

GUT HEALTH

The core of your health and wellness, the flora of your gut has ramifications for the whole body, from the brain to the immune system. A healthy, balanced digestive system is essential for several reasons: it reduces allergy symptoms, boosts the immune system, targets underlying health conditions and contributes to your overall wellbeing.

The RAKxa Gut Health package balances and restores your digestive health using a holistic approach that blends functional medicine therapies and natural remedies with cutting-edge medical technology.

Your journey to better gut health begins with a medical analysis by our experts to gain a thorough understanding of your body and diagnose any imbalances. A dedicated Health & Wellness Advisor will guide you through the programme and determine a healthy lifestyle and diet that's appropriate for you.

This programme is designed to balance your gut health, keep your digestive system healthy and eliminate conditions related to imbalance, from food sensitivities and skin conditions to autoimmune disorders and more.

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, VitalLife (Medical Wellness).

7 NIGHTS INCLUSIVE	10 NIGHTS INCLUSIVE
CONSULTATIONS	CONSULTATIONS
1 Health and wellness consultation	1 Health and wellness consultation
2 Doctor consultations	3 Doctor consultations
1 Nutrition and dietetics consultation	1 Nutrition and dietetics consultation
1 Follow up consultation	2 Follow up consultations
ASSESSMENTS	ASSESSMENTS
1 DNA scientific wellness screening	1 DNA scientific wellness screening
1 Comprehensive blood test + Diagnostic	1 Comprehensive blood test + Diagnostic
1 Food intolerance test	1 Food intolerance test
1 Physical movement assessment	1 Physical movement assessment
1 Physiotherapy assessment	1 Physiotherapy assessment
1 EKG	1 EKG
1 ABI	1 ABI
1 Body composition analysis session	1 Balance and reflex test
	2 Body composition analysis sessions
TREATMENTS	TREATMENTS
1 Whole body light therapy session	2 Whole body light therapy sessions
1 Infrared sauna session	2 Infrared sauna sessions
2 Hyperbaric chamber sessions	2 Hyperbaric chamber sessions
2 IV infusion treatments with weber laser therapy	2 IV infusion treatments with weber laser therapy
2 Colon hydrotherapy sessions + probiotic replacement therapy	2 Colon hydrotherapy sessions + probiotic replacement therapy
1 One month gut health supplement	1 One month gut health supplement
1 RAKxa relaxing massage	1 RAKxa relaxing massage
2 Zen Na Tai (Chi Nei Tsang + Cranio Sacral) sessions	2 Zen Na Tai (Chi Nei Tsang + Cranio Sacral) sessions
1 Traditional Thai Ya-Pao detoxification therapy session	1 Traditional Thai Ya-Pao detoxification therapy session
1 Chi Nei Tsang session	2 Chi Nei Tsang sessions
1 Crystal healing	1 Crystal healing
1 Acupuncture & moxibustion initial	1 Singing bowl healing
1 Marma healing massage	1 Acupuncture & moxibustion initial
1 Pranayama	2 Marma healing massages
1 RAKxa stress release massage	1 Shirodhara
1 Pilates one-on-one session	1 RAKxa Stress release massage
	1 Active pureness facial
	1 Personal corrective exercise
	1 Pilates one-on-one session