

RAK^{Xa}

INTEGRATIVE WELLNESS



IMMUNITY BOOSTER PROGRAMME

Strong and resilient immune system.

Comprehensive investigation into the root causes of poor immunity, food sensitivity and lifestyle for instance. To ultimately strengthen your natural defense mechanisms, personalised workouts in collaboration with the use of hyperbaric oxygen therapy and intravenous immune-enhancing formulas are implemented. As immune cells are delivered throughout the body via bloodstream and lymphatic system, the tailored integration of therapeutic massages, cold therapy and acupuncture are included to improve the circulation of both the compartments.

	IMMUNITY BOOSTER	IMMUNITY BOOSTER+
	5 Nights	10 Nights
ASSESSMENTS / CONSULTATIONS		
Health and Wellness Consultation	✓	✓
RAKxa Functional Fitness Assessment	✓	✓
Doctor Consultation	✓	✓ (x2)
Nutrition and Dietetics Consultation		✓
Lab Investigation		✓
Food Intolerance Test		✓
TREATMENTS / ACTIVITIES		
Zen Na Tai 50 min	✓	✓
Traditional Thai Ya-Pao Detoxification Therapy 110 min	✓	✓
Personalised Corrective Exercise 50 min	✓	✓ (x2)
Acupuncture & Moxibustion Initial 80 min	✓	✓
Navarakizhi 50 min	✓	✓
Yoga Detox 50 min	✓	✓
Manual Lymphatic Drainage Massage 50 min	✓	✓
Mindfulness Meditation 50 min	✓	✓
RAKxa Relaxing Massage 50 min		✓
Deep Tissue Massage 50 min		✓
Chi Nei Tsang 50 min		✓
Head to Toe Stretch 50 min		✓
Marma Healing Massage 50 min		✓
Cupping 50 min		✓
Reiki 50 min		✓
Cryo Sauna	✓	✓
Whole Body Light Therapy	✓	✓ (x2)
Hyperbaric Chamber	✓	✓ (x2)
IV Immune Myer Infusion	✓	✓
IV Blood Ozone	✓	✓ (x2)
IV Infusion		✓
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)
Immunity Booster	5N Immunity Booster	230,000	195,000	248,000	207,000	277,000	224,000
	10N Immunity Booster+	489,000	419,000	525,000	442,000	584,000	478,000

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.