

## RAK<sup>Xa</sup> JAI WELLNESS

### CONSULTATION MENU

#### HEALTH AND WELLNESS CONSULTATION

Initial Consultation 50 Min  
Follow up Consultation 25 Min

The health and wellness consultation focuses on the whole person and their unique individual story. To start, an in-depth and detailed case history is taken to gain a holistic understanding of your current state of health. At the end of the initial consultation, a programme plan will be crafted based on your goals, abilities, and interests, designed so you feel comfortable and ready to integrate changes into your daily life. This healing plan will change and develop as you move forward on your wellness journey.

Follow-up consultations generally last 25 minutes. The frequency and number of follow-up consultations depends on each individual and their programme.

#### 24 HRS. LIFESTYLE ANALYSIS

15 Min

Our lifestyle assessment provides concrete information on your wellbeing and helps you reach your health and performance potential with science-backed confidence. As a result, your body's reactions to daily activities and environmental factors are visible in new and exciting ways. Our unique heart rate variability analysis uses data about your work, leisure and sleep to create a complete picture of your health and performance, highlighting insufficient recovery levels before they become a serious problem.

Awareness allows preventative solutions that put you ahead of the game.

## RAK<sup>Xa</sup> JAI WELLNESS

### TRADITIONAL THAI MEDICINE MENU

#### TRADITIONAL THAI MASSAGE

50 / 80 / 110 Min

The Traditional Thai Massage is a unique and authentic full body treatment without oil. This well-known treatment uses slow firm movements and acupressure as well as incorporating a series of passive stretches, joint mobilisation and gentle pressure of the energy lines. The Traditional Thai Massage improves flexibility, alleviates muscle tension and refreshes the body and mind.

#### THERAPEUTIC COURT TYPE THAI MASSAGE

80 / 110 Min

The Court Type Thai Massage wisdom has been passed down from ancient practitioners who treated Thai Royals for generations. It has the benefit of boosting energy, stimulating blood and lymphatic circulation, improving range of motion, and easing muscular aches and pains. The massage helps rehabilitate patients suffering from ailments such as lower back pain, lumbar strain, frozen shoulder, trigger finger and ankle strain. Followed by a hot herbal compress, this ancient wisdom therapy brings about a sense of renewal and rejuvenation.

#### TRADITIONAL THAI REFLEXOLOGY MASSAGE

50 / 80 / 110 Min

The art of traditional Thai reflexology is healing the whole body from just one place; by applying pressure onto particular areas of the soles of the feet. A reflex action in a corresponding part of the body is stimulated by the manipulation of each specific area including the leg, calf and thigh. The therapist uses hands, fingers and thumbs helping to free up blocked energy in the body's meridians to create a feeling of relaxation, balance, and enhanced wellbeing.

#### TRADITIONAL THAI OIL MASSAGE

50 / 80 / 110 Min

Specific medicinal herbs, wrapped in cloth, are used in this rejuvenating and soothing treatment. The herbs chosen are based on the goal of the session and your individual needs. These herbs are then compressed and steamed to bring out the essential oils and applied along the energy lines of the body in combination with Traditional Thai Massage techniques. Relieving aches and pains, sore or pulled muscles, and energising the whole body, this unique ancient healing massage is both aromatic and nurturing.

# RAK<sup>Xa</sup>

WELLNESS &  
MEDICAL RETREAT

## TRADITIONAL THAI MEDICINE MENU

### TRADITIONAL THAI PRAKOB AND MASSAGE

80 / 110 Min

Specific medicinal herbs, wrapped in cloth, are used in this rejuvenating and soothing treatment. The herbs chosen are based on the goal of the session and your individual needs. These herbs are then compressed and steamed to bring out the essential oils and applied along the energy lines of the body in combination with Traditional Thai Massage techniques. Relieving aches and pains, sore or pulled muscles, and energising the whole body, this unique ancient healing massage is both aromatic and nurturing.

### TRADITIONAL THAI WOMAN CARE MASSAGE

80 / 110 Min

Our Traditional Thai Woman Care Massage is a full body treatment that focuses on the energy lines of the body, paying particular attention on the abdomen. The massage will increase blood flow inside the womb, help to release hormones and soften menstrual cramps. Results are stress and pain relief, and a brighter, more positive mood.

### THERAPEUTIC TOK SEN MASSAGE

50 / 80 Min

Tok Sen, also known as Lanna Hammering, is a unique traditional massage technique that originated in northern Thailand and involves the use of a special wooden hammer. The rhythmical yet gentle tapping and sound vibration along the Sen – energy line – works deeply through the tissue and muscles right down to the attachments with the bone. The technique is used to clear blocked energy paths, improve blood circulation and ease muscle tension. The Tok Sen Massage is combined with a Thai muscle manipulation technique to help melt away those aches and pains.

### THAI WARRIOR MASSAGE

50 / 80 Min

The Thai Warrior Massage is an ancient traditional Thai therapy dating back to before the 13th century, when it was used to heal injured warriors returning from battle. The modern Thai warrior therapy is a combination of traditional massage and Ruesi Datton (Thai Hermit Exercise) also known as yoga massage. The blend of rhythmic strokes, acupressure, gentle twisting and deep stretching aids tension relief and helps to balance the circulating life force energy in your body, leaving you with an extraordinary sense of wellbeing.

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## TRADITIONAL THAI MEDICINE MENU

### THAI THERAPEUTIC KARSAI MASSAGE

50 / 80 Min

The Thai Karsai Massage is a traditional form of therapeutic genital healing. The practitioner uses sensitive yet precise pressure and small circular massage movements to dissolve the sedimentation in the circulatory system, release the toxicity in the organs, and assist in letting go of any emotional blockages. This massage addresses the common problems associated with our sexual organs and is effective in alleviating lower back pain, improving alignment and strengthening the pelvic floor muscles. Come away feeling healed and with increased vitality.

### TRADITIONAL THAI FACE AND SCALP MASSAGE

50 / 80 / 110 Min

Using warm oil to massage the face, head, neck and upper shoulder area followed by acupressure on the neck, back, shoulder and any particular areas of concern, this massage helps to relax the mind and improve your sleep. A variety of massage movements are used to relieve accumulated tension, rejuvenate the body and aid in the condition and health of the hair. Recommended to help with insomnia, migraines, tension headaches and Bell's palsy.

### TRADITIONAL THAI SALT POT MASSAGE

80 Min

The Thai Traditional Salt Pot Massage is a ritual combining Thai massage techniques with a hot salt pot compress to release tension in the shoulders and lower back muscles. Each compress contains a blend of coarse salt and medicinal herbs and is applied to the energy points on the body with different pressure, focusing on areas of pain or concern. The result is improved movement and less tension in the areas of concern on the back, acting as a stress relief and mood enhancer.

### TRADITIONAL THAI REJUVENATING THERAPY

170 Min

A traditional treatment to stimulate blood and lymphatic circulation, reduce abdominal pain, cramp and bloating, and release muscle tension. This rejuvenating session also helps with constipation and can improve sexual performance. The Traditional Thai Yoo Fai Therapy includes a full body Thai massage with a herbal compress and a Traditional Salt Pot Massage on the stomach, thighs and back, focussing on the lower back and hips to induce heat and warm the muscles. It is then followed by a detoxifying, hot herbal charcoal seat and a steam bath.

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MEDICAL RETREAT

## TRADITIONAL THAI MEDICINE MENU

### TRADITIONAL THAI YA-POK THERAPEUTIC MASSAGE

50 Min

Ya-Pok is a traditional folk medicine using a paste prepared with fermented herbs which help to target pain and swelling deep in the joints, where massage alone cannot reach. This treatment is ideal for inflammation in the joints or conditions that prohibit regular massage such as rheumatoid arthritis (jab pong nam), and knee osteoarthritis, as well as enhancing mobility and mood.

### TRADITIONAL THAI YA-PAO DETOXIFICATION THERAPY

110 Min

This detoxifying therapy starts with a traditional Thai abdominal massage to clear out blockages, increase blood flow and encourage the circulation of the lymphatic system. Followed is herbal burning on the abdomen to help relieve discomfort, balance the elements and help rid the body of excess air, which causes bloating, distension and pain. Cleansing and calming, this treatment will set you on your detox path to renewal.

### TRADITIONAL THAI FACIAL THERAPY

80 Min

This traditional therapy focuses on beauty from the inside and out. Gentle fingers massage the muscles of the face helping to tone the skin, giving a youthful glow. As muscle tone improves, sagging is reduced, and the face softens, inhibiting the appearance of expression lines. A facial massage with therapeutic Thai herbs is the perfect tonic for your skin as it increases circulation, promotes cellular healing, rejuvenates and hydrates, all in one.

### TRADITIONAL THAI HERBAL STEAM

50 Min

This traditional Thai herbal steam bath utilises the cleansing properties of steam with the natural healing benefits of medicinal plants that have been used for generations in Thailand. A combination of various Thai herbs such as turmeric, galangal, phlai, kaffir lime, lemongrass, and camphor helps clear the respiratory system, relieve your aches and pains, detoxify and increase blood circulation, and leave you feeling lighter and stress free.

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## TRADITIONAL THAI MEDICINE MENU

### TRADITIONAL THAI HERBAL SCRUB AND MASK

50 Min

This natural therapy rejuvenates and nourishes your skin by using traditional herbal exfoliating granules such as phlai, turmeric and tamarind which remove dead skin and boost circulation. Hydrating ingredients such as honey and coconut oil help improve the skins natural defences. This therapy increases blood flow to the skin's surface and is an intense hydration treatment. As a result, your complexion will be smooth, soft and radiant.

### THAI HERBAL FOOT BATH

50 Min

Both feet are massaged and manipulated while being soaked in warm water infused with special herbs in this Thai Herbal Foot Bath. This relaxing therapy helps to release muscle tension in the feet, increase blood circulation making you feel more relaxed, and can result in deeper and more beneficial sleep.

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## RAK<sup>Xa</sup> JAI WELLNESS

### AYURVEDA MENU

Dating back over 5,000 years, the philosophy of Ayurveda denotes each individual has a specific constitution called prakruti, determining your physical, physiological, and mental character. Your prakruti is a balance between three bodily energies called doshas— vata, pitta, and kapha—that can be thrown off by innumerable factors from the environmental to the emotional. To help rebalance your doshas and achieve enhanced wellbeing, RAK<sup>Xa</sup>'s Ayurveda doctors use therapies, meditation, breathing exercises, diet, and numerous herbal remedies. Feel renewed with treatments to stimulate circulation, regulate digestion, strengthen muscles, improve your skin and body tone and activate the body's powerful self-healing capabilities.

Vata is the energy of air and ether, movement and impulse,  
creativity and connection.

Pitta is the energy of fire and water, digestion and transformation.

Kapha is the energy of water and earth, structure and cohesiveness,  
grounding and stability.

### ABHYANGA

50 Min

Shirodhara is a classical and a well-established Ayurveda treatment that slowly and steadily drips warm, soothing medicated oil in a continuous stream on the third eye, to soothe and calm the nervous system - by pacifying vata and pitta dosha. This deeply relaxing treatment enhances your emotional balance, helps to overcome stress and anxiety, and is also used as a remedy for insomnia.

### SHIRODHARA

50 Min

Shirodhara is a classical and a well-established Ayurveda treatment that slowly and steadily drips warm, soothing medicated oil in a continuous stream on the third eye, to soothe and calm the nervous system - by pacifying vata and pitta dosha. This deeply relaxing treatment enhances your emotional balance, helps to overcome stress and anxiety, and is also used as a remedy for insomnia.

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## AYURVEDA MENU

### UDVARTHANAM

50 Min

Udvarthanam is an all over body massage using therapeutic herbal powders. These powders are mixed with medicated oil and rubbed onto the skin with gentle friction. Udvarthanam pacifies kapha dosha, helps to move and melt fat in the body and brings a sense of stability. This treatment not only leaves you feeling refreshed, but you come away with an all over body glow.

### PIZHICHIL

50 Min

Pizhichil literally means “pouring”. In this treatment, warm medicated oil is poured continuously all over the body or on specific areas of concern using cotton which is periodically soaked in the therapeutic oil. Pizhichil is helpful for those with arthritis and nervous disorders like paralysis, hemiplegia and Parkinson’s disease. It enhances the complexion of the skin, relieves body pain and muscle spasms, speeds up the healing of fractured bones, increases immunity, has anti-aging properties, and is soothing, relaxing and rejuvenating.

### ELAKIZHI

50 Min

Elakizhi therapy uses herbs mixed with lemon, turmeric and rock salt, warmed with medicated oil and tied up in a linen bundle. The bundle (Kizhi) dipped in medicated oil is used for massaging the body in a relaxing and calming treatment. This therapy can be used for those with arthritis, spondylitis, back and joint pain, and sports injuries. This soothing massage induces perspiration, improves circulation within the affected areas and helps to tone the skin.

### KATI VASTHI

50 Min

Kati means waist and Vashti is a ring shaped compartment made up of special grains or wheat dough. In this therapy, the ring is placed on the affected area of the lower back and warm medicated oil is poured inside. The temperature of the oil is maintained throughout to ensure it targets the area of concern effectively. Kati Vasthi promotes muscle and ligament strength to support the spine as well as relieving vata conditions such as lower backache, stiffness, sciatica pain and sports injuries.

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## AYURVEDA MENU

### NAVARAKIZHI

50 Min

In Navarakizhi treatment, medicinal red rice is boiled in a mixture of milk and herbs, tied in a cloth and made into a bolus. The bolus is then used to massage the whole body, using gentle strokes and pressure. Navarakizhi works as an intensely invigorating therapy and is advised for people who have low energy levels. This therapy strengthens muscles and nerves, nourishes degenerated tissues and prevents further depletion. It is also an ideal treatment for neuromuscular and musculoskeletal diseases.

### PICHU

50 Min

In our Pichu treatment, cotton wool soaked with warm medicated oil is applied over affected areas of the body, in combination with a soothing massage. Pichu is a wonderful way to soothe head aches and migraines and also helps with spinal care and nerve disorders arising from vata dosha. Our Ayurveda doctor recommends this session for those who suffer from insomnia, neck problems, herniated discs, cervical and lumbar spondylosis, and chronic back pain.

### KAYA SUDDHI (BODY DETOX)

140 Min

This detox aims to purify the entire body to attain a proper balance of all three doshas, based on the cleansing Panchakarma Treatment. It includes Ubtan, a personalised Ayurvedic scrub and massage, a cleansing facial massage, a herbal steam room session and ending in a detoxifying herbal drink. The goal is to gently and safely remove toxins from the body and mind, under the expert care of our practitioners.

### MANO MAYA (STRESS MANAGEMENT)

140 Min

The Mano Maya therapy is created to help relieve the stresses of everyday life by reducing tension and calming the mind. Our therapist will ease away worries by combining Snehan, a personalised Ayurvedic massage with Shirodhara, a medicated oil bath on third eye, along with a meditative singing bowl session. The result is an overall sense of calm, peace and enhanced wellbeing.

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## AYURVEDA MENU

### SANDHI SUDDHI (ARTHRITIS TREATMENT)

110 Min

This soothing treatment combines Elakizhi, the medicinal leaf bolus massage with joint vasthi -where oil is poured over affected joints to help ease aches and pains. Along with a herbal steam and Ayurvedic medicinal rejuvenating drink, this session leaves you feeling stronger, more mobile and with a new lease of life.

### PRANAYAMA

50 Min

Translated as the control of life force or the extension of the breath, Pranayama is the regulation of the breath through certain techniques and exercises. A regular practice of controlled breathing can decrease the effects of stress on the body and increase overall physical and mental health by calming the mind and increasing concentration.

### YOGA DETOX

50 Min

A dynamic practice focusing on stimulating the digestive system with the purpose of aiding the detoxification of the body. Experience sequences of yoga poses including twists, bends and stretches that massage the digestive organs along with specific breath work and followed by cleansing herbal tea.

### JALA NETI

25 Min

Jala Neti is an ancient practice performed by yogis to cleanse their nasal passage by pouring lukewarm saline water through it. Practicing Neti is especially beneficial for those with dust and pollen allergies. Doing this treatment regularly can help reduce sinusitis and breathing disorders, soothe the nasal passage clearing it from bacteria, and help with mental clarity. It also enhances the practice of pranayama and other breathing exercises.

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## AYURVEDA MENU

### PRANIC HEALING

80 Min

Pranic Healing corrects imbalances in the body's energy field and transfers life force without the use of touch or medicines. The healing is a three-step process (checking, cleansing and replenishing) that accelerates the body's innate ability to heal at all levels: physical, mental, emotional and spiritual. Its applications have shown miraculous results in relationship healing, increasing focus and concentration, clearing busy minds, and enhancing a sense of calm and peace.

### MARMA HEALING MASSAGE

50 Min

In Ayurveda, marmas are the subtle energy points that run through the body. Marma healing focuses on the manipulation of prana energy in the body to help it heal. This ancient therapy combines a therapeutic oil massage along with stimulation of the marma pressure points all over the body. The massage assists the healthy flow of energy through the body's pathways and channels and is personalised according to your needs.

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## RAK<sup>Xa</sup> JAI WELLNESS

### ENERGY MEDICINE MENU

#### REIKI

50 Min

Reiki, which means “spiritually guided life force energy” in Japanese, is a treatment that feels like a wonderful glowing radiance flowing through and around you. Reiki treats the whole person including the body, emotions, mind and spirit, creating many beneficial effects including deep relaxation and feelings of peace, security and wellbeing.

#### ZENNATAI

(CHI NEI TSANG + CRANIO SACRAL)

50 Min

This healing practice focuses on the abdominal and craniosacral areas using deep strokes and gentle pressure that facilitate self-healing and guide you to deep relaxation. ZenNaTai’s holistic approach starts with an invigorating head massage on pressure points, moving to the chest and collar area using soothing strokes that release pressure and ease aches. The abdominal massage that follows assists by encouraging detoxification and enhancing a greater sense of relaxation.

#### SINGING BOWL HEALING

50 Min

The RAK<sup>Xa</sup> singing bowl healing session is an effective and proven treatment that uses vibrational sounds from Tibetan bowls to help reduce stress, alter consciousness and create a deep sense of peace, wellbeing and better health. Sound therapy has also been shown to be a vital part of the healing process for cancer patients undergoing chemotherapy and side effects especially for pain relief management.

#### CHAKRA BALANCING

50 Min

This is most powerful way to balance the energy in the body and create vibrant health on every level. This treatment helps to restore the flow of life energy (prana) throughout the body, enhancing the feeling of overall wellbeing in sometimes subtler, sometimes more powerful ways. Like a spring clean for your energy system, this treatment unblocks, re-activates and rebalances the chakras, paving the way for increased levels of health and consciousness.

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## ENERGY MEDICINE MENU

### CRYSTAL HEALING

50 Min

Crystal healing is a holistic, non-invasive, vibrational energy-based system of healing. The technique uses precisely placed crystals either on or around the body which absorb and move energy creating wonderful stress relief powers. Crystal healing is also particularly useful for people who suffer from migraines, insomnia, panic attacks, pain, stiff joints, digestive disorders, and chronic or severe illnesses such as cancer that require long-term support.

### ANGEL STONE HEALING

50 Min

Angel Stone Healing is a revolutionary therapy that utilises the healing energy of angels (Divine healing energy) in conjunction with the healing energy of natural crystals and gemstones to bring about a complete sense of enhanced wellbeing. Crystal Healing and Angel Healing are both wonderful, non-intrusive modalities which empower the body to heal itself.

### CHI NEI TSANG SESSION

50 Min

Chi Nei Tsang (CNT) is a centuries-old variety of healing touch therapy. It focuses on a deep yet gentle abdominal massage in order to train the internal abdominal organs to work more efficiently, which in turn improves physical and emotional health. CNT also strengthens the immune system, corrects postural problems and relieves tension. This treatment is used to treat chronic pain in the back and facilitate the unfolding of emotions.

### RAK<sup>Xa</sup> SIGNATURE SLEEP ENHANCEMENT

80 Min

Using ancient energy healing combined with sound therapy this treatment helps to ease tension, balance energy levels and ultimately improve sleep quality. The RAK<sup>Xa</sup> Signature Sleep Enhancement uses healing oils, massage techniques and the meditative sounds of the singing bowl to lull you into a state of deep relaxation. Not only will you sleep better, but you will arrive at a place of enhanced calm and wellbeing.

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## ENERGY MEDICINE MENU

### ESSENTIAL MIND HEALING PROGRAMME

50 Min

A perfect combination of singing bowl and crystal healing modalities, this treatment targets your specific physical and emotional concerns. The practitioner starts the session with a check-up to identify your unique energy field and to choose a healing crystal best suited to your needs. Working with the sound vibrations of the singing bowl, this treatment utilises the power of sound frequencies to restore, optimise and balance the flow of energy in the body, healing the body, mind, and soul.

### MIEN ACUPRESSURE

50 Min

Mien-acupressure is a facial treatment that works by tapping into the meridian channels on the face, balancing the tissue and cleansing the lymphatic vessels, as well as helping you deeply relax and de-stress. Gentle stimulation and massage techniques release nervous tension and negative energy as well as rejuvenating those who suffer from jet lag or insomnia. It is also known to relieve facial twitching, relax facial muscles and reduce headaches.

### MANUAL LYMPHATIC DRAINAGE MASSAGE

50 Min

Manual Lymphatic Drainage (MLD) is a gentle massage that supports the detoxification of the body. It encourages the natural drainage of the lymph, which carries waste products away from the tissues back toward the heart. This therapy uses a specific amount of pressure and rhythmic circular movements to stimulate flow and release the toxins from the body.

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## RAK<sup>Xa</sup> JAI WELLNESS

### TRADITIONAL CHINESE MEDICINE MENU

#### TCM DIAGNOSIS

25 Min

Essential in Traditional Chinese Medicine (TCM) is a thorough diagnosis of each patient before commencing any treatment. This vital TCM consultation checks the pulse and inspects the tongue, skin, and eyes, and combines the results with other medical information given. Through pulse palpation at three locations, (cun, guan and chi) on both wrists, the general health condition of a person and a particular organ can be fully identified. Symptoms can be traced to patterns of an underlying disharmony.

#### ACUPUNCTURE

##### INITIAL ACUPUNCTURE & MOXIBUSTION

80 Min

This initial session involves a consultation with a TCM Doctor to tailor a treatment plan for Acupuncture and Moxibustion therapy. Acupuncture improves the body's functions and promotes the natural self-healing process by stimulating specific anatomic sites.

This is most commonly done by inserting fine, sterile needles gently into the skin. Moxibustion is offered to further enhance the results of acupuncture. This traditional Chinese medicine technique involves the burning of mugwort (a small, spongy herb) to promote healing. Our moxibustion session strengthens the blood, stimulates the flow of Qi, and promotes a sense of enhanced wellbeing.

##### ACUPUNCTURE & MOXIBUSTION

50 Min

A follow up session of Acupuncture and Moxibustion is a recommended to support self-healing and assist you on your path to recovery using Traditional Chinese Medicine therapies. Complementary healing treatments require a long term plan as they heal from within and the number of sessions required is correlated to how chronic the condition is. Please plan follow up sessions in consultation with our TCM Doctor.

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## TRADITIONAL CHINESE MEDICINE MENU

### ACUPUNCTURE & ELECTROSTIMULATION

50 Min

Acupuncture and Electrostimulation (electroacupuncture) uses needles to stimulate the same energy points in the body as traditional acupuncture, however the needles are then attached to a device that generates continuous electric pulses. The frequency and intensity of the pulses can be adjusted depending on the individual's condition and needs. Electroacupuncture uses two needles at a time so that the pulses can pass from one needle to the other. Several pairs of needles can be stimulated simultaneously, usually taking around 30 minutes at a time. Electroacupuncture is considered to be especially useful for conditions in which there is an accumulation of chi, such as chronic pain, injuries and spasms, or in cases where the chi is difficult to stimulate.

### TUINA ACUPRESSURE MASSAGE

50 Min

Our TCM doctor uses the Tuina massage to treat chronic pain, reduce tension in muscles, improve circulation and promote deep states of relaxation. Tuina establishes a more harmonious flow of Qi through the meridians, allowing the body to naturally heal itself. By gently applying pressure with the hands, elbows, and arms on specific points along the body, this therapeutic treatment clears blockages and increases mobility – leaving you feeling refreshed and renewed.

This massage is performed fully clothed and without oil.

### CUPPING

50 Min

Cupping therapy is an ancient form of alternative medicine that cleanses and heals, removing toxins and tension in the back. Our trained therapist uses special cups that gently suck the skin up. Massage oil is applied to create a better seal as well as to allow the cups to glide over muscle groups in an act called “gliding cupping” or “sliding cupping” – a deeply soothing and invigorating experience. Dark circles may appear where the cups were placed because of capillary rupture just under the skin, but they fade in just 1-2 weeks. Cupping helps with pain, inflammation, blood flow, relaxation and wellbeing, and acts as a soothing deep-tissue massage.

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## TRADITIONAL CHINESE MEDICINE MENU

### GUASHA

50 Min

Guasha is a natural, alternative therapy that involves softly scraping your skin with a massage tool to improve circulation. This ancient Chinese healing technique offers a unique approach to better health, addressing issues like chronic pain.

Guasha is intended to address stagnant energy, called chi, in the body that practitioners believe to be responsible for inflammation, the underlying cause of several health conditions. Rubbing the skin's surface helps break up this energy, reduce inflammation, and promote healing. Come away with glowing, renewed skin and increased vitality.

### FACIAL ACUPUNCTURE

50 Min

Facial acupuncture is a cosmetic treatment that acts as an extension of traditional acupuncture. It naturally helps make skin look younger, smoother, and all-around healthier, improving skin quality and helping to heal acne and scars. It also acts as effective anti-aging treatment, relaxing the muscles of the face and boosting collagen to reduce wrinkles, leaving you with a youthful, healthy shine.

### FACIAL GUASHA

50 Min

Using a flat jade or rose quartz stone over the skin in upward strokes, this facial relaxes stiff muscles, improves blood flow and decreases puffiness. The Facial Guasha treatment stimulates circulation and hydration, promoting a youthful glow. Helping the skin to naturally purge blemish-causing dirt and oils, this traditional facial leaves you feeling radiant and pampered.

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## RAK<sup>Xa</sup> JAI WELLNESS

### MIND & SPIRITUAL HEALING MENU

#### COGNITIVE BEHAVIOURAL THERAPY

50 Min

Cognitive Behavioural Therapy (CBT) CBT is one of the many forms of psychotherapy used to help with a variety of problems our guests may face. CBT focuses on challenging and changing unhelpful thoughts and behaviours, improving emotional regulation and developing better coping strategies.

With the help of our trained therapist, this session encourages you to be more forward-thinking and focused on finding healthy solutions.

#### HYPNOTHERAPY

50 Min

Hypnotherapy uses guided relaxation, intense concentration, and focused attention to achieve a heightened state of awareness. While in this trance like state, our trained therapist will help you focus on specific thoughts or goals to help change behaviour. Recommended for those looking to quit an unhealthy habit such as smoking, drinking or even nail biting, this session can be enlightening and fun. Also recommended for those with unresolved trauma or acute pain, to shift focus and reprioritise your goals.

#### NEURO LINGUISTIC PROGRAMMING (NLP) SESSION

50 Min

NLP is the practice of evaluating how people organise their thoughts, feelings, language and actions to understand why they behave in particular ways. There is a connection between neurological processes (neuro-), language (linguistic) and behavioral patterns learned through experience (programming), and these can be changed to achieve specific goals in life. NLP can be applied to address problems such as phobias, depression, allergies, common colds, and learning disorders.

# RAK<sup>Xa</sup>

WELLNESS &  
MEDICAL RETREAT

## MIND & SPIRITUAL HEALING MENU

### RAPID TRANSFORMATIONAL THERAPY (RTT<sup>®</sup>)

50 Min

RTT is the combination of hypnotherapy, Cognitive Behavioural Therapy (CBT) and Neurolinguistic Programming (NLP). This treatment utilises the leading scientific principles of neuroplasticity, with an ability to create new neural pathways in the mind while giving you the ability to replace old unhelpful beliefs and behaviours. This leads to demonstrable rapid, profound and long-lasting transformation

### MINDFULNESS MEDITATION

50 Min

Mindfulness meditation is a practice that helps to bring your attention into the present moment. This hard to acquire skill is developed through training in meditation, breathing exercises and the art of noticing. In Buddhist teachings, mindfulness is a tool used to develop self-knowledge and wisdom that gradually leads to what is described as enlightenment or the complete freedom from suffering.

### STRESS MANAGEMENT

50 Min

Our Stress Management treatment is design for people who have been under both chronic and acute stress. In this session you will learn how to release stress, find balance and build resilience. Proven to help with anxiety by increasing your inner balance and self-security. With minimal time, you will understand the issues you face and resulting stress levels, and learn some simple and effective ways to reduce them, which in turn increases your energy and resilience and renews the joy of life

Prices are subject to change without notice.

No-shows or appointments cancelled less than 3 hours will incur a 50% cancellation fee.

# RAK<sup>Xa</sup>

WELLNESS &  
MEDICAL RETREAT

## RAK<sup>Xa</sup> JAI WELLNESS

### HOLISTIC SPA MENU

#### RAK<sup>Xa</sup> RELAXING MASSAGE

50 Min

Using essential oils and a combination of strokes and acupressure, the unique RAK<sup>Xa</sup> relaxing massage promotes body and mind healing, awakening a natural sense of positivity. During the session, the therapist will use oxygen therapy to enhance the circulatory and respiratory function of the body, and help with symptoms of jet lag and fatigue. A complete mind and body tonic.

This massage uses light to medium pressure but can be adjusted to your preference.

#### AROMATHERAPY MASSAGE

50 Min

Aromatherapy has been used for centuries to reduce stress and tension, refresh and invigorate the body, calm emotions, and clear the mind. During this profoundly relaxing treatment, essential oils are absorbed through the skin and into the body to completely soothe inside and out. Let yourself drift into a place of pure serenity.

#### BALINESE MASSAGE

50 Min

The Balinese Massage is a full-body, deep-tissue, holistic treatment that uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body. This relieving treatment brings a sense of wellbeing, calm and deep relaxation, helping your aches and pains melt away.

#### HOT STONE MASSAGE

50 Min

The hot stones concept places heated volcanic black stones on areas of concern in the body. The gentle warmth of the stones target tight muscles and pain, and is combined with an aromatherapy massage that uses soothing strokes to further release any tension. Let go of all the stress held within your body.

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WELLNESS &  
MEDICAL RETREAT

## HOLISTIC SPA MENU

### HAND MASSAGE

50 Min

Our signature hand massage helps to ease pain, increase hand strength, and reduce feelings of stress and anxiety. Our therapist works on pressure points in the hands and uses massage techniques on the arms and shoulders to fully unleash built up stress. A perfect complementary treatment for those with arthritis, carpal tunnel syndrome, neuropathy, and other conditions.

### FOOT MASSAGE

50 Min

Bringing relaxation to the entire body, our signature foot massage targets pressure points on the soles of the feet and gently eases muscle tension in the legs. Our highly skilled therapist will manipulate muscles to improve circulation, relieve pain and induce a feeling of profound relaxation.

### BACK MASSAGE

50 Min

Inspired by RAKxa healing methods, this muscle relief ritual was designed by our master therapists and uses therapeutic oils combined with a deep tissue massage and stretching techniques. The aim is not only to relax tired muscles in the back, shoulders and neck but also to enhance mobility, relieve stress and ease muscle tension built up over time.

### SCALP MASSAGE

45 Min

Designed to relax the mind, encourage circulation and ease tension. This treatment uses gentle pressure on the temples and scalp as well as the upper shoulders and neck, finding where knots, tight muscles and tension lies and easing it out with expertise. Often effective as a stress reducer, the application of warm oil leaves you feeling relaxed and lighter.

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WELLNESS &  
MEDICAL RETREAT

## HOLISTIC SPA MENU

### RAK<sup>Xa</sup> STRESS RELEASE TREATMENT

80 Min

The RAK<sup>Xa</sup> Stress Release Treatment alleviates the stress built up in the body and mind by focusing on areas that are holding tension and easing it away with a combination of gentle strokes and firm pressure. Focusing on your individual needs, this treatment is perfect for those who play sport, have incorrect posture or muscle strain from repetitive activity, and particularly those who carry the weight of the world on their shoulders.

### REJUVENATING FLOW THERAPY

80 Min

Our unique flow therapy stimulates the deep layers of the skin through to the muscles, encouraging the flow of oxygenated blood around your body. Fast and intense, this massage improves the condition of your skin, as well as helping the lymphatic system to remove any toxins and excess fluid. An ideal detox and body shaping treatment that leaves you feeling revived and refreshed.

### RAK<sup>Xa</sup> BODY THERAPY (BODY SCRUB + WRAP)

50 Min

This complete body therapy starts with an all over body scrub using locally sourced, natural ingredients. This extracting and purifying treatment gently exfoliates dead skin cells and invigorates blood flow. Once the skin is soft and supple, a hydrating wrap cocoons your body, to further nourish your skin and leave you feeling more balanced and renewed.

### RAK<sup>Xa</sup> BATH RITUAL

50 Min

Floating in warm water infused with essential oils will relax your mind and rejuvenate your senses with the therapeutic effects of aromatherapy. This exotic bath will bring you tranquillity, help balance emotions and lift a low mood.

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## HOLISTIC SPA MENU

### COMFORT ZONE

#### TRANQUILLITY PRO SLEEP MASSAGE

80 Min

The Tranquillity Pro Sleep Massage acts on three different sensorial pathways for profound relaxation, enhanced sleep and jetlag relief. This innovative ritual works in synergy with the unique essential oil blend and the \*bespoke sound, combined with the use of soft brushes, to gently guide the way to achieving a quiet and peaceful mind and body.

#### BODY STRATEGIST FIRING TREATMENT

50 Min

A replenishing treatment bestowing perfect tone, elasticity and restoring moisture balance to the skin, leaving it soft, silky and compact. A sensorial cocooning experience and the perfect body treatment for soft, elasticised skin. Ideal for those with dry and depleted skin and as a post-sun treatment. Safe and effective during pregnancy.

#### ACTIVE PURENESS FACIAL (PURIFICATION)

50 Min

A deep cleansing treatment that gives an immediate luminous, smooth and even appearance. Characterised by an innovative mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances, leaving you feeling fresh and toned. For all skin conditions, including sensitive, dehydrated and mature. Particularly effective on oily, scarred and acne-prone skin.

#### RECOVER TOUCH FACIAL (REPAIR)

50 Min

A nourishing, multi-vitamin antioxidant treatment for face, neck and décolleté for a repairing and protective action. For all skin types, and especially those which are depleted, dry, stressed and tired. Protects the skin against free radical damage. Nourishes, repairs and bestows softness and silkiness.

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WELLNESS &  
MEDICAL RETREAT

## HOLISTIC SPA MENU

### HYDRAMEMORY FACIAL (DOUBLE HYDRATION)

50 Min

A deep hydrating, antioxidant treatment for face, neck and décolleté. Leaves the skin hydrated and silky whilst restoring compactness, nourishment and luminosity. Offers a unique and pleasurable experience thanks to the specific application of the mask with the brushes and the exclusive Comfort Touch Face Massage. For exceptionally dehydrated skin, especially in hot climates or in preparation for sun exposure. Ideal for young skins or for those showing the first signs of aging.

### TRANQUILLITY FACE AND BODY RITUAL SESSION

110 Min

A unique aromatherapy massage experience using deep tissue techniques for the body, and profound relaxing techniques for the face, de-contracting tense muscles and relieving tension. For those with muscle tension and ideal for dry and depleted skin, this treatment improves circulation and oxygenation of tissues, resulting in a well-nourished face and body.

## HOMMAGE

### HOMMAGE AGE DEFENSE FACIAL

50 Min

The ultimate facial treatment for men, designed specifically to diminish fine lines and signs of fatigue. Skin energising antioxidant products will nourish skin, improve moisture balance, restore elasticity and leave skin looking rested and refreshed.

### HOMMAGE EXPRESS FACIAL WITH HEAD MASSAGE

25 Min

This energising facial by Hommage includes a deep cleansing and exfoliating mask. The facial will leave skin looking rested and revived and a head, neck and shoulder massage will ensure deep relaxation.

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MEDICAL RETREAT

## HOLISTIC SPA MENU

### HOMMAGE INVIGORATING "BACK FACIAL"

45 Min

This unique specialty treatment focuses on hygiene and maintenance of the often neglected and congested back. Deep cleansing, mask and hot towels are used followed by a relaxing back massage.

### HOMMAGE RESTORATIVE BODY MASSAGE

50 Min

This full body massage incorporates Eastern and Western techniques that will leave your body relaxed, yet energised. The hands and feet will also receive special attention.

### HOMMAGE RELAXING HAND & FOOT TREATMENT

50 Min

This meditative treatment will provide your hands and feet with special pampering as well as attention on the head, neck and shoulders to fully transport you to a state of deep relaxation. Hot stones are incorporated to enhance the therapeutic effect.

### HOMMAGE FACE & BODY GROOMING RITUAL

110 Min

This bespoke treatment will be customised to your specific needs. A complete face and body cleansing and exfoliation will leave you feeling polished and immaculately groomed all over. Followed is a full face and body massage to enhance the feeling of renewal and relaxation. Special attention is paid to hands and feet to complete the experience.

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WELLNESS &  
MEDICAL RETREAT

## HOLISTIC SPA MENU

### NATURAL HAIR TREATMENT

#### THAI PURE NUTRIENT HAIR AND SCALP TREATMENT

80 Min

A deep conditioning hair and scalp treatment that adds shine, health and vitality to all hair types. Specific traditional Thai herbs are used which boost circulation, nourish the scalp and combat inflammation. When performed regularly this treatment helps to strengthen hair roots, reduce hair loss and support regrowth. The cooling impact of the Thai herbs also helps to ease symptoms of headache, stress and insomnia.

#### THALAPOTHICHIL

50 Min

Thalapothichil is a traditional Ayurveda treatment that soothes both the head and the mind. Following a tension releasing head massage, a medicated paste is gently rubbed all over the scalp, leaving a small groove for medicated oil to be applied. This cooling treatment aids in the correction of pitta dosha and is very effective for various mental disorders, migraines, scalp problems, dandruff and hair loss. Come away feeling lighter, energised and with enhanced mental clarity.

### HYDROTHERAPY

#### FLOATATION SESSION

45 Min

Unwind and let go of everyday stresses in a large and private floatation room designed to eliminate all outside distractions in the form of sound, sight, temperature, tension and gravity. The incredible buoyancy of the water eliminates all forces of gravity and resistance on the musculoskeletal and nervous system, resulting in a complete release of built-up tension in the body and mind.

#### VICHY SHOWER

45 min

Reduce stress and improve vitality under the horizontal shower as the warm and gentle water flows over you, easing tension and melting away worries. This treatment also includes an invigorating exfoliating scrub to make the skin soft and supple. The Vichy Shower can be an individual treatment or combined with a massage therapy, to enhance the overall experience.

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