



## DESTRESS PROGRAMME

Restoring physical balance, mental calmness, and emotional stability by 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, including intravenous formulas and hyperbaric oxygen therapy, is also encompassed to alleviate sleep problems because of stress. The energy healing treatments, which aim to remedy your subconsciously emotional misalignment, will help you feel uplifting while nestling in RAKxa's tranquilising ambience.

	DESTRESS	DESTRESS	DESTRESS+	DESTRESS+
	5 Nights	7 Nights	7 Nights	10 Nights
<b>ASSESSMENTS / CONSULTATIONS</b>				
Health and Wellness Consultation	✓	✓	✓	✓
RAKxa Functional Fitness Assessment	✓	✓	✓	✓
Doctor Consultation	✓	✓	✓ (x2)	✓ (x3)
Nutrition and Dietetics Consultation			✓	✓
Lab Investigation			✓	✓
Provoked Urine Metal Tests			✓	✓
Medical Fitness Screening by Physiotherapist			✓	✓
Electrocardiogram (EKG)			✓	✓
Ankle Brachial Index (ABI)			✓	✓
Body Composition			✓	✓ (x2)
<b>TREATMENTS / ACTIVITIES</b>				
RAKxa Relaxing Massage 50 min	✓	✓	✓	✓
Mindfulness Meditation 50 min	✓	✓	✓	✓
RAKxa Stress Release Treatment 80 min	✓	✓	✓	✓
Private Tai Chi 50 min	✓	✓	✓	✓
Acupuncture & Moxibustion Initial 80 min	✓	✓	✓	✓
Acupuncture & Moxibustion 50 min			✓	✓
Marma Healing Massage 50 min	✓	✓		
Singing Bowl Healing 50 min	✓	✓	✓	✓
Thai Pure Nutrient Hair and Scalp Treatment 80 min	✓	✓		
RAKxa Signature Sleep Enhancement 80 min	✓	✓	✓	✓
Floatation 45 min		✓	✓	✓
Mano Maya 140 min		✓		
Chi Nei Tsang 50 min			✓	✓
Shirodhara 50 min			✓	✓
Energy Healing Medicine 50 min				✓
Scalp Massage 45 min				✓
Head to Toe Stretch 50 min				✓
Zen Na Tai				✓
Cryo Sauna	✓	✓	✓	✓ (x2)
Whole Body Light Therapy or Infrared Sauna	✓	✓ (x2)	✓ (x2)	✓ (x4)
Hyperbaric Chamber	✓	✓	✓	✓ (x3)
IV Infusion	✓	✓ (x2)	✓ (x2)	✓
IV Weber Laser				✓
IV NAD+ 100 mg				✓
Supplement			✓	
<b>EXPERIENCES / FACILITIES</b>				
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)
Destress	5N Destress	223,000	188,000	241,000	200,000	270,000	217,000
	7N Destress	307,000	257,000	332,000	274,000	373,000	299,000
	7N Destress+	407,000	358,000	432,000	374,000	473,000	399,000
	10N Destress+	543,000	472,000	578,000	496,000	637,000	531,000

## 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.