



PERSONALISED WELLNESS PROGRAMME

A truly one-of-a-kind, personalised wellness experience with in-depth, expert diagnostics from certified doctors to collaboratively work with you on designing your own wellness journey of treatment programmes that best suit your health goals and preferences to return you with a sustainable and complacent result.

Personalised Wellness Programme	Garden Villa
	Now – 31 October 2023
Single	102,000
Double	81,000

Programme Inclusions:

- Three-night accommodation in Garden Villa
 - Health & wellness consultation session
 - Doctor consultation session
 - Functional fitness assessment
- Nine wellness cuisine meals for one person for three days
- Three organic tea break at RAKxa CHA for one person for three days
 - Three holistic treatments at RAKxa JAI and RAKxa GAYA
 - One medical treatment at VitalLife
 - Complimentary daily fitness and leisure activities
- Complimentary use of hydrotherapy area, including vitality pool, steam, herbal steam, sauna, experience shower and cold plunge pool

For additional nights, we can personalise to meet your optimum desires.
Please get in touch with RAKxa Wellness sales team. Email: sales@raksawellness.com

**TAILOR YOUR IDEAL WELLNESS JOURNEY BASED ON
THE FOLLOWING LIST OF TREATMENTS:**

RAK ^{Xa} JAI*	RAK ^{Xa} GAYA*
Traditional Thai Massage	Physical Movement Assessment
Traditional Thai Reflexology Massage	Basal Metabolic Rate
Traditional Thai Oil Massage	Biomechanic Analysis
Pranayama	Lower Body Imbalance Assessment
Yoga Detox	Hydrotherapy Exercise
Marma Healing Massage	Performance Regenerating Exercise
Reiki	Active Brain Coordinating Exercise Personalise Corrective Exercise
ZenNaTai	Sport Performance Analysis
Singing Bowl	Private Outdoor Training
Chakra Balancing	Total body Power Training
Crystal Healing	HIIT Reenergize Training
Angel Stone Healing	Private Active Aqua Exercise
Chi Nei Tsang	Private Suspension Session
Mien Acupressure	Private Yoga
Acupuncture & Moxibustion	Private Tai Chi
Acupuncture & Electrostimulation	Thai Boxing
Tuina Acupressure Massage	Private Keiser Spinner
Cupping	Private Swimming Lesson
Guasha	Head to Toe Stretch
Facial Acupuncture	Core and Stability Training
Facial Guasha	
Mindfulness Meditation	
RAK ^{Xa} Relaxing Massage	
Aromatherapy Massage	
Balinese Massage	
Hand Massage	
Foot Massage	
Back Massage	
Scalp Massage	
Hommage Express Facial with Head Massage	
Hommage Invigorating "Back Facial"	
Floatation	
Deep Tissue Massage	

TAILOR YOUR IDEAL WELLNESS JOURNEY BASED ON THE FOLLOWING LIST OF TREATMENTS:

VITALLIFE*
Profacial
Physio Treatment Session
Immune Myer IV
Beauty Refresh IV
Metabolism Booster IV
Whole Body Light Therapy
Cryo-Sauna
Hyperbaric Chamber
Colon Hydrotherapy
Peripheral Magnetic Stimulation (PMS)

Terms and Conditions

- Reservation is required prior to the arrival date at least 7 days in advance and is subject to availability.
- Cancellation and amendments are accepted with notification to RAKxa at least 7 days prior to the arrival date, otherwise a penalty charge of the total price of the reservation will be applied.
- Full prepayment is required at the time of booking and it is non-refundable.
- If cancellation is notified to RAKxa less than 7 days prior to or "No Show" on the arrival date, the total amount will be charged and non-refundable.
- Rate is net inclusive of service charge and VAT.

For more information or reservation

Tel: +66 2 055 3100

Email: reservation@rakxawellness.com

Line Official: @rakxawellness

Facebook: RAKxa Wellness

Instagram: RAKxa Wellness

LinkedIn: Rakxa Wellness & Medical Retreat

www.rakxawellness.com

EAT WELL | REST WELL | LIVE WELL WITH A TRULY INTEGRATIVE APPROACH
TO BODY, MIND, AND SPIRIT WELL-BEING.

REST WELL

Immerse yourself in serenity and fully rest in a botanical garden or pool villa surrounded by the splendour of nature in Bang Krachao, nestled along the Chao Phraya River.



EAT WELL

Discover the finest taste of wellness cuisine, where nutrition, nature, seasonality, and sustainability are meticulously woven into the menus to help your body clear harmful toxins, reduce inflammation, and restore a healthy balance.



LIVE WELL

With the best facilities and resources to guide you on your way to longevity and healthier habits, combined with supportive care, gentle motivation and positive energy for every minute you spend with us in the retreat.

