

# RAK<sup>Xa</sup>

FULLY INTEGRATIVE  
WELLNESS &  
MEDICAL RETREAT

## DISCOVER RAK<sup>Xa</sup>

Discover a world in which your body is an expression of the energy and balance within. Where metabolism is elevated, and true renewal unleashed.

Ideal for guests who are new to the RAK<sup>Xa</sup> experience, this package lets you select from our vast array of modern and traditional treatment options: Scientific Wellness, Traditional Thai Medicine (TTM), Ayurveda, Traditional Chinese Medicine (TCM), energy healing and physical movement sessions. Through a deeper understanding of your underlying health issues, we'll empower you to take the most appropriate course of treatment for your future care.

Throughout your Discover RAK<sup>Xa</sup> stay, you will be offered tools that support your journey towards optimal wellness. This includes health and wellness consultations, three wellness meals per night of stay, restful accommodation as per selection and the specific treatments listed in your programme. You'll also receive the following complimentary items: general physical examination; daily fitness and leisure activities; minibar in room except for wine and other select items; use of hydrotherapy area including the vitality pool, steam, herbal steam, sauna, chill shower and cold plunge pool.

This package can also serve as a foundation for other individualised packages that you may choose for your next stay at our wellness sanctuary. Reconnect with yourself through Discover RAK<sup>Xa</sup>.

### 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 RAK<sup>Xa</sup> Jai (Holistic Wellness) and at RAK<sup>Xa</sup> GAYA (Medical Gym).  
It cannot be redeemed into cash, and not applicable to purchase products at RX Store, VitalLife (Medical Wellness).

## 3 NIGHTS INCLUSIVE

### CONSULTATIONS

- 1 Health and wellness consultation
- 2 Doctor consultations
- 1 Nutrition and dietetics consultation

### ASSESSMENTS

- 1 DNA scientific wellness screening
- 1 Comprehensive blood test + urine test + stool test
- 1 Physical movement assessment
- 1 Physiotherapy assessment
- 1 EKG
- 1 ABI
- 1 Body composition analysis session

### TREATMENTS

- 1 Cryo sauna session
- 1 Whole body light therapy session
- 1 Hyperbaric chamber session
- 1 IV infusion treatment with weber laser therapy
- 1 One month discovery RAKxa supplement
- 1 RAKxa relaxing massage
- 2 Alternative medicine treatments\*
- 1 Energy medicine treatment\*
- 1 Spa treatment\*
- 1 RAKxa gaya treatment\*

#### \*Remarks:

- Alternative medicine treatment - May choose from Acupuncture, Facial Acupuncture, Cupping, Body Guasha, Facial Guasha, Marma Healing, Navarakizhi, Elakhizi, Udvardharnum, Thalapothichil, Pranayama, Traditional Thai massage, Traditional Thai Reflexology massage, Traditional Thai oil massage, Thai Pure Nutrient Hair and Scalp Treatment
- Energy medicine treatment- May choose from Chi Nei Tsang, Zen Na Tai, Singing bowl, Angel Stone Healing, Reiki, Chakra Balancing, Crystal healing, Mien Acupressure
- Spa treatment- May choose from RAKxa relaxing massage, Aromatherapy Massage, Balinese massage, Hand massage, Foot massage, Back Massage, Scalp massage, RAKxa Body Therapy, Manual Lymphatic Drainage Massage, Hommage Invigorating "Back Facial", Hommage Relaxing Hand & Foot Treatment, Floatation Session,
- RAKxa GAYA- May choose from Personalize Corrective Exercise, Head to Toe Stretch, Pilates, Private Suspension Session, HIIT Re-Energize, Performance Remedy, Fascia Release, Deep Tissue Massage, Biomechanics Analysis, Hydrotherapy Exercise, Active Brain Coordinating Exercise, Private Yoga, Private Tai Chi, Core and Stability Training

- All were 50 minutes treatment except Thai Pure Nutrient Hair and Scalp Treatment (80 min. including blow dry)