

RAK^{Xa}

FULLY INTEGRATIVE
WELLNESS &
MEDICAL RETREAT

IMMUNITY BOOSTER

A strong immune system is the foundation of health and happiness. It's an organic pathway to longevity, a natural means of protection.

A robust immune system leaves your body in a state of perpetual preparedness, ready to rebalance in the wake of disruption. And there is no absolute pinnacle of immunity – your natural defences can always be improved.

RAKxa's Immunity Booster package offers personalised lifestyle strategies to achieve your health goal along with supporting therapies to bolster your immunity.

Feel the calm wash over you during our deep relaxation sessions, which include a RAKxa Signature Massage, Zen Na Tai and a mindful meditation hour. Paired with the healing benefits of VitalLife's immunity boosting treatments, such as IV fusion and Blood Ozone IV, it cultivates increased resilience and improved health.

Our specialists will work with you to customise a regimen that empowers protection and promotes vigilance, all while maintaining harmonious balance.

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).

3 NIGHTS INCLUSIVE

CONSULTATIONS

1 Health and wellness consultation

2 Doctor consultations

ASSESSMENTS

1 Comprehensive blood test + diagnostic

TREATMENTS

1 Blood ozone IV

1 Immune fight IV infusion treatment with weber laser therapy

1 RAKxa signature massage

1 Personal corrective exercise

1 Traditional Thai prakob and massage

1 Zen Na Tai (Chi Nei Tsang + Cranio Sacral)

1 Mindfulness meditation
