

## WHERE TRADITION, TECHNOLOGY, AND NATURE INTERTWINE

Imagine a private slice of paradise where East and West converge and personal therapists attend to your every whim. Where experts in time-honoured healing disciplines and medical doctors focus completely on you and how to help you achieve optimal wellbeing.

RAKxa Wellness is a private oasis surrounded by nature, tucked away in Bangkok's Green Lung. World-class partnerships in hospitality and medical services converge to offer a bespoke healing journey unlike any other. Discover extensive wellness programmes that come enveloped in renowned Thai hospitality, complemented by exquisite wellness cuisine.



#### RAKxa INTEGRATIVE ADVANCED PROGRAMMES

At RAKxa, all-encompassing health and wellness treatments cover all dimensions of the self: physical, emotional, mental, and spiritual. We combine technology and tradition to reward you with measurable results. RAKxa's unique programmes help you build wholesome routines and practices, creating and reaching goals that move you ever closer to optimal wellbeing.

#### ALL PROGRAMME ALTERNATIVES

PROGRAMME					DURATIO
	3 Nights	5 Nights	7 Nights	10 Nights	14 Nights
DISCOVER RAKxa	<ul> <li>✓</li> </ul>				
FACIAL SOLUTION	$\checkmark$				
IMMUNITY BOOSTER	$\checkmark$				
LONG COVID	✓				
BODY SOLUTION		$\checkmark$			
FACIAL & BODY SOLUTION		$\checkmark$			
DETOX		$\checkmark$	$\checkmark$	$\checkmark$	
DE-STRESS		$\checkmark$	$\checkmark$	$\checkmark$	
MOBILISATION		$\checkmark$	$\checkmark$	$\checkmark$	
GUT HEALTH			$\checkmark$	$\checkmark$	
WEIGHT MANAGEMENT				$\checkmark$	$\checkmark$

### ALL PROGRAMME & EXTRA NIGHT INCLUSION

INCLUSION	ALL PROGRAMME	EXTRA NIGHT
HEALTH AND WELLNESS CONSULTATION	~	
ACCOMMODATION AS PER SELECTION	~	$\checkmark$
ROUND-TRIP AIRPORT LIMOUSINE TRANSFER	~	
3 WELLNESS CUISINE MEALS OR DETOX MEALS PER PERSON AND PER NIGHT OF STAY	~	~
COMPLIMENTARY HEALTHY DRINKS, HERBAL TEA AND FRESH SEASONAL FRUITS IN VILLA	~	~
COMPLIMENTARY GENERAL PHYSICAL EXAMINATION	~	
COMPLIMENTARY DAILY FITNESS AND LEISURE ACTIVITIES	~	
COMPLIMENTARY USE OF HYDROTHERAPY AREA, INCLUDING VITALITY POOL, STEAM, HERBAL STEAM, SAUNA, CHILL SHOWER AND COLD PLUNGE POOL	~	$\checkmark$
SPECIFIC TREATMENTS AS LISTED IN THE PROGRAMME	~	
TREATMENT CREDIT VALUE AT THB 7,000 NET PER PERSON PER NIGHT IS APPLICABLE FOR PURCHASING TREATMENTS DURING STAY AT RAKXA JAI (HOLISTIC WELLNESS) AND AT RAKXA GAYA (MEDICAL GYM) REMARK: IT CANNOT BE REDEEMED INTO CASH, AND NOT APPLICABLE TO PURCHASE PRODUCTS AT RX STORE, VITALLIFE (MEDICAL WELLNESS)		$\checkmark$



#### DISCOVER RAKxa

Discover a world in which your body is an expression of the energy and balance within. Where metabolism is elevated, and true renewal is unleashed.

Ideal for guests who are new to the RAKxa experience, this Thailand wellness retreat package lets you select from our vast array of treatment options: Traditional Thai Medicine (TTM), Ayurveda, Traditional Chinese Medicine (TCM), energy healing, and physical movement sessions. Through a deeper understanding of your internal balances and imbalances, we'll empower you to take the most appropriate course of treatment for your future health.

#### DISCOVER RAKxa

INCLUSIVE

	3 Nights
CONSULTATIONS	
Health and wellness consultation	1
Doctor consultation	2
Nutrition and dietetics consultation	1
ASSESSMENTS	
Comprehensive blood test + urine test + stool test	1
Physical movement assessment	1
Physiotherapy assessment	1
EKG	1
ABI	1
Body composition analysis session	1
TREATMENTS	
Cryo sauna session	1
Whole body light therapy session	1
Hyperbaric chamber session	1
IV infusion treatment with weber laser therapy	1
One month Discovery RAKxa supplement	1
RAKxa relaxing massage	1
Alternative medicine treatments*	2
Energy medicine treatment*	1
Spa treatment*	1
RAKxa GAYA treatment*	1
VitalLife treatment*	2

Remarks:

- Alternative medicine treatment-May choose from Acupuncture, Facial Acupuncture, Cupping, Body Guasha, Facial Guasha, Marma Healing, Navarakizhi, Elakhizi, Udvardharnum, Thalapothichil, Pranayama, Traditional Thai massage, Traditional Thai Reflexology massage, Traditional Thai oil massage, Thai Pure Nutrient Hair and Scalp Treatment
- Energy medicine treatment-May choose from Chi Nei Tsang, Zen Na Tai, Singing bowl, Angel Stone Healing, Reiki, Chakra Balancing, Crystal healing, Mien Acupressure
- Spa treatment-May choose from RAKxa relaxing massage, Aromatherapy Massage, Balinese massage, Hand massage, Foot massage, Back Massage, Scalp massage, RAKxa Body Therapy, Manual Lymphatic Drainage Massage, Hommage Invigorating "Back Facial", Hommage Relaxing Hand & Foot Treatment, Floatation Session.
- RAKxa GAYA-May choose from Personalise Corrective Exercise, Head to Toe Stretch, Pilates, Private Suspension Session, HIIT Re-Energise, Performance Remedy, Fascia Release, Deep Tissue Massage, Biomechanics Analysis, Hydrotherapy Exercise, Active Brain Coordinating Exercise, Private Yoga, Private Tai Chi, Core and Stability Training
- VitalLife-May choose from IV (Immune Meyer, Beauty Refresh, Metabolism Booster, Ozone IV formula), Hyperbaric Oxygen Therapy (HBOT), Cryosauna, Whole Body Light Therapy, Tesla Former
- All were 50 minutes treatment except Thai Pure Nutrient Hair and Scalp Treatment (80 min. including blow dry)

#### FACIAL SOLUTION

Elevate and enhance your natural beauty, and feel your entire body relax as you slip into an environment of lush serenity.

The RAKxa Facial Solution package offers a rare chance to take a step back from life's stressors to immerse yourself in an oasis of calm. Allow our Thai aesthetic experts to personalise and prescribe a full facial beauty treatment programme crafted especially for you.

### FACIAL SOLUTION

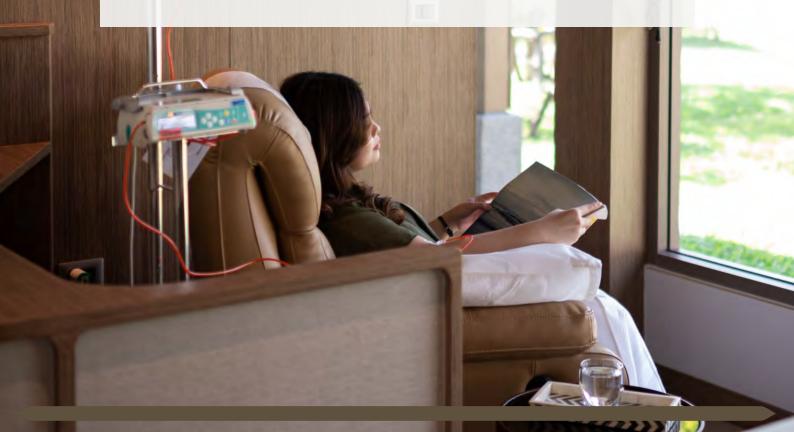
#### INCLUSIVE

	3 Nights
CONSULTATIONS	
Health and wellness consultation	1
Aesthetic doctor consultation	1
Nutrition and dietetics consultation	1
ASSESSMENTS	
Physical movement assessment	1
Facial analysis	1
TREATMENTS	
Botulinum treatment (maximum of 100 units)	1
Filler (4 syringes)	1
Whole body light therapy session	1
Hyperbaric chamber	1
Face tightening treatment	1
IV infusion with weber laser therapy	1
RAKxa relaxing massage	1
Aromatherapy massage	1
Singing bowl	1
RAKxa body therapy	1
Hydramemory facial	1
Facial acupuncture	1
One month facial solution supplement	1

#### **IMMUNITY BOOSTER**

A strong immune system is the foundation of health and wellness. It's an organic pathway to longevity and a natural means of protection.

RAKxa's Immunity Booster package offers personalised lifestyle strategies along with supporting therapies to bolster your immunity. This leaves your body in a state of preparedness, ready to rebalance in the wake of disruption. There is no absolute pinnacle of immunity – your natural defences can always be improved.



#### IMMUNITY BOOSTER

#### INCLUSIVE

	3 Nights
CONSULTATIONS	
Health and wellness consultation	1
Doctor consultation	2
ASSESSMENTS	
Comprehensive blood test + diagnostic	1
TREATMENTS	
Blood ozone IV	1
Immune fight IV infusion treatment with weber laser therapy	1
RAKxa signature massage	1
Personal corrective exercise	1
Traditional Thai prakob and massage	1
Zen Na Tai (Chi Nei Tsang + Cranio Sacral)	1
Mindfulness meditation	1

### LONG COVID

Our specially selected integrative programme is specifically aiming at the respiratory system, reduce inflammation, most suitable for Covid -19 recovered patients.

Heal merely by bare hands and natural remedies, our traditional treatments help to clear out blockages, and enhance energy flow in your body. Your blood and lungs will eventually be filled with plenty of oxygen and vitamins via a cutting-edge technology to promote healing of damaged organs. From ancient wisdom to modern science, at RAKxa we ensure your path to lung rejuvenation will be unique and personal.



### LONG COVID

#### INCLUSIVE

	3 Nights
CONSULTATIONS	
Health and wellness consultation	1
Doctor consultation	1
ASSESSMENTS	
Lab test : cd profile d3/cd4/cd8	1
Lab test : % cd 16/56	1
Lab test : Natural killer cellcytotoxic activity	1
Physical movement assessment	1
TREATMENTS	
Hyperbaric Chamber	1
Blood ozone IV	1
Antioxidant boost up IV	1
Acupuncture	1
Traditional Thai Ya-Pao detoxification therapy	1
Abhyanga	1
Chakra Balancing	1
Pranayama session	1
Personal corrective exercise	1

#### **BODY SOLUTION**

Wellbeing radiates from the inside out. We wear it on our skin as a sign of health.

This package blends state-of-the-art body contouring and body sculpting technologies with natural solutions to help you achieve and maintain your ideal body shape. Therapeutic remedies bring your body into balance – and your health into focus – so you can reach holistic, head-to-toe-wellness.

#### **BODY SOLUTION**

#### INCLUSIVE

	5 Nights
CONSULTATIONS	
Health and wellness consultation	1
Aesthetic doctor consultation	1
Anti-ageing doctor consultation	1
Follow up consultation	1
ASSESSMENTS	
Blood test + diagnostic	1
Physical movement assessment	1
Body composition	1
TREATMENTS	
Body contouring treatments	4
Cryo sauna	1
Whole body light therapy	1
Hyperbaric chamber	1
Weight loss injection	1
IV infusion treatment with weber laser therapy	1
Colon hydrotherapy + probiotic replacement therapy	1
One month body solution supplement	1
RAKxa relaxing massage	1
Foot massage	1
Manual lymphatic drainage massage	2
Rakxa body therapy	1
Facial acupuncture	1
Shirodhara	1
Vichy Rejuvenating	1
Chi nei tsang	1
Crystal healing	1
VitalLife treatment*	2

Remarks:

VitalLife-May choose from IV (Immune Meyer, Beauty Refresh, Metabolism Booster, Ozone IV formula),

Hyperbaric Oxygen Therapy (HBOT), Cryosauna, Whole Body Light Therapy, Tesla Former

#### FACIAL & BODY SOLUTION

True radiance is kindled within and reflects outwards.

RAKxa's wholesome Facial and Body Solution package enhances your inner health, rebalances your body and elevates your natural beauty. Our expert aestheticians and holistic treatment practitioners apply their collective knowledge into a bespoke programme that brings your inner-radiance to light.

### FACIAL & BODY SOLUTION

INCLUSIVE

	5 Nights
CONSULTATIONS	
Health and wellness consultation	1
Aesthetic doctor consultation	1
Doctor consultation	1
Follow up consultation	1
ASSESSMENTS	
Blood test + diagnostic	1
Physical movement assessment	1
Body composition analysis session	1
Facial analysis	1
TREATMENTS	
Botulinum treatment (maximum of 100 units)	1
Filler (4 syringes)	1
Facial tightening treatment	1
Body contouring treatment	4
Cryo sauna	1
Whole body light therapy	1
Hyperbaric chamber	1
Weight loss injection	1
IV infusion treatment with weber laser therapy	1
Colon hydrotherapy + probiotic replacement therapy	1
One month facial and body solution supplement	1
RAKxa relaxing massage	1
Shirodhara	1
Crystal healing	1
Hydramemory facial	1
Thai pure nutrient hair and scalp massage	1
RAKxa Body Therapy	1
Chi nei tsang	1
Facial acupuncture	1
Manual lymphatic drainage massage	2
VitalLife treatment*	2

Remarks:

VitalLife-May choose from IV (Immune Meyer, Beauty Refresh, Metabolism Booster, Ozone IV formula),

Hyperbaric Oxygen Therapy (HBOT), Cryosauna, Whole Body Light Therapy, Tesla Former

DETOX

Cleanse the body and calm the mind. A course designed to heal from the inside out.

Tailored specifically for you, this detox package supports your body's natural detoxification process, helping to eliminate external and internal elements that can harm you now or in the future. We fuse innovative technology, traditional Chinese and Thai massages and medicines, natural Ayurvedic remedies, spiritual healing, and mindfulness practice for an all-round detoxification of the body and mind.

### DETOX

CONSULTATIONS Health and wellness consultation Doctor consultation Nutrition and dietetics consultation Follow up consultation Follow up consultation Comprehensive blood test + urine test + stool test Provoked urine heavy metal test Provoked urine heavy metal test	1 2 1 1	1 2 1	1
Doctor consultation Nutrition and dietetics consultation Follow up consultation ASSESSMENTS Comprehensive blood test + urine test + stool test Provoked urine heavy metal test	2	2	
Nutrition and dietetics consultation Follow up consultation ASSESSMENTS Comprehensive blood test + urine test + stool test Provoked urine heavy metal test	1		
Follow up consultation ASSESSMENTS Comprehensive blood test + urine test + stool test Provoked urine heavy metal test		1	3
ASSESSMENTS Comprehensive blood test + urine test + stool test Provoked urine heavy metal test	1	1	1
Comprehensive blood test + urine test + stool test Provoked urine heavy metal test		1	2
Provoked urine heavy metal test			
	1	1	1
	1	1	1
Physical movement assessment	1	1	1
Physiotherapy assessment	1	1	1
EKG	1	1	1
ABI	1	1	1
Body composition analysis session	1	1	2
TREATMENTS			
Cryo sauna	2	2	3
Whole body light therapy	1	1	3
Infrared sauna	1	1	2
Hyperbaric chamber	2	1	3
IV infusion treatment with weber laser therapy	1	1	2
Colon hydrotherapy + probiotic replacement therapy	1	2	3
One month detox supplement	1	1	1
RAKxa relaxing massage	1	1	2
Chi nei tsang	2	2	2
Traditional Thai detoxification therapy	1	2	2
Kaya suddhi	1	1	1
Manual lymphatic drainage massage	1	2	1
Active pureness facial	-	1	1
Crystal healing	1	1	1
Acupuncture & moxibustion initial	1	1	1
Pranayama	1	1	2
Cupping	-	1	1
Yoga detox	-	1	1
Chakra balancing	-	-	1
Reiki	-	-	1
Shirodara	-	-	1

Remarks:

• VitalLife-May choose from IV (Immune Meyer, Beauty Refresh, Metabolism Booster, Ozone IV formula), Hyperbaric Oxygen Therapy (HBOT), Cryosauna, Whole Body Light Therapy, Tesla Former

#### **DE-STRESS**

Escape the stresses of everyday life. Bring your body's natural rhythm into balance and find solace at RAKxa.

This Thailand stress retreat package centres on healing and soothing modern souls with treatments to revitalise the spirit, restore inner balance and remedy the lingering effects of tension on the mind and body. Immerse yourself in a world of true calm, surrounded by therapeutic tropical surroundings. Discover a new way of living where the mind, body, and soul are all in harmony.

#### **DE-STRESS**

CONSULTATI	5 Nights	7 Nights	10 Nights
Health and wellness consultation	1	1	1
Doctor consultation	2	2	3
Nutrition and dietetics consultation	1	1	1
Lifestyle consultation	1	1	1
Follow up consultation	-	-	2
ASSESSMET	NTS		
Comprehensive blood test + urine test + stool test	1	1	1
Provoked urine heavy metal test	1	1	1
Physical movement assessment	1	1	1
Physiotherapy assessment	1	1	1
EKG	1	1	1
ABI	1	1	1
Body composition analysis session	1	1	2
TREATMEN	ITS		
Cryo sauna	1	1	2
Whole body light therapy	1	1	3
Infrared sauna	1	1	2
Hyperbaric chamber	2	1	3
IV infusion treatment with weber laser therapy	2	2	2
One month detox supplement	1	1	1
RAKxa relaxing massage	1	1	2
Tranquility pro sleep massage	1	1	1
Stress release massage	1	1	1
Floatation	1	1	1
Chi Nei Tsang	1	1	1
Acupuncture & moxibustion with initial consultation	1	2	2
Thai herbal compress massage	-	1	1
Singing bowl healing	1	1	1
Shirodhara	1	1	1
Meditation with Ayurvedic doctor	1	1	1
Alternative medicine treatment	-	1	1
Recover touch facial	-	1	1
Private Tai Chi	1	1	1
Private Yoga	-	1	1
Energy treatment	-	-	1
Scalp massage	-	-	1
Head to toe stretch	-	-	1
ZenNaTai	-	-	1
VitalLife treatment*	2	2	2

Remarks:

• VitalLife-May choose from IV (Immune Meyer, Beauty Refresh, Metabolism Booster, Ozone IV formula), Hyperbaric Oxygen Therapy (HBOT), Cryosauna, Whole Body Light Therapy, Tesla Former

### MOBILISATION

Gain a new lease on life through increased mobility.

It all begins with the RAKxa Mobilisation Package. Each personalised programme is based on the latest in exercise and sports science, using physical therapy, performance recovery and enhancement technologies to help you achieve your health and fitness goals.



#### MOBILISATION

INCLUSIVE

	5 Nights	7 Nights	10 Nigh
CONSULTATIONS	;		
Health and wellness consultation	1	1	1
Doctor consultation	2	2	3
Nutrition and dietetics consultation	1	1	1
Alternative medical consultation	1	1	1
Follow up consultation	1	1	2
ASSESSMENTS			
Comprehensive blood test + urine test + stool test	1	1	1
Physiotherapy assessment	1	1	1
Physical movement assessment	1	1	1
Cognitive function test	-	1	1
Pulmonary function test	-	1	1
Balance and reflex test	1	1	1
EKG	1	1	1
ABI	1	1	1
Body composition analysis session	1	1	2
Biomechanic Analysis	1	1	1
TREATMENTS			
Physiotherapy treatment	3	4	6
Cryo sauna	2	2	3
Whole body light therapy	1	1	2
Infrared sauna	1	1	2
Hyperbaric chamber	1	1	3
IV infusion with weber laser therapy	1	1	1
One month mobilise supplement	1	1	1
RAKxa relaxing massage	1	1	1
Personal corrective exercise	1	2	3
Therapeutic Court Type Thai massage	1	1	1
Head to toe stretch	1	1	2
Deep tissue massage	1	2	2
Sandhi Suddhi	-	1	1
Marma healing massage	1	1	1
Acupuncture & moxibustion	1	1	2
Performance regenerating exercise	1	1	1
Cupping	-	-	1
Pilates one on one session	1	1	1
Private suspension exercise	-	-	1
Private active aqua exercise	-	1	1
Balinese massage	-	-	1
Fascia release	-	-	1
Private Yoga	-	-	1
VitalLife treatment*	2	2	2

Remarks: • VitalLife-May choose from IV (Immune Meyer, Beauty Refresh, Metabolism Booster, Ozone IV formula), Hyperbaric Oxygen Therapy, Cryosauna, Whole Body Light Therapy, Tesla Former

#### GUT HEALTH

3 alto

VITALLIF

Gut flora is the core of wellness. It impacts the entire body, from the brain to the immune system. Bring it into balance with a tailored programme.

The RAKxa Gut Health package balances and restores your digestive health using a holistic approach that blends functional medicine therapies, natural remedies, and cutting-edge medical technology. By bringing balance to the digestive system, you are restoring health to the entire body.

### GUT HEALTH

#### INCLUSIVE

	7 Nights	10 Night
CONSULTATIONS		
Health and wellness consultation	1	1
Doctor consultation	2	3
Nutrition and dietetics consultation	1	1
Follow up consultation	1	2
ASSESSMENTS		
Comprehensive blood test + Diagnostic	1	1
Food intolerance test	1	1
Physical movement assessment	1	1
Physiotherapy assessment	1	1
EKG	1	1
ABI	1	1
Body composition analysis	1	2
Balance and reflex test	_	1
TREATMENTS		
Whole body light therapy	1	2
Infrared sauna	1	2
Hyperbaric chamber	2	2
IV infusion treatments with weber laser therapy	2	2
Colon hydrotherapy sessions + probiotic replacement therapy	2	2
One month gut health supplement	1	1
RAKxa relaxing massage	1	1
Zen Na Tai (Chi Nei Tsang + Cranio Sacral)	2	2
Traditional Thai Ya-Pao detoxification therapy	1	1
Chi Nei Tsang	1	2
Crystal healing	1	1
Acupuncture & moxibustion initial	1	1
Marma healing massage	1	2
Pranayama	1	-
RAKxa stress release massage	1	1
Pilates one-on-one	1	1
Singing bowl healing	-	1
Shirodhara	-	1
Active pureness facial	-	1
Personal corrective exercise	-	1
VitalLife treatment*	2	2

Remarks:

• VitalLife-May choose from IV (Immune Meyer, Beauty Refresh, Metabolism Booster, Ozone IV formula), Hyperbaric Oxygen Therapy (HBOT), Cryosauna, Whole Body Light Therapy, Tesla Former

### WEIGHT MANAGEMENT

Your ideal body weight is an expression of your lifestyle, body type, and genome. Hone in on that ideal weight with our tailored package.

A team of experienced medical doctors and specialists in health and wellness, nutrition, and physical therapy will work with you to establish and achieve your weight management goals. Integrating state-of-the-art weight-loss technology with holistic, natural techniques, this programme focuses on long-term weight management, detoxification, and energy balancing for an all-around mind-body wellness regimen.

### WEIGHT MANAGEMENT

#### INCLUSIVE

	10 Nights	14 Nigl
CONSULTATIONS		
Health and wellness consultation	1	1
Doctor consultation	3	3
Nutrition and dietetics consultation	1	1
Follow up consultation	2	3
ASSESSMENTS		
Comprehensive blood test + urine test + stool test	1	1
Physical movement assessment	1	1
Food intolerance test	1	1
Provoked urine metal tests profile	-	1
Basal metabolic rate	1	1
Physiotherapy assessment	1	1
EKG	1	1
ABI	1	1
Pulmonary function test	1	1
Body composition analysis	2	2
Cognitive function test	1	1
Balance and reflex test	1	1
TREATMENTS		
Physiotherapy treatment	2	4
Cryo sauna	2	4
Whole body light therapy	2	2
Infrared sauna	2	3
Hyperbaric chamber	2	3
Fat elimination treatment vanquish	1	2
Indiba RF sessions for body contouring	3	4
Weight loss injection	1	1
IV infusion treatments with weber laser therapy	2	2
Colon hydrotherapy + probiotic replacement therapy	1	2
One month detox supplement	1	1
RAKxa signature massage	1	1
Chi nei tsang	2	2
Private active aqua exercise	2	3
Personal corrective exercise	3	4
Pilates one on one	2	3
Udvarthanam	1	1
Body strategist firming treatment	1	2

#### INCLUSIVE

	10 Nights	14 Nights
TREATMENTS		
Acupuncture & moxibustion	1	1
Deep tissue massage	1	3
Manual lymphatic drainage massage	1	1
Thai herbal compress	1	1
Head to toe stretch	1	2
Four hands body firming massage	1	3
Cryorganic Firming & Anti-Ageing Facial	1	-
VitalLife treatment*	2	2

Remarks:

• VitalLife-May choose from IV (Immune Meyer, Beauty Refresh, Metabolism Booster, Ozone IV formula), Hyperbaric Oxygen Therapy, Cryosauna, Whole Body Light Therapy, Tesla Former

### PROGRAMME PRICE LIST 2022 - 2023

RAKxa INTEGRATIVE ADVANCED PROGRAMMES	GARDE	GARDEN VILLA (PRICE PER PERSON)		
	NORMAL SEASON HIGH SEASON		PEAK SEASON	
	NOW - 31ª OCT 2022 & 1ª APR - 31ª OCT 2023	1 <sup>st</sup> NOV – 24 <sup>th</sup> DEC 2022 & 11 <sup>th</sup> JAN – 31 <sup>st</sup> MAR 2023	25 <sup>th</sup> DEC 2022 - 10 <sup>th</sup> JAN 2023	
DISCOVER RAKXA 3 NIGHTS				
SINGLE	214,000	231,000	257,000	
DOUBLE	192,000	207,000	230,000	
IMMUNITY BOOSTER 3 NIGHTS		11		
SINGLE	184,000	199,000	221,000	
DOUBLE	161,000	174,000	193,000	
LONG COVID 3 NIGHTS		1		
SINGLE	162,000	175,000	194,000	
DOUBLE	139,000	150,000	167,000	
GUT HEALTH 7 NIGHTS				
SINGLE	442,000	456,000	506,000	
DOUBLE	370,000	400,000	444,000	
GUT HEALTH 10 NIGHTS		1		
SINGLE	596,000	644,000	715,000	
DOUBLE	522,000	564,000	626,000	
DE-STRESS 5 NIGHTS				
SINGLE	339,000	366,000	407,000	
DOUBLE	302,000	326,000	362,000	
DE-STRESS 7 NIGHTS		1		
SINGLE	424,000	458,000	509,000	
DOUBLE	372,000	402,000	446,000	
DE-STRESS 10 NIGHTS				
SINGLE	556,000	600,000	667,000	
DOUBLE	482,000	521,000	578,000	
MOBILISE 5 NIGHTS		1		
SINGLE	341,000	368,000	409,000	
DOUBLE	304,000	328,000	365,000	
MOBILISE 7 NIGHTS		1		
SINGLE	423,000	457,000	508,000	
DOUBLE	371,000	401,000	445,000	
MOBILISE 10 NIGHTS		1		
SINGLE	574,000	620,000	689,000	
DOUBLE	499,000	539,000	599,000	

#### PROGRAMME PRICE LIST 2022 - 2023

RAKxa INTEGRATIVE ADVANCED PROGRAMMES	GARDE	GARDEN VILLA (PRICE PER PERSON)		
	NORMAL SEASON	HIGH SEASON	PEAK SEASON	
	NOW - 31st OCT 2022 & 1st APR - 31st OCT 2023	1 <sup>st</sup> NOV – 24 <sup>th</sup> DEC 2022 & 11 <sup>th</sup> JAN – 31 <sup>st</sup> MAR 2023	25 <sup>th</sup> DEC 2022 - 10 <sup>th</sup> JAN 2023	
DETOX 5 NIGHTS				
SINGLE	332,000	359,000	398,000	
DOUBLE	295,000	319,000	354,000	
DETOX 7 NIGHTS				
SINGLE	424,000	458,000	509,000	
DOUBLE	372,000	402,000	446,000	
DETOX 10 NIGHTS				
SINGLE	575,000	621,000	690,000	
DOUBLE	501,000	541,000	601,000	
WEIGHT MANAGEMENT 10 NIGHTS				
SINGLE	640,000	691,000	768,000	
DOUBLE	566,000	611,000	679,000	
WEIGHT MANAGEMENT 14 NIGHTS				
SINGLE	855,000	923,000	1,026,000	
DOUBLE	751,000	811,000	901,000	
FACIAL SOLUTION 3 NIGHTS	210.000	242.000	202.000	
SINGLE	318,000	343,000	382,000	
DOUBLE BODY SOLUTION 5 NIGHTS	296,000	320,000	355,000	
SINGLE	382,000	413,000	458,000	
DOUBLE	345,000	373,000	414,000	
FACIAL AND BODY SOLUTION 5 NIGHTS	5-5,000	575,000		
SINGLE	551,000	595,000	661,000	
DOUBLE	514,000	555,000	617,000	

### SUPPLEMENT CHARGE FOR EXTRA NIGHT

EXTRA NIGHT	NORMAL SEASON	HIGH SEASON	PEAK SEASON
SINGLE	35,000	37,000	39,000
DOUBLE	28,000	29,000	30,000

#### **Rate conditions**

- Rates are net in Thai Baht, inclusive of 10% service charge and 7% government tax.
- Rates are per person per programme and with minimum 3 nights stay.
- RAKxa reserves the right to increase rates if there is a change to governmental taxes (+/-).
- Rates will be adjusted accordingly to reflect any changes.

#### Programme inclusions

- Health and wellness consultation.
- Accommodation as garden villa.
- Round-trip airport limousine transfer.
- Three wellness cuisine meals or detox meals per person, per night of stay.
- · Complimentary mini bar in villa.
- Complimentary general physical examination.
- · Complimentary daily fitness and leisure activities.
- · Complimentary use of hydrotherapy area, including vitality pool, steam, herbal steam, sauna, chill shower, and cold plunge pool.
- Specific treatments as listed in the programme.

#### Extra night inclusions

- · Accommodation as garden villa.
- Three wellness cuisine meals or detox meals per person and per night of stay.
- Complimentary mini bar in villa.
- · Complimentary daily fitness and leisure activities.
- Complimentary use of hydrotherapy area, including vitality pool, steam, herbal steam, sauna, chill shower and cold plunge pool.
- Treatment credit valued at THB 7,000.-net per person per night is applicable for purchasing treatments during stay at RAKxa Jai (Holistic Wellness) and at RAKxa GAYA (Medical Gym). It cannot be redeemed into cash, and not applicable to purchase products at RX Store, VitalLife (Medical Wellness).

### 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.



# SET YOUR WELLNESS JOURNEY IN MOTION

For more information or reservation Tel: +66 2 055 3100 Email: reservation@rakxawellness.com



www.rakxawellness.com

🖪 🞯 : RAKxa Wellness 🛛 🛛 +66 65 950 6388 🖓 @rakxawellness