

RAK^{Xa}

FULLY INTEGRATIVE
WELLNESS &
MEDICAL RETREAT

BODY SOLUTION

Wellbeing radiates from the inside out. We wear it on our skin as a sign of prosperity. The RAKxa Body Solution package will bring your body into balance – and your health into focus – so you can achieve holistic, head-to-toe wellness.

This programme begins with a non-invasive, scientific-based body analysis that informs your personalised body solution programme. From there, RAKxa's medical experts combine fire and ice elements to contour and sculpt your physique. VitaLife infusion therapies are administered to balance your metabolism, helping maintain your ideal body shape. Embrace your inner health, and let it radiate.

OUR PROGRAMME INCLUDES

1. Health and wellness consultation
2. Accommodation as per selection
3. Round-trip airport limousine transfer
4. Three wellness cuisine meals or detox meals per person and per night of stay
5. Complimentary healthy drinks, herbal tea and fresh seasonal fruits in villa
6. Complimentary general physical examination
7. Complimentary daily fitness and leisure activities
8. Complimentary use of hydrotherapy area, 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. Three wellness cuisine meals or detox meals per person and per night of stay
3. Complimentary healthy drinks, herbal tea and fresh seasonal fruits in villa
4. Complimentary daily fitness and leisure activities
5. Complimentary use of hydrotherapy area, including vitality pool, steam, herbal steam, sauna, chill shower and cold plunge pool
6. Treatment credit value at THB 7,000.- net per person per night is applicable for purchasing treatments during stay at RAKxa Jai (Holistic Wellness) and at RAKxa GAYA (Medical Gym).
It cannot be redeemed into cash, and not applicable to purchase products at RX Store, VitaLife (Medical Wellness).

5 NIGHTS INCLUSIVE

CONSULTATIONS

- 1 Health and wellness consultation
- 1 Aesthetic doctor consultation
- 1 Anti-ageing doctor consultation
- 1 Follow up consultation

ASSESSMENTS

- 1 DNA scientific wellness screening
- 1 Blood test + diagnostic
- 1 Physical movement assessment
- 1 Body composition

TREATMENTS

- 4 Body contouring treatments
- 1 Cryo sauna session
- 1 Whole body light therapy session
- 1 Hyperbaric chamber session
- 1 Weight loss injection
- 1 IV infusion treatment with weber laser therapy
- 1 Colon hydrotherapy + probiotic replacement therapy
- 1 One month body solution supplement
- 1 RAKxa relaxing massage
- 1 Foot massage
- 2 Manual lymphatic drainage massages
- 1 Rakxa body therapy
- 1 Facial acupuncture
- 1 Shirodhara
- 1 Vichy Rejuvenating
- 1 Chi nei tsang session
- 1 Crystal healing