



MOBILISATION PROGRAMME

Restoring the physical movements of your body after prolonged sedentary lifestyle, injuries, surgeries, and other complications.

Comprehensive assessments of physical functions, including your gait, performance, strength, coordination, balance, and reflex. A full repertoire of personalised workouts, stretching techniques, Redcord exercise and Pilates is well planned as a part of movement therapy. To improve your range of motions by hydrating your tight fascia and relaxing your muscle fibres, and relieve chronic body pains, therapeutic massages, including Thai court type and deep tissue massage, and acupuncture are encompassed in integration of the scientific procedures, including cold therapy and physiotherapy. Cold laser therapy and body light therapy along with antioxidant-rich meals are also included to alleviate body inflammation.

	MOBILISATION+	MOBILISATION+
	7 Nights	10 Nights
ASSESSMENTS / CONSULTATIONS		
Health and Wellness Consultation	✓	✓
RAKxa Functional Fitness Assessment	✓	✓
Doctor Consultation	✓ (x2)	✓ (x2)
Lab Investigation	✓	✓
Medical Fitness Screening by Physiotherapist	✓	✓
Balance & Reflex Screening	✓	✓
Biomechanic Analysis 50 min	✓	✓
TREATMENTS / ACTIVITIES		
RAKxa Relaxing Massage 50 min	✓	✓
Personalised Corrective Exercise 50 min	✓ (x2)	✓ (x2)
Therapeutic Court Type Thai Massage 80 min	✓	✓
Head to Toe Stretch 50 min	✓	✓ (x2)
Deep Tissue Massage 50 min	✓	✓ (x2)
Acupuncture & Moxibustion Initial 80 min	✓	✓ (x2)
Pilates One on One 50 min	✓	✓
Marma Healing Massage 50 min	✓	✓
Sandhi Suddhi (Arthritis Treatment) 110 min		✓
Private Suspension Session 50 min		✓
Private Active Aqua Exercise 50 min		✓
Fascia Release 80 min		✓
Private Yoga 50 min		✓
Physiotherapy Treatment	✓ (x4)	✓ (x6)
Cryo Sauna	✓ (x2)	✓ (x2)
Whole Body Light Therapy	✓	✓ (x2)
Hyperbaric Chamber	✓	✓ (x2)
IV Infusion	✓	✓
IV NAD+ 100 mg		✓
IV Weber Laser		✓
Supplement	✓	✓
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	✓	✓

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

Package		Normal Season 1 May - 31 Oct 2024		High Season 1 Nov - 21 Dec 2023 8 Jan - 30 Apr 2024		Peak Season 22 Dec 2023 - 7 Jan 2024	
		SGL (THB)	DBL (THB)	SGL (THB)	DBL (THB)	SGL (THB)	DBL (THB)
Mobilisation	7N Mobilisation+	375,000	325,000	399,000	342,000	440,000	366,000
	10N Mobilisation+	521,000	451,000	556,000	474,000	615,000	509,000

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 person 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.