

RAK^{Xa}

FULLY INTEGRATIVE
WELLNESS &
MEDICAL RETREAT

MOBILISATION

The RAKxa Mobilisation package promotes rehabilitation, recovery and performance enhancement. 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.

This package is especially beneficial for those with moderate mobility or posture issues, such as osteoporosis or joint pain. It's also suitable for anyone who requires post-operative rehabilitation.

A team of health and wellness advisors will prescribe a customised programme that's right for you, assisted by a medical gym team that will help identify the root cause of your mobility issues and appoint a regimen targeted at musculoskeletal restoration.

A new lease on life through enhanced mobility begins with the RAKxa Mobilisation package.

OUR PROGRAMME INCLUDES

1. Health and wellness consultation
2. Accommodation as per selection
3. Round-trip airport limousine transfer
4. 3 anti-inflammatory meals or detox meals per person and per night of stay
5. Complimentary mini bar in villa
6. Complimentary general physical examination
7. Complimentary daily fitness and leisure activities
8. Complimentary use of water therapy suite, including vitality pool, steam, herbal steam, sauna, chill shower and cold plunge pool
9. Specific treatments as listed in the programme

EXTRA NIGHT INCLUSIONS

1. Accommodation as per selection
2. 3 anti-inflammatory meals or detox meals per person and per night of stay
3. Complimentary mini bar in villa
4. Complimentary daily fitness and leisure activities
5. Complimentary use of water therapy suite, including vitality pool, steam, herbal steam, sauna, chill shower and cold plunge pool
6. Treatment credit value at THB 7,000 per person per night, must be used during stay, can not be redeemed into cash, can not be used at RX WellNest Store and may not be used for visiting consultant services

5 NIGHTS INCLUSIVE	7 NIGHTS INCLUSIVE	10 NIGHTS INCLUSIVE
CONSULTATIONS	CONSULTATIONS	CONSULTATIONS
1 Health and wellness consultation	1 Health and wellness consultation	1 Health and wellness consultation
1 Doctor consultation	1 Doctor consultation	1 Doctor consultation
1 Nutrition and dietetics consultation	1 Nutrition and dietetics consultation	1 Nutrition and dietetics consultation
ASSESSMENTS	ASSESSMENTS	ASSESSMENTS
1 DNA scientific wellness screening	1 DNA scientific wellness screening	1 DNA scientific wellness screening
1 Comprehensive blood test + urine test + stool test	1 Comprehensive blood test + urine test + stool test	1 Comprehensive blood test + urine test + stool test
1 Physiotherapy assessment	1 Physiotherapy assessment	1 Physiotherapy assessment
1 Biomechanic analysis	1 Biomechanic analysis	1 Biomechanic analysis
1 Physical movement assessment	1 Physical movement assessment	1 Physical movement assessment
1 Cognitive function test	1 Cognitive function test	1 Cognitive function test
1 Balance test	1 Balance test	1 Balance test
1 EKG	1 EKG	1 EKG
1 ABI	1 ABI	1 ABI
1 Pulmonary function test	1 Pulmonary function test	1 Thermography
1 Body composition	1 Body composition	1 Pulmonary function test
		2 Body composition
TREATMENTS	TREATMENTS	TREATMENTS
3 Physiotherapy treatment	5 Physiotherapy treatment	8 Physiotherapy treatment
2 Cryo sauna	2 Cryo sauna	3 Cryo sauna
2 Photo - light therapy	2 Photo - light therapy	3 Photo - light therapy
2 Infrared sauna	2 Infrared sauna	3 Infrared sauna
2 Hyperbaric chamber	2 Hyperbaric chamber	4 Hyperbaric chamber
2 IV infusion with weber laser therapy	2 IV infusion with weber laser therapy	3 IV infusion with weber laser therapy
1 1 month mobilise supplement	1 1 month mobilise supplement	1 1 month mobilise supplement
1 RAKxa signature massage	1 RAKxa signature massage	1 RAKxa signature massage
1 Personal corrective exercise	3 Personal corrective exercise	3 Personal corrective exercise
1 Tok sen therapeutic	1 Tok sen therapeutic	1 Tok sen therapeutic
1 Thai warrior stretch	1 Thai warrior stretch	2 Thai warrior stretch
1 Deep tissue massage	2 Deep tissue massage	2 Deep tissue massage
1 Sandhi suddhi	1 Sandhi suddhi	1 Sandhi suddhi
1 Acupuncture	1 Acupuncture	3 Acupuncture
1 Performance regenerating exercise	1 Performance regenerating exercise	2 Performance regenerating exercise
1 Pilates one on one	1 Pilates one on one	2 Pilates one on one
	1 Private active aqua exercise	1 Private active aqua exercise
	1 Abhyanga	1 Balinese massage
		1 Head to toe stretch
		1 Fascia release
		1 Private yoga
		1 Abhyanga
		1 Aromatherapy massage