

RAKxa INTEGRATIVE LONGEVITY
RAKxa REBALANCE
DETOX
SLEEP ENHANCEMENT
DESTRESS
ENERGY RENEWAL
HORMONAL REBALANCE
WOMEN'S HEALTH
GUT & IMMUNITY SUPPORT
WEIGHT MANAGEMENT
MOBILITY & PHYSICAL RECOVERY
AESTHETIC
PERSONALISED

Stay period: 1st November 2026 to 31st October 2027

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RAKxa INTEGRATIVE LONGEVITY PROGRAMME

Thoughtfully designed around evidence-based approach to supporting healthy ageing.
The Integrative Longevity programme helps enhance vitality, preserve physical and cognitive function, and aims to extend long-term healthspan. Combining advanced lab diagnostics with Traditional Thai, Chinese, and Ayurvedic medicine, it uncovers key health markers while supporting the body's natural capacity to restore balance and build resilience. Therapies include sports medicine, acupuncture, Ayurvedic treatments, antioxidant IV infusions, and energy-based healing, carefully selected to help prevent age-related decline and optimise how you live and feel over time.

INCLUSIONS	INTEGRATIVE LONGEVITY+ 7 Nights	INTEGRATIVE LONGEVITY+ 10 Nights
INTEGRATIVE DIAGNOSTICS		
Anti-ageing Doctor Consultation 30 Min	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓
Lab Package Blood Age	✓	✓
Lab Package Hormone Panel	✓	✓
Lab Package Micronutrient	✓	✓
Lab Package Wellness Provoked Toxic Metal Screening	✓	✓
Lab Package Food Intolerance	✓	✓
Body Composition Analysis 15 Min	✓	✓ (x2)
INTEGRATIVE SOLUTIONS		
Personalised Corrective Exercise 50 Min	✓	✓
Private Tai Chi or Private Yoga 50 Min	✓	✓ (x2)
Private Suspension Session 50 Min	✓	✓
Deep Tissue Massage 50 Min	✓	✓
Traditional Thai Ya-Pao Detoxification Therapy 80 Min	✓	✓
Traditional Thai Skin Clarifying Therapy 80 Min	✓	✓
Acupuncture & Cupping Initial 80 Min	✓	✓
Traditional Chinese Yin-Yang Rebalance 80 Min	✓	✓
Marma Healing Massage 60 Min		✓
Pranayama 50 Min or Mindfulness Meditation 50 Min	✓	✓
Personalised Energy Medicine Treatment 80 Min	✓	✓
Vitality Flow Enhancement Therapy 50 Min		✓
RAKxa Relaxing Massage 50 Min	✓	✓
Manual Lymphatic Drainage Massage 80 Min	✓	✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓ (x2)
Antioxidant Boost-up IV 60 Min	✓	✓
Liver Detox IV 60 Min		✓
Weber IV Laser Therapy 60 Min	✓	✓
Cryo Sauna Therapy 3 Min	✓	✓ (x2)
Whole Body Light Therapy 20 Min	✓	✓
Bright-Lifting (Profacial) 60 Min		✓
Supplement Formula	✓	✓
EXPERIENCES/FACILITIES		
Round-trip airport transfer	✓	✓
Overnight stay in Garden Villa	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

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RAKxa REBALANCE PROGRAMME

RAKxa Rebalance helps bring back an equilibrium of health. The programme aims to rebalance your physical and mental stability, brain and body coordination, chakra alignment, the flow of vital energy, gut-brain axis and overall health. The integrative approach in the programme consists of mindful exercises and various treatments, including Tai Chi, suspension exercise using neuromuscular activation technique, energy healing, Ayurvedic massage, acupuncture and traditional Thai medicine treatments. Additionally, oxygen therapy and intravenous infusion of antioxidant-rich formula will restore your body functions at a cellular level.

INCLUSIONS	REBALANCE 5 Nights	REBALANCE 7 Nights
INTEGRATIVE DIAGNOSTICS		
Anti-ageing Doctor Consultation 30 Min	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓
Body Composition Analysis 15 Min		✓ (x2)
INTEGRATIVE SOLUTIONS		
Private Suspension Session 50 Min	✓	✓
Pilates One-on-One 50 Min	✓	✓
Personalised Corrective Exercise 50 Min		✓
Chakra Balancing 50 Min	✓	✓
Pranayama 50 Min	✓	✓
Private Tai Chi 50 Min	✓	✓
Zen Na Tai 50 Min	✓	✓
Marma Healing Massage 60 Min	✓	✓
Traditional Chinese Medicine Diagnosis 25 Min	✓	✓
Traditional Chinese Acupuncture 50 Min	✓	✓
Traditional Thai Salt Pot Massage 80 Min	✓	✓
RAKxa Relaxing Massage 50 Min	✓	✓
Manual Lymphatic Drainage Massage 80 Min		✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓ (x2)
Antioxidant Boost-up IV 60 Min	✓	✓
Cryo Sauna Therapy 3 Min		✓
EXPERIENCES/FACILITIES		
Round-trip airport transfer	✓	✓
Overnight stay in Garden Villa	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓

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DETOX PROGRAMME

Aiming to purify your body and enhance toxin removing mechanisms, the programme draws on therapeutic abdominal massage in combination with clinical colon hydrotherapy to increase the clearance of metabolic wastes. Traditional medicine procedures involving the use of herbal preparation, acupuncture, cupping and massages in collaboration with scientifically proven cold and oxygen therapy will improve the circulation of blood and lymphatic system to enhance the removal of toxins and impurities. Personalised meal plans will sustain the benefits throughout the duration of your stay in the peaceful surroundings of RAKxa.

To help the body transport nutrients and oxygen more efficiently to organs responsible for detoxification, Whole Body Light Therapy helps improve blood flow and circulation, and also facilitates the removal of toxins through the lymphatic system.

INCLUSIONS	DETOX 5 Nights	DETOX 7 Nights	DETOX+ 7 Nights	DETOX+ 10 Nights
INTEGRATIVE DIAGNOSTICS				
Anti-ageing Doctor Consultation 30 Min	✓	✓	✓	✓ (x2)
Health and Wellness Consultation Initial 50 Min	✓	✓	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓	✓	✓
Lab Package Blood Age			✓	✓
Lab Package Hormone Panel			✓	✓
Lab Package Micronutrient			✓	✓
Lab Package Wellness Provoked Toxic Metal Screening			✓	✓
Body Composition Analysis 15 Min		✓ (x2)	✓	✓ (x2)
INTEGRATIVE SOLUTIONS				
Balinese Massage 50 Min	✓	✓	✓	✓
Chi Nei Tsang 50 Min	✓	✓	✓	✓
Traditional Thai Ya-Pao Detoxification Therapy 80 Min	✓	✓	✓	✓ (x2)
Traditional Thai Ya-Chae 80 Min		✓	✓	✓
Udvarthanam 60 Min	✓	✓		
Kaya Suddhi (Body Detox) 140 Min			✓	✓
Manual Lymphatic Drainage Massage 80 Min	✓	✓	✓	✓
Pranayama 50 Min		✓	✓	✓
Cupping 50 Min	✓	✓	✓	✓
Pilates One-on-One 50 Min	✓	✓	✓	✓
Yoga Detox 50 Min	✓	✓	✓	✓
Personalised Energy Medicine Treatment 80 Min				✓
RAKxa Relaxing Massage 50 Min	✓	✓	✓	✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓	✓	✓ (x2)
Beauty Refresh IV 60 Min		✓	✓	✓ (x2)
Liver Detox IV 60 Min	✓	✓	✓	✓
Cryo Sauna Therapy 3 Min		✓	✓	✓ (x2)
Whole Body Light Therapy 20 Min	✓	✓	✓	✓
Colon Hydrotherapy 60 Min	✓	✓	✓	✓ (x2)
Weber IV Laser Therapy 60 Min				✓
Supplement Formula			✓	✓
EXPERIENCES/FACILITIES				
Round-trip airport transfer	✓	✓	✓	✓
Overnight stay in Garden Villa	✓	✓	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

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SLEEP ENHANCEMENT PROGRAMME

Sleep is more than rest, it is essential for recovery, regulation, and renewal.
This programme supports those experiencing poor sleep due to stress, tension, or disrupted rhythms by addressing the root causes of imbalance. Targeted bodywork, vibrational healing, breathwork, and herbal compresses work in harmony to release physical and emotional stress, while a curated itinerary helps recalibrate the body's natural circadian rhythm. The result is deeper, more restorative sleep and a renewed sense of energy, clarity, and balance.

INCLUSIONS	SLEEP ENHANCEMENT 5 Nights	SLEEP ENHANCEMENT 7 Nights
INTEGRATIVE DIAGNOSTICS		
Anti-ageing Doctor Consultation 30 Min	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓
INTEGRATIVE SOLUTIONS		
Personalised Corrective Exercise 50 Min	✓	✓
Private Tai Chi or Private Yoga 50 Min	✓	✓
Head to Toe Stretch 50 Min		✓
Thai Deep Sleep & Skin Radiant Therapy 110 Min	✓	✓
Traditional Eye and Stress Relief 50 Min		✓
Traditional Chinese Yin-Yang Rebalance 80 Min	✓	✓
Vitality Flow Enhancement Therapy 50 Min	✓	✓
Singing Bowl Healing 50 Min or Zen Na Tai 50 Min	✓	✓
Angel Stone Healing 50 Min		✓
RAKxa Signature Sleep Enhancement 80 Min	✓	✓
Shirodhara or Ksheeradhara 60 Min	✓	✓
Pranayama 50 Min or Mindfulness Meditation 50 Min		✓
Aromatherapy Massage 50 Min	✓	✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓
Immune Myer IV 60 Min	✓	✓
Weber IV Laser Therapy 60 Min	✓	✓
Cryo Sauna Therapy 3 Min	✓	✓
Whole Body Light Therapy 20 Min		✓
EXPERIENCES/FACILITIES		
Round-trip airport transfer	✓	✓
Overnight stay in Garden Villa	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓

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DESTRESS PROGRAMME

Restoring physical balance, mental calmness and emotional stability, beginning with addressing the physiological and environmental factors that are contributing to your high stress levels. Your stress conditions will be unwound by mind and body exercises, mindfulness meditation and therapeutic massages. The integration of traditional relaxing therapies and clinically based procedures, including the use of clinically based procedures such as intravenous formulas and hyperbaric oxygen therapy, is also encompassed to alleviate sleep problems caused by stress. The energy healing treatments, which aim to remedy your subconsciously emotional misalignment, will help you feel uplifted while nestling in RAKxa's tranquilising ambience.

INCLUSIONS	DESTRESS 5 Nights	DESTRESS 7 Nights	DESTRESS+ 7 Nights	DESTRESS+ 10 Nights
INTEGRATIVE DIAGNOSTICS				
Anti-ageing Doctor Consultation 30 Min	✓	✓	✓	✓ (x2)
Health and Wellness Consultation Initial 50 Min	✓	✓	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓	✓	✓
Lab Package Blood Age			✓	✓
Lab Package Hormone Panel			✓	✓
Lab Package Micronutrient			✓	✓
Lab Package Wellness Provoked Toxic Metal Screening			✓	✓
Body Composition Analysis 15 Min		✓ (x2)	✓	✓ (x2)
INTEGRATIVE SOLUTIONS				
Aromatherapy Massage 50 Min	✓	✓	✓	✓
Thai Pure Nutrient Hair and Scalp Massage 50 Min		✓	✓	✓
RAKxa Signature Sleep Enhancement 80 Min	✓	✓	✓	✓
Traditional Thai Ya-Pok Therapeutic Massage 50 Min	✓	✓	✓	✓
Chi Nei Tsang 50 Min	✓	✓	✓	✓
Scalp Acupuncture 80 Min	✓	✓	✓	✓
Private Tai Chi 50 Min	✓	✓	✓	✓
Angel Stone Healing 50 Min	✓	✓	✓	✓
Shirodhara 60 Min	✓	✓	✓	✓
Navarakizhi 60 Min				✓
Pranayama 50 Min	✓	✓	✓	✓
Mano Maya (Stress Management) 110 Min				✓
Head to Toe Stretch 50 Min				✓
Thai Boxing (with Fitness Instructor) 50 Min		✓	✓	✓
Personalised Corrective Exercise 50 Min	✓	✓	✓	✓
RAKxa Stress Release Treatment 80 Min				✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓	✓	✓
Immune Myer IV 60 Min	✓	✓	✓	✓
Brain Booster IV 60 Min		✓	✓	✓
Weber IV Laser Therapy 60 Min				✓
Cryo Sauna Therapy 3 Min	✓	✓	✓	✓
Whole Body Light Therapy 20 Min	✓	✓	✓	✓
Antioxidant Boost-up IV 60 Min				✓
Supplement Formula			✓	✓
EXPERIENCES/FACILITIES				
Round-trip airport transfer	✓	✓	✓	✓
Overnight stay in Garden Villa	✓	✓	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

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ENERGY RENEWAL PROGRAMME

A restorative pathway for those experiencing burnout, chronic stress, and low stamina. The Energy Renewal Programme helps restore energy levels, enhance mental clarity, and regulate the body's stress response. By addressing hormonal imbalances, nutrient deficiencies, and nervous system dysregulation, it supports physical resilience, emotional stability, and sharper cognitive performance. Ideal for individuals with high-pressure lifestyles, this targeted reset helps you recover faster, feel more balanced, and perform at your best.

INCLUSIONS	ENERGY RENEWAL+ 5 Nights	ENERGY RENEWAL+ 7 Nights
INTEGRATIVE DIAGNOSTICS		
Anti-ageing Doctor Consultation 30 Min	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓
Lab Package Blood Age	✓	✓
Lab Package Hormone Panel	✓	✓
Lab Package Micronutrient	✓	✓
Body Composition Analysis 15 Min		✓
INTEGRATIVE SOLUTIONS		
Active Brain Coordinating Exercise 50 Min or Personalised Corrective Exercise 50 Min	✓	✓
Pilates One-on-One 50 Min		✓
Head to Toe Stretch 50 Min	✓	✓
Deep Tissue Massage 50 Min	✓	✓
Traditional Thai Salt Pot Massage 80 Min	✓	✓
Traditional Chinese Medicine Diagnosis 25 Min	✓	✓
Traditional Chinese Acupuncture 50 Min or Cupping 50 Min	✓	✓
Abhyanga Four Hands 60 Min	✓	✓
Marma Healing Massage 60 Min		✓
Restorative Gut Therapy 50 Min		✓
Reiki 50 min OR Crystal Healing 50 Min	✓	✓
RAKxa Stress Release Treatment 80 Min		✓
RAKxa Relaxing Massage 50 Min	✓	✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓ (x2)
Antioxidant Boost-up IV 60 Min	✓	✓
Cryo Sauna Therapy 3 Min	✓	✓
Whole Body Light Therapy 20 Min	✓	✓
Supplement Formula	✓	✓
EXPERIENCES/FACILITIES		
Round-trip airport transfer	✓	✓
Overnight stay in Garden Villa	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓

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HORMONAL REBALANCE PROGRAMME

As we age, our hormone levels can become imbalanced, leading to fatigue, mood swings, weight fluctuations and a decline in overall vitality. RAKxa Hormonal Rebalance programme addresses the root causes of your hormone imbalances by supporting your body's natural hormone regulation. Through improved physical and mental balance, deep relaxation and revitalised energy pathways, this comprehensive treatment promotes better circulation, oxygenation of tissues and cell regeneration which are essential for hormonal health. With nutrient-rich intravenous therapies, personalised sleep enhancement and facial treatments, you'll leave feeling balanced, revitalised, and deeply restored.

INCLUSIONS	HORMONAL REBALANCE+ 7 Nights	HORMONAL REBALANCE+ 10 Nights
INTEGRATIVE DIAGNOSTICS		
Anti-ageing Doctor Consultation 30 Min	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓
Lab Package Blood Age	✓	✓
Lab Package Hormone Panel	✓	✓
Lab Package Micronutrient	✓	✓
Body Composition Analysis 15 Min	✓	✓ (x2)
INTEGRATIVE SOLUTIONS		
Personalised Corrective Exercise 50 Min	✓	✓
Private Tai Chi 50 Min	✓	✓ (x2)
Active Brain Coordinating Exercise 50 Min	✓	✓
Traditional Thai Women (or Men) Care Massage 110 Min	✓	✓ (x2)
Traditional Chinese Medicine Diagnosis 25 Min	✓	✓
Traditional Chinese Acupuncture 50 Min	✓	✓
Marma Healing Massage 60 Min	✓	✓
Shirodhara 60 Min	✓	✓
Zen Na Tai 50 Min	✓	✓
Personalised Energy Medicine Treatment 80 Min	✓	✓
Deep Tissue Massage 50 Min	✓	✓
RAKxa Relaxing Massage 50 Min	✓	✓
RAKxa Signature Sleep Enhancement 80 Min	✓	✓
Customised Biologique Recherche Facial Treatment		✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓ (x2)
Antioxidant Boost-up IV 60 Min	✓	✓ (x2)
Weber IV Laser Therapy 60 Min	✓	✓
Cryo Sauna Therapy 3 Min		✓
Whole Body Light Therapy 20 Min	✓	✓
Gut Health IV 180 Min		✓
Supplement Formula	✓	✓
EXPERIENCES/FACILITIES		
Round-trip airport transfer	✓	✓
Overnight stay in Garden Villa	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

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WOMEN'S HEALTH PROGRAMME

Exclusively created for women, this programme supports hormonal balance, emotional wellbeing, and feminine vitality at every life stage. It combines advanced lab diagnostics with traditional healing to uncover imbalances and personalise care. Treatments may include hormone-balancing workouts, radiance-enhancing therapies, and mental clarity support. The journey blends Traditional Thai women's care, abdominal and craniosacral massage, Beauty IVs, and hyperbaric sessions, helping women feel rebalanced, revitalised, and deeply reconnected with themselves.

INCLUSIONS	WOMEN'S HEALTH+ 5 Nights	WOMEN'S HEALTH+ 7 Nights
INTEGRATIVE DIAGNOSTICS		
Anti-ageing Doctor Consultation 30 Min	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓
Lab Package Blood Age	✓	✓
Lab Package Hormone Panel	✓	✓
Lab Package Micronutrient	✓	✓
Body Composition Analysis 15 Min		✓
INTEGRATIVE SOLUTIONS		
Pilates One-on-One 50 Min	✓	✓
Private Tai Chi 50 Min or Private Yoga 50 Min	✓	✓
Deep Tissue Massage 50 Min		✓
Traditional Thai Medicine Diagnosis 25 Min	✓	✓
Traditional Thai Ya-Chae 80 Min *booked after TTM Diagnosis	✓	✓
Traditional Thai Women Care Massage 110 Min	✓	✓
Traditional Chinese Medicine Diagnosis 25 Min	✓	✓
Traditional Chinese Acupuncture 50 Min or Cupping 50 Min	✓	✓
Navarakizhi 60 Min	✓	✓
Chi Nei Tsang 50 Min or Zen Na Tai 50 Min	✓	✓
RAKxa Relaxing Massage 50 Min	✓	✓
Biologique Recherche Facial Treatment 90 Min		✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓ (x2)
Beauty Refresh IV 60 Min	✓	✓ (x2)
Cryo Sauna Therapy 3 Min		✓
Bright-Lifting (Profacial) 60 Min	✓	✓
Supplement Formula	✓	✓
EXPERIENCES/FACILITIES		
Round-trip airport transfer	✓	✓
Overnight stay in Garden Villa	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

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GUT & IMMUNITY SUPPORT PROGRAMME

Enhance your digestive health and strengthen your immune system with RAKxa's Gut & Immunity Support Programme which combines traditional and modern healing practices. Optimises gut function, improving digestion, nutrient absorption, and waste elimination while enhancing immune properties by activating the gut as the body's second brain. It features therapeutic abdominal massage and clinical colon hydrotherapy to eliminate metabolic waste, alongside traditional methods such as herbal preparations and acupuncture for balance and restoration, therapies like cold and oxygen treatments to boost circulation and lymphatic flow, aiding toxin removal. Targeted treatments further support the body's defenses, fostering a robust immune response. Personalised nutrition and meal plans are integral to maintaining gut health and immune strength throughout your stay in RAKxa's tranquil environment.

INCLUSIONS	GUT & IMMUNITY SUPPORT+ 7 Nights	GUT & IMMUNITY SUPPORT+ 10 Nights
INTEGRATIVE DIAGNOSTICS		
Anti-ageing Doctor Consultation 30 Min	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓
Nutritionist Consultation 30 Min	✓	✓
Lab Package Blood Age	✓	✓
Lab Package Micronutrient	✓	✓
CEA	✓	✓
AFP (Alpha-Fetoprotein)	✓	✓
CA 19-9	✓	✓
Stool Exam & Occult Blood	✓	✓
%CD 16/56	✓	✓
CD Profile (CD3/CD4/CD8)	✓	✓
Lab Package Food Intolerance	✓	✓
Lab Basic Profile Intestines		✓
Body Composition Analysis 15 Min	✓	✓ (x2)
INTEGRATIVE SOLUTIONS		
Traditional Thai Ya-Pao Detoxification Therapy 80 Min	✓	✓
Chi Nei Tsang 50 Min	✓ (x2)	✓ (x2)
Traditional Chinese Medicine Diagnosis 25 Min	✓	✓
Traditional Chinese Acupuncture 50 Min	✓	✓
Marma Healing Massage 60 Min	✓	✓
Yoga Detox 50 Min	✓	✓
Manual Lymphatic Drainage Massage 80 Min	✓	✓
Personalised Corrective Exercise 50 Min	✓	✓
Pilates One-on-One 50 Min	✓	✓
Traditional Thai Massage 50 Min	✓	✓
Traditional Thai Ya-Chae 80 Min		✓
Navarakizhi 60 Min		✓
Head to Toe Stretch 50 Min		✓
Pranayama 50 Min		✓
RAKxa Relaxing Massage 50 Min	✓	✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓ (x2)
Immune Myer IV 60 Min	✓	✓
Gut Health IV 180 Min	✓	✓ (x2)
Whole Body Light Therapy 20 Min	✓	✓
Colon Hydrotherapy 60 Min	✓ (x2)	✓ (x2)
Weber IV Laser Therapy 60 Min		✓
Supplement Formula	✓	✓
EXPERIENCES/FACILITIES		
Round-trip airport transfer	✓	✓
Overnight stay in Garden Villa	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

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INTEGRATIVE WELLNESS



WEIGHT MANAGEMENT PROGRAMME

Achieve individual's healthy weight and body composition. Personalised exercises in combination with scientifically based treatments, including cold therapy and the use of intravenous metabolism boosting infusions play a significant role in enhancing energy expenditure. The tailored integration of body firming massages, Ayurvedic scrubbing techniques and the use of radiofrequency technology will help improve your body appearance. Well-planned nutrition plans, which are derived from consultations with healthcare professionals, also help you achieve your desirable and attainable results by limiting calorie intake on a daily basis. The adoption of RAKxa's weight management guidance will allow you to sustainably maintain your ideal weight in the long run.

INCLUSIONS	WEIGHT MANAGEMENT 10 Nights	WEIGHT MANAGEMENT 14 Nights	WEIGHT MANAGEMENT+ 10 Nights	WEIGHT MANAGEMENT+ 14 Nights
INTEGRATIVE DIAGNOSTICS				
Anti-ageing Doctor Consultation 30 Min	✓	✓(x2)	✓	✓ (x2)
Health and Wellness Consultation Initial 50 Min	✓	✓	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓	✓	✓
Nutritionist Consultation 30 Min	✓	✓	✓	✓
Lab Package Blood Age	✓	✓	✓	✓
Lab Package Hormone Panel	✓	✓	✓	✓
Lab Package Micronutrient			✓	✓
Lab Package Wellness Provoked Toxic Metal Screening			✓	✓
Lab Package Food Intolerance			✓	✓
Basal Metabolic Rate Assessment 45 Min			✓	✓
Body Composition Analysis 15 Min	✓(x2)	✓(x2)	✓ (x2)	✓ (x2)
Ankle Brachial Index (ABI) 15 Min			✓	✓
INTEGRATIVE SOLUTIONS				
Private Active Aqua Exercise 50 Min	✓(x2)	✓(x2)	✓ (x2)	✓ (x2)
Personalised Corrective Exercise 50 Min	✓(x4)	✓(x5)	✓ (x4)	✓ (x5)
Udvarthanam 60 Min	✓		✓	
Traditional Chinese Medicine Diagnosis 25 Min	✓	✓	✓	✓
Traditional Chinese Acupuncture 50 Min	✓	✓	✓	✓
Deep Tissue Massage 50 Min	✓	✓	✓	✓
Body Perfect Draining & Contouring Treatment 90 Min	✓	✓	✓	✓
Chi Nei Tsang 50 Min	✓	✓	✓	✓
Manual Lymphatic Drainage Massage 80 Min	✓	✓	✓	✓
Head to Toe Stretch 50 Min	✓	✓	✓	✓
Kaya Suddhi (Body Detox) 140 Min		✓		✓
Pilates One-on-One 50 Min		✓		✓
RAKxa Relaxing Massage 50 Min	✓	✓	✓	✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓ (x2)	✓	✓ (x2)
Indiba RF for Body Contouring - Abdomen or Upper Thigh 60 Min	✓ (x4)	✓ (x6)	✓ (x4)	✓ (x6)
Antioxidant Boost-up IV 60 Min		✓		✓
Metabolism Booster IV 60 Min	✓ (x2)	✓ (x2)	✓ (x2)	✓ (x2)
Cryo Sauna Therapy 3 Min	✓	✓ (x2)	✓	✓ (x2)
Whole Body Light Therapy 20 Min	✓	✓	✓	✓
Weight Controlling Injection			✓	✓
Colon Hydrotherapy 60 Min	✓	✓ (x2)	✓	✓(x2)
Supplement Formula			✓	✓
EXPERIENCES/FACILITIES				
Round-trip airport transfer	✓	✓	✓	✓
Overnight stay in Garden Villa	✓	✓	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

RAK Xa

INTEGRATIVE WELLNESS



MOBILITY & PHYSICAL RECOVERY PROGRAMME

Restoring the physical movements of your body after a prolonged sedentary lifestyle, injuries, surgeries, and other complications. Comprehensive assessments of physical functions, including your gait, performance, strength, coordination, balance and reflexes, are conducted. A full repertoire of personalised workouts, stretching techniques, Redcord exercises and Pilates is carefully planned as part of movement therapy. To improve your range of motion by hydrating tight fascia, relaxing muscle fibers, and relieving chronic body pain, therapeutic massages such as Thai court type and deep tissue massage, along with acupuncture, are integrated with scientific procedures, including cold therapy and physiotherapy. Therapeutic and body light therapy, alongside antioxidant-rich meals, help alleviate body inflammation.

INCLUSIONS	MOBILITY & PHYSICAL RECOVERY+ 7 Nights	MOBILITY & PHYSICAL RECOVERY+ 10 Nights
INTEGRATIVE DIAGNOSTICS		
Anti-ageing Doctor Consultation 30 Min	✓	✓
Physical Medicine & Rehabilitation Doctor Consultation 30 Min	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓
Lab Package Blood Age	✓	✓
Lab Package Hormone Panel	✓	✓
Lab Package Micronutrient	✓	✓
Biomechanic Analysis (Gait Analysis) 50 Min	✓	✓
Body Composition Analysis 15 Min	✓	✓ (x2)
INTEGRATIVE SOLUTIONS		
Performance Regenerating Exercise 50 Min	✓ (x2)	✓ (x3)
Pilates One-on-One 50 Min	✓	✓
Head to Toe Stretch 50 Min	✓	✓
Traditional Thai Prakob and Massage 80 Min	✓	✓
Deep Tissue Massage 50 Min	✓	✓
Traditional Chinese Medicine Diagnosis 25 Min	✓	✓
Traditional Chinese Acupuncture 50 Min	✓	✓
Hot Stone Massage 80 Min	✓	✓
Marma Healing Massage 60 Min	✓	✓
Private Active Aqua Exercise 50 Min	✓	✓
Elakizhi 80 Min		✓
Private Suspension Session 50 Min		✓
Fascia Release 50 Min		✓
RAKxa Relaxing Massage 50 Min	✓	✓
Hyperbaric Oxygen Therapy 45 Min	✓	✓
Physiotherapy Treatment 60 Min	✓ (x4)	✓ (x6)
Antioxidant Boost-up IV 60 Min	✓	✓ (x2)
Cryo Sauna Therapy 3 Min	✓	✓
Whole Body Light Therapy 20 Min	✓	✓
Physiotherapy Assessment 30 Min	✓	✓
Balance and Reflex Test 30 Min	✓	✓
Supplement Formula	✓	✓
EXPERIENCES/FACILITIES		
Round-trip airport transfer	✓	✓
Overnight stay in Garden Villa	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

RAKxa
INTEGRATIVE WELLNESS



AESTHETIC PROGRAMME

RAKxa Aesthetic Programme rejuvenates your appearance from the inside out by blending traditional and modern techniques to enhance your skin's natural radiance and overall well-being. Each element works harmoniously to refine your appearance, support lasting beauty and promote clearer, healthier and more energised skin. The programme draws on the principles of facial acupuncture to stimulate collagen production and improve skin elasticity, combined with advanced body contouring techniques to sculpt and tone the body. Traditional massage therapies are integrated to promote relaxation, improve circulation and support detoxification, working from within to enhance your outer glow and soothe both body and mind.

Nourish your beauty from within with Beauty Refresh IV whose formula can promote the release of collagen and antioxidants to make the skin radiant and restore youthful skin.

INCLUSIONS	AESTHETIC+ 5 Nights	AESTHETIC+ 7 Nights
INTEGRATIVE DIAGNOSTICS		
Anti-ageing Doctor Consultation 30 Min	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓
Aesthetic Doctor Consultation 30 Min	✓	✓
Facial Skin Analysis (VISIA) 15 Min	✓	✓
Lab Package Micronutrient	✓	✓
INTEGRATIVE SOLUTIONS		
Facial Acupuncture 50 Min	✓	✓
Body Perfect Draining & Contouring Treatment 90 Min	✓	✓
Foot Massage 50 Min	✓	✓
Hand Massage 50 Min	✓	✓
RAKxa Relaxing Massage 50 Min	✓	✓
Manual Lymphatic Drainage Massage 80 Min	✓	✓
Holistic Treatment Credits • Holistic Treatment Credits can be redeemed to purchase ANY treatments/sessions at the published price at RAKxa Jai and RAKxa Gaya. • Treatment programmes will be subject to personalisation based on each customer's health conditions and the recommendations from medical doctors and health & wellness advisors. • The credits are non-refundable and non-transferable. • The difference between the received/remaining credits and the published price of purchased treatments/sessions can be paid by cash, credit card or bank transfer.	15,000 Holistic Treatment Credits	20,000 Holistic Treatment Credits
Beauty Refresh IV 60 Min	✓	✓
Aesthetic Treatment Credits • Aesthetic Treatment Credits can be redeemed to purchase ANY aesthetic treatments at the published price at VitalLife. • Treatment programmes will be subject to personalisation based on each customer's conditions and the recommendations from aesthetic doctors. • The credits are non-refundable and non-transferable. • The difference between the received/remaining credits and the published price of purchased treatments/sessions can be paid by cash, credit card or bank transfer.	60,000 Aesthetic Treatment Credits	100,000 Aesthetic Treatment Credits
Supplement Formula	✓	✓
EXPERIENCES/FACILITIES		
Round-trip airport transfer	✓	✓
Overnight stay in Garden Villa	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓

Remark: The Plus programmes offer more wellness options including treatments, activities, exercises, medications, consultations and laboratory tests.

RAKXa

INTEGRATIVE WELLNESS



PERSONALISED PROGRAMME

When it comes to the health of the individual, health priorities differ based on different lifestyles, needs, beliefs and preferences, especially when it comes to staying healthy. Meeting your individual health needs requires an individual approach. RAKxa's Personalised Programme will provide a tailor-made solution to help you achieve your health objectives. Starting with a consultation to understand your health, approach to health and health goals, the Programme will draw on a comprehensive range of diagnostics and healing methods to ensure that your experience at RAKxa is both enjoyable and rewarding, and just the way you want it.

INCLUSIONS	PERSONALISED 3 Nights	PERSONALISED 5 Nights	PERSONALISED 7 Nights
INTEGRATIVE DIAGNOSTICS			
Anti-ageing Doctor Consultation 30 Min	✓	✓	✓
Health and Wellness Consultation Initial 50 Min	✓	✓	✓
RAKxa Functional Fitness Assessment (FFA) 45 Min	✓	✓	✓
INTEGRATIVE SOLUTIONS			
Core Treatment	✓(x5)	✓ (x7)	✓ (x9)
Specialised Treatment	✓(x1)	✓ (x2)	✓ (x3)
Advanced Treatment		✓ (x1)	✓ (x2)
EXPERIENCES/FACILITIES			
Round-trip airport transfer	✓	✓	✓
Overnight stay in Garden Villa	✓	✓	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓	✓	✓
Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa	✓	✓	✓
Complimentary access to the gym and daily fitness activities	✓	✓	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓	✓	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓	✓	✓

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 WELLNESS PROGRAMME		NORMAL SEASON 1 Nov 2026 - 14 Dec 2026 15 Feb 2027 - 31 Oct 2027		HIGH SEASON 15 Dec 2026 – 14 Feb 2027	
		SINGLE RATE PER PERSON (THB)	DOUBLE RATE PER PERSON (THB)	SINGLE RATE PER PERSON (THB)	DOUBLE RATE PER PERSON (THB)
RAKxa Integrative Longevity	7N RAKxa Integrative Longevity+	570,000	498,000	610,000	530,000
	10N RAKxa Integrative Longevity+	690,000	595,000	730,000	625,000
RAKxa Rebalance	5N RAKxa Rebalance	310,000	255,000	345,000	280,000
	7N RAKxa Rebalance	408,000	336,000	436,000	364,000
Detox	5N Detox	315,000	260,000	350,000	290,000
	7N Detox	418,000	346,000	446,000	374,000
	7N Detox+	528,000	463,000	565,000	490,000
	10N Detox+	665,000	570,000	695,000	590,000
Sleep Enhancement	5N Sleep Enhancement	325,000	270,000	365,000	300,000
	7N Sleep Enhancement	423,000	358,000	451,000	379,000
Destress	5N Destress	320,000	265,000	355,000	295,000
	7N Destress	418,000	346,000	446,000	374,000
	7N Destress+	528,000	458,000	565,000	490,000
	10N Destress+	660,000	565,000	690,000	585,000
Energy Renewal	5N Energy Renewal+	385,000	340,000	415,000	360,000
	7N Energy Renewal+	508,000	438,000	545,000	460,000
Hormonal Rebalance	7N Hormonal Rebalance+	508,000	438,000	545,000	460,000
	10N Hormonal Rebalance+	640,000	545,000	670,000	565,000
Women's Health	5N Women's Health+	385,000	335,000	415,000	355,000
	7N Women's Health+	508,000	438,000	545,000	460,000
Gut & Immunity Support	7N Gut & Immunity Support+	545,000	473,000	575,000	500,000
	10N Gut & Immunity Support+	700,000	605,000	740,000	635,000
Weight Management	10N Weight Management	580,000	475,000	610,000	505,000
	14N Weight Management	787,000	638,000	815,000	666,000
	10N Weight Management+	715,000	620,000	755,000	650,000
	14N Weight Management+	922,000	787,000	965,000	815,000
Mobility & Physical Recovery	7N Mobility & Physical Recovery+	518,000	453,000	555,000	480,000
	10N Mobility & Physical Recovery+	645,000	550,000	675,000	570,000
Aesthetic	5N Aesthetic+	405,000	355,000	430,000	380,000
	7N Aesthetic+	550,000	478,000	580,000	510,000
Personalised	3N Personalised	207,000	171,000	235,000	195,000
	5N Personalised	320,000	265,000	355,000	295,000
	7N Personalised	428,000	358,000	463,000	379,000
Additional Night	1N Additional Night	51,000	43,000	57,000	48,000

Supplementary Charge for the Upgrade from Garden Villa to Pool Villa (per villa per night)	10,000

*Remark:
- Rates will be adjusted accordingly to reflect any changes that might occur.
- Stay period: 1st November 2026 to 31st October 2027

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INTEGRATIVE WELLNESS

ADDITIONAL NIGHT

INCLUSIONS	Additional Night
INTEGRATIVE SOLUTIONS	
Wellness Treatment Credits • Wellness Treatment Credits can be redeemed to purchase ANY treatments/sessions/laboratory investigations at the published price at RAKxa Jai, RAKxa Gaya and VitalLife. • Treatment programmes will be subject to personalisation based on each customer's health conditions and the recommendations from medical doctors and health & wellness advisors. • The credits are non-refundable. • The difference between the received and non-transferable remaining credits and the published price of purchased treatments/sessions can be paid by cash, credit card or bank transfer.	11,000 Wellness Treatment Credits
EXPERIENCES / FACILITIES	
Overnight stay in Garden Villa	✓
Three wellness meals and an afternoon tea set per person on a daily basis	✓
Complimentary access to the gym and daily fitness activities	✓
Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower	✓
Complimentary laundry for 4 pieces per night stay (exclusive of dry cleaning)	✓

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INTEGRATIVE WELLNESS

Overall programme inclusions:

- Round-trip airport transfer
- Overnight stay in Garden Villa (supplementary charge of THB 10,000 will be applied for Pool Villa upgrade.)
- Three wellness meals and an afternoon tea set per person on a daily basis
- Complimentary healthy drinks, herbal tea and fresh seasonal fruits provided in the Villa
- Complimentary access to the gym and daily fitness activities
- Complimentary access to hydrotherapy area, including vitality pool, cold plunge pool, steam room, sauna and experience shower
- Well-planned treatments and sessions as listed in each programme

Terms & Conditions:

- Rates are net in Thai Baht, inclusive of 10% service charge and 7% government tax.
- Rates are per person per programme.
- RAKxa reserves the right to increase rates if there is a change to government tax.
- A supplementary charge per villa per night will be applied for a Pool Villa upgrade.
- A 100% deposit is required upon the time of reservation.
- The reservation is non-cancellable and non-refundable, however, it can be rescheduled within a six-month window (subject to availability and rate changes).
- Villa and treatments are subject to property availability upon reservation.
- Treatment programmes are subject to personalisation based on each guest's health conditions and the recommendations from medical doctors and health & wellness advisors.

AWARDS & PARTNERS

Winner 2025
Best Urban Medical Wellness Retreat of the year

Time Travel by Sunday Time
Healing Holidays
Winner 2025
Best Medi-Spa

Winner 2025 and 2024
The Best Global Medi Spa 2024 and 2025
The Luxury Spa Edit Awards

Medical Retreat of the Year 2024
Compare Retreats Luxury Wellness Travel Awards

Conde Nast Traveller
Readers' Choice Awards 2024

Best Holistic Heaven
Conde Nast Traveller wellness and Spa Awards 2023

Award-Winner
Tatler Spa Guide 2023

Thailand's Best Wellness Retreat
World Spa Awards 2023 and 2024

Winner 2023
Spa & Wellness Awards 2023

Thailand's Best Hotel Spas
Travel+Leisure Luxury Awards Asia Pacific 2023

Best Urban Wellness Retreat
Destination Deluxe Awards 2021 and 2022
Medi-Spa Treatment of The Year

VIRTUOSO PREFERRED

SERANDIPIANS

DISCOVER RAKxa
WHERE YOUR WELLNESS JOURNEY BEGINS

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