

# RAK<sup>Xa</sup>

WELLNESS &  
MEDICAL RETREAT



## EXPERIENCE RAK<sup>Xa</sup> ONE-NIGHT WELLNESS PACKAGE

Start to know yourself in measurable new ways within a matter of days through our 1-Night Package. This condensed yet concise sampling of our signature programmes leans on ancient wisdom, technological advances, and the rhythms of nature to uplift your physical, mental, and emotional wellbeing.

### PRIVILEGES\*\*

- For each purchase of the "EXPERIENCE RAK<sup>Xa</sup> ONE-NIGHT WELLNESS PACKAGE"  
**Receive 1 Holistic treatment credit voucher valued at THB 2,000.**

Special offers for all residents of Thailand

## EXPERIENCE RAK<sup>Xa</sup> ONE-NIGHT WELLNESS PACKAGE

### ONE-NIGHT PACKAGE

#### FIRST-TIMER CUSTOMER WILL RECEIVE:

- Accommodation in Garden Villa
- Health and Wellness consultation
  - Wellness doctor consultation
  - Functional fitness assessment
  - Three Wellness cuisine meals
    - One Tea break
- Two Treatments at RAK<sup>Xa</sup> Jai or RAK<sup>Xa</sup> Gaya\*
  - One Treatment at Vitallife\*
- Complimentary daily fitness and group wellness activities
  - Complimentary use of hydrotherapy area including vitality pool, steam room, herbal steam, chill shower, sauna and cold plunge pool

**THB 29,500 per person, single occupancy/ Weekday**

**THB 31,500 per person, single occupancy/ Weekend**

**THB 27,500 per person, double occupancy/ Weekday**

**THB 29,500 per person, double occupancy/ Weekend**

#### ADDITIONAL NIGHTS WILL RECEIVE:

Holistic Wellness	Integrated Wellness	Medical Wellness
Follow-up consultation with Health & Wellness advisor	Follow-up consultation with Health & Wellness advisor	Follow-up consultation with Health & Wellness advisor
Three Wellness cuisine meals	Three Wellness cuisine meals	Three Wellness cuisine meals
One Tea break	One Tea break	One Tea break
Two Treatments at RAK <sup>Xa</sup> Jai or at RAK <sup>Xa</sup> Gaya*	One Treatment at RAK <sup>Xa</sup> Jai or at RAK <sup>Xa</sup> Gaya*	Two treatments at Vitallife*
	One treatment at Vitallife*	
Weekday*	Weekday*	Weekday*
THB 16,500 per person/ double occupancy	THB 18,500 per person/ double occupancy	THB 22,500 per person/ double occupancy
THB 18,500 per person/ single occupancy	THB 20,500 per person/ single occupancy	THB 24,500 per person/ single occupancy
Weekend**	Weekend**	Weekend**
THB 18,500 per person/ double occupancy	THB 20,500 per person/ double occupancy	THB 24,500 per person/ double occupancy
THB 20,500 per person/ single occupancy	THB 22,500 per person/ single occupancy	THB 26,500 per person/ single occupancy

Today - June 30, 2021

Remarks:

\*Weekday check in is Monday - Thursday and Sunday

\*\*Weekend check in is Friday, Saturday and Public holiday

# RAK<sup>Xa</sup>

WELLNESS &  
MEDICAL RETREAT

RAK <sup>Xa</sup> JAI*	RAK <sup>Xa</sup> GAYA*
Traditional Thai Massage	Physical Movement Assessment
Traditional Thai Reflexology Massage	Basal Metabolic Rate
Traditional Thai Oil Massage	Biomechanic Analysis
Pranayama	Lower Body Imbalance Assessment
Yoga Detox	Hydrotherapy Exercise
Marma Healing Massage	Performance Regenerating Exercise
Reiki	Active Brain Coordinating Exercise Personalise Corrective Exercise
ZenNaTai	Sport Performance Analysis
Singing Bowl	Private Outdoor Training
Chakra Balancing	Total body Power Training
Crystal Healing	HIIT Reenergize Training
Angel Stone Healing	Private Active Aqua Exercise
Chi Nei Tsang	Private Suspension Session
Mien Acupressure	Private Yoga
Acupuncture & Moxibustion	Private Tai Chi
Acupuncture & Electrostimulation	Thai Boxing
Tuina Acupressure Massage	Private Keiser Spinner
Cupping	Private Swimming Lesson
Guasha	Head to Toe Stretch
Facial Acupuncture	Core and Stability Training
Facial Guasha	
Mindfulness Meditation	
RAK <sup>Xa</sup> Relaxing Massage	
Aromatherapy Massage	
Balinese Massage	
Hand Massage	
Foot Massage	
Back Massage	
Scalp Massage	
Hommage Express Facial with Head Massage	
Hommage Invigorating "Back Facial"	
Floatation	
Deep Tissue Massage	

# RAK<sup>Xa</sup>

WELLNESS &  
MEDICAL RETREAT

## VITALLIFE<sup>®</sup>

Profacial

Physio Treatment Session

Immune Myer IV

Beauty Refresh IV

Metabolism Booster IV

Whole Body Light Therapy

Cryo-Sauna

Hyperbaric Chamber

Colon Hydrotherapy

Peripheral Magnetic Stimulation (PMS)

### Privileges, Terms, and Conditions

#### Reservations

- Reservation is required prior arrival date at least 1 day in advance.
- Cancellation and amendment are accepted with notification to RAKxa at least 72 hours prior arrival date.
- Full prepayment is required at the time of booking and it is non-refundable.
- Cancellation notifies to RAKxa shorter than 72 hours prior to arrival date or "No show" will occur full penalty charge with non-refundable.
- Rate are net inclusive of service charge and VAT.

#### \*\*Holistic Treatment Credit Vouchers

- Holistic treatment credit vouchers are available to guests who have visited RAKxa as "Experience RAKxa One-night Wellness Package" guests or have stayed under any RAKxa Wellness packages only.
- Holistic treatment credit vouchers valued at THB 2,000 is applicable for treatments purchasing at RAKxa Jai and RAKxa Gaya only, and are not applicable to purchase treatments at Vitallife, Unam Restaurant, RAKxa Cha, Rx Store, or for the purchase of any other packages. If the required payment amount exceeds the value stated on the voucher, the supplement can be paid by cash or credit card.
- Holistic treatment credit vouchers are applicable to purchase additional treatments.
- One holistic treatment credit voucher is applicable per one holistic treatment.
- Holistic treatment credit voucher is valid for 30 days after EXPERIENCE RAKxa ONE-NIGHT WELLNESS PACKAGE usage date, and before 30 June 2021

#### For more information or reservation

Tel: +66 2 055 3100  
Email: reservation@rakkawellness.com  
Line Official: @rakkawellness  
Facebook: RAKxa Wellness  
Instagram: RAKxa Wellness  
www.rakkawellness.com