

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 2025 to 31st October 2026



RAK^{Xa} 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+	INTEGRATIVE LONGEVITY+
	7 Nights	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	✓	✓
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.



RAK^{Xa} REBALANCE PROGRAMME

RAK^{Xa} 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	5 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	
Private Suspension Session 50 Min	✓
Pilates One-on-One 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	✓
Hyperbaric Oxygen Therapy 45 Min	✓
Antioxidant Boost-up IV 60 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)	✓



DETOX PROGRAMME

Aiming to purify your body based 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	DETOX	DETOX+	DETOX+
	5 Nights	7 Nights	7 Nights	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)	✓	✓
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.

RAK^{Xa}

INTEGRATIVE WELLNESS



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	SLEEP ENHANCEMENT
	5 Nights	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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INTEGRATIVE WELLNESS



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	DESTRESS	DESTRESS+	DESTRESS+
	5 Nights	7 Nights	7 Nights	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)	✓	✓
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.



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+	ENERGY RENEWAL+
	5 Nights	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)	✓	✓

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



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+	HORMONAL REBALANCE+
	7 Nights	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	✓	✓
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.

RAK^{Xa}

INTEGRATIVE WELLNESS



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+	WOMEN'S HEALTH+
	5 Nights	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.



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+	GUT & IMMUNITY SUPPORT+
	7 Nights	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	✓	✓
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.



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	WEIGHT MANAGEMENT	WEIGHT MANAGEMENT+	WEIGHT MANAGEMENT+
	10 Nights	14 Nights	10 Nights	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)
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.



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+	MOBILITY & PHYSICAL RECOVERY+
	7 Nights	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	✓	✓
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.



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+	AESTHETIC+
	5 Nights	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 <ul style="list-style-type: none"> • Holistic Treatment Credits can be redeemed to purchase ANY treatments/sessions/laboratory investigations 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 <ul style="list-style-type: none"> • 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.

RAK^{Xa}
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 RAKxa JAI AND RAKxa GAYA

MEDICAL GYM (RAKxa GAYA)

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
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
HOLISTIC TREATMENTS (RAKxa JAI)	
HEALTH AND WELLNESS CONSULTATION	
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)	50
Traditional Thai Reflexology Massage	50

CORE TREATMENTS FROM RAKxa JAI AND RAKxa GAYA

HOLISTIC TREATMENTS (RAKxa JAI)

AYURVEDA

Ayurvedic Diagnosis	25
Marma Healing Massage	60
Pranayama	50
Yoga Detox	50
Jala Neti	30
Mindfulness Meditation	50
Trataka Meditation	30

ENERGY MEDICINE

Energy Medicine Consultation	25
Chi Nei Tsang	50
Zen Na Tai (Chi Nei Tsang + Cranio Sacral)	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

RAKxa SPA

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

HYDROTHERAPY

Floatation Session	45
Vichy Rejuvenating	60

CORE TREATMENTS FROM VITALLIFE

MEDICAL (VITALLIFE)

DOCTOR CONSULTATION	DURATION (MINS)
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	60
Weber IV Laser Therapy	60
AESTHETIC TREATMENT	
Bright-Lifting (Profacial)	60
Photo-Facial Rejuvenation	30
PHYSIOTHERAPY SERVICES	
Physiotherapy Assessment	30 - 60
Physiotherapy Treatment	60
Balance and Reflex Test	30
RF for Physiotherapy	30
WELLNESS TREATMENT	
Colon Hydrotherapy	60
Cryo Sauna Therapy	3
Hyperbaric Oxygen Therapy	45
Infrared Sauna Therapy	30
Whole Body Light Therapy	20

SPECIALISED TREATMENT LIST RAKxa JAI, RAKxa GAYA AND VITALLIFE

HOLISTIC TREATMENTS (RAKxa JAI)

BODY TENSION RELEASE	DURATION (MINS)
Traditional Thai Prakob and Massage	110
Traditional Thai Salt Pot Massage	80
Kati Vasti	50
Acupuncture & Cupping Initial	80
Hot Stone Massage	80
DETOX & REJUVENATION	
Traditional Thai Ya-Pao Detoxification Therapy	80
Traditional Thai Ya-Chae	80
Traditional Thai Women Care Massage	110
Traditional Thai Men Care Massage	110
Udvarthanam	60
Manual Lymphatic Drainage Massage	80
Restorative Gut Therapy (Customised Traditional Chinese Acupuncture + Chi Nei Tsang)	50
Respiratory Purification Therapy (Customised Traditional Chinese Acupuncture + Ya-Soom)	50
STRESS REMEDY & RELAXATION	
Thai Pure Nutrient Hair and Scalp Massage	50
Thalapothichil	80
RAKxa Signature Sleep Enhancement	80
Scalp Acupuncture	80
RAKxa Stress Release Treatment	80
Vitality Flow Enhancement Therapy (Customised Traditional Chinese Acupuncture + Singing Bowl Healing)	50
Traditional Eye and Stress Relief (Customised Traditional Chinese Acupuncture + Ya-Pok)	50
SKIN RADIANT	
Traditional Thai Facial Therapy	80
Traditional Thai Skin Clarifying Therapy	80
Traditional Chinese Yin-Yang Rebalance	80
RAKxa Body Therapy (Body Scrub + Wrap)	60
MEDICAL GYM (RAKxa GAYA)	
PHYSIOTHERAPY	
Deep Tissue Massage	80
MEDICAL (VITALLIFE)	
SPECIALISED - VITALLIFE	
Chelation IV	60 - 90
Immune Hi C IV	60
Liver Detox IV	60
Tesla Former	30

ADVANCED TREATMENT LIST FROM RAKxa JAI AND VITALLIFE

HOLISTIC TREATMENTS (RAKxa JAI)

PHYSICAL RECOVERY	DURATION (MINS)
Abhyanga Four Hands	90
Elakizhi	80
Navarakizhi	60
Integrative Tension Relief (Customised Traditional Chinese Acupuncture + Kati Vasti)	80
HOLISTIC DETOX & REJUVENATION	
Kaya Suddhi (Body Detox)	140
DESTRESS & DEEP RELAXATION	
Thai Deep Sleep & Skin Radiant Therapy	110
Shirodhara	60
Ksheeradhara	60
Mano Maya (Stress Management)	110
Integrative Stress And Scalp Recovery (Customised Traditional Chinese Acupuncture + Thalapothichil)	80
SKIN REJUVENATION	
Hydrating & Smoothing Facial Treatment	90
Plumping & Wrinkle Refining Facial Treatment	90
Lifting & Age-Delay Facial Treatment	90
VIPO2™ Oxygenating Deep Cleanse Facial Treatment	90
Four Hands Body Firming Massage	90
CORPS™ Body Youth Sculpting Treatment	90
Body Perfect Draining & Contouring Treatment	90
MEDICAL (VITALLIFE)	
ADVANCED - VITALLIFE	
Antioxidant Boost-up IV	60
Brain Booster IV	60
Gut Health IV	180
Fotona - Full Face	60
Fotona - Neck	60

RAKxa WELLNESS PROGRAMME

PROGRAMME		SINGLE RATE PER PERSON (THB)	DOUBLE RATE PER PERSON (THB)
RAKxa Integrative Longevity	7N RAKxa Integrative Longevity+	505,000	440,000
	10N RAKxa Integrative Longevity+	645,000	555,000
RAKxa Rebalance	5N RAKxa Rebalance	265,000	220,000
Detox	5N Detox	270,000	225,000
	7N Detox	365,000	300,000
	7N Detox+	470,000	405,000
	10N Detox+	620,000	530,000
Sleep Enhancement	5N Sleep Enhancement	280,000	235,000
	7N Sleep Enhancement	370,000	305,000
Destress	5N Destress	275,000	230,000
	7N Destress	365,000	300,000
	7N Destress+	465,000	405,000
	10N Destress+	615,000	525,000
Energy Renewal	5N Energy Renewal+	350,000	305,000
	7N Energy Renewal+	445,000	385,000
Hormonal Rebalance	7N Hormonal Rebalance+	445,000	385,000
	10N Hormonal Rebalance+	595,000	505,000
Women's Health	5N Women's Health+	350,000	305,000
	7N Women's Health+	450,000	385,000
Gut & Immunity Support	7N Gut & Immunity Support+	475,000	415,000
	10N Gut & Immunity Support+	650,000	560,000
Weight Management	10N Weight Management	535,000	445,000
	14N Weight Management	725,000	600,000
	10N Weight Management+	650,000	560,000
	14N Weight Management+	840,000	715,000
Mobility & Physical Recovery	7N Mobility & Physical Recovery+	460,000	400,000
	10N Mobility & Physical Recovery+	600,000	510,000
Aesthetic	5N Aesthetic+	375,000	330,000
	7N Aesthetic+	495,000	430,000
Personalised	3N Personalised	175,000	145,000
	5N Personalised	270,000	225,000
	7N Personalised	370,000	305,000
Additional Night	1N Additional Night	38,000	32,000
Supplementary Charge for the Upgrade from Garden Villa to Pool Villa (per villa per night)		7,000	

*Remark:

- Rates will be adjusted accordingly to reflect any changes that might occur.
- Stay period: 1st November 2025 to 31st October 2026

ADDITIONAL NIGHT

INCLUSIONS	Additional Night
INTEGRATIVE SOLUTIONS	
<p>Wellness Treatment Credits</p> <ul style="list-style-type: none"> 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/remaining credits and the published price of purchased treatments/sessions can be paid by cash, credit card or bank transfer. 	9,000 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 7,000 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.
- Rates will be adjusted accordingly to reflect any changes that might occur.
- Supplementary charge per villa per night will be applied for Pool Villa upgrade.
- A 100% deposit is required upon the time of reservation.
- The reservation is non-cancellable and non-refundable.
- Villa and treatments will be subject to property availability upon reservation.
- Treatment programmes will be subject to personalisation based on each customer's health conditions and the recommendations from medical doctors and health & wellness advisors.
- Reservations require a minimum of 72 hours prior to the arrival date.

AWARDS



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



Winner 2023

Spa & Wellness Awards 2023



Thailand's Best Hotel Spas

Travel+Leisure Luxury Awards
Asia Pacific 2023



**DESTINATION
DELUXE
AWARDS 2021**



**DESTINATION
DELUXE
AWARDS 2022**

Best Urban Wellness Retreat

Destination Deluxe Awards 2021 and 2022
Medi-Spa Treatment of The Year

DISCOVER RAKxa
WHERE YOUR WELLNESS JOURNEY BEGINS



28/8 Moo 9, Bangnamphung Sub-District,
Phra Pradaeng District, Samutprakarn Province, 10130, Thailand

Tel: +66 2055 3100

Email: CustomerRelations@rakxawellness.com

www.rakxawellness.com

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