

MOBILISATION

The RAKxa Mobilisation package promotes rehabilitation, recovery and performance enhancement. Each personalised programme is based on the latest in exercise and sports science, using physical therapy, performance recovery and enhancement technologies to help you achieve your health and fitness goals as well as to relieve the chronic pain from office syndrome.

This package is especially beneficial for those with moderate mobility or posture issues, such as daily repetitive use of muscles, osteoporosis or joint pain. It's also suitable for anyone who requires post-operative rehabilitation.

A team of health and wellness advisors will prescribe a customised programme that's right for you, assisted by a medical gym team that will help identify the root cause of your mobility issues and appoint a regimen targeted at musculoskeletal restoration.

A new lease on life through enhanced mobility begins with the RAKxa Mobilisation package.

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).

| 5 NIGHTS INCLUSIVE | 7 NIGHTS INCLUSIVE | 10 NIGHTS INCLUSIVE |
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| CONSULTATIONS | CONSULTATIONS | CONSULTATIONS |
| 1 Health and wellness consultation | 1 Health and wellness consultation | 1 Health and wellness consultation |
| 2 Doctor consultations | 2 Doctor consultations | 3 Doctor consultations |
| 1 Nutrition and dietetics consultation | 1 Nutrition and dietetics consultation | 1 Nutrition and dietetics consultation |
| 1 Alternative medical consultation | 1 Alternative medical consultation | 1 Alternative medical consultation |
| 1 Follow up consultation | 1 Follow up consultation | 2 Follow up consultations |
| | | |
| ASSESSMENTS | ASSESSMENTS | ASSESSMENTS |
| 1 DNA scientific wellness screening | 1 DNA scientific wellness screening | 1 DNA scientific wellness screening |
| 1 Comprehensive blood test + urine test + stool test | 1 Comprehensive blood test + urine test + stool test | 1 Comprehensive blood test + urine test + stool test |
| 1 Physiotherapy assessment | 1 Physiotherapy assessment | 1 Physiotherapy assessment |
| 1 Physical movement assessment | 1 Physical movement assessment | 1 Physical movement assessment |
| 1 Balance and reflex test | 1 Cognitive function test | 1 Cognitive function test |
| 1 EKG | 1 Pulmonary function test | 1 Pulmonary function test |
| 1 ABI | 1 Balance and reflex test | 1 Balance and reflex test |
| 1 Body composition analysis session | 1 EKG | 1 EKG |
| 1 Biomechanic Analysis | 1 ABI | 1 ABI |
| | 1 Body composition analysis session | 2 Body composition analysis sessions |
| | 1 Biomechanic Analysis | 1 Biomechanic Analysis |
| | | |
| TREATMENTS | TREATMENTS | TREATMENTS |
| 3 Physiotherapy treatments | 4 Physiotherapy treatments | 6 Physiotherapy treatments |
| 2 Cryo sauna sessions | 2 Cryo sauna sessions | 3 Cryo sauna sessions |
| 1 Whole body light therapy session | 1 Whole body light therapy session | 2 Whole body light therapy sessions |
| 1 Infrared sauna session | 1 Infrared sauna session | 2 Infrared sauna sessions |
| 1 Hyperbaric chamber session | 1 Hyperbaric chamber session | 3 Hyperbaric chamber sessions |
| 1 IV infusion with weber laser therapy | 1 IV infusion with weber laser therapy | 1 IV infusion with weber laser therapy |
| 1 One month mobilise supplement | 1 One month mobilise supplement | 1 One month mobilise supplement |
| 1 RAKxa relaxing massage | 1 RAKxa relaxing massage | 1 RAKxa relaxing massage |
| 1 Personal corrective exercise session | 2 Personal corrective exercise sessions | 3 Personal corrective exercise sessions |
| 1 Therapeutic Tok Sen Massage | 1 Therapeutic Court Tpye Thai Massage | 1 Therapeutic Court Type Thai massage |
| 1 Session of Head to toe stretch | 1 Session of Head to toe stretch | 2 Sessions of head to toe stretch |
| 1 Deep tissue massage | 2 Deep tissue massages | 2 Deep tissue massages |
| 1 Marma healing massage | 1 Sandhi Suddhi | 1 Sandhi Suddhi |
| 1 Acupuncture & moxibustion with initial consultation | 1 Marma healing massage | 1 Marma healing massage |
| 1 Performance regenerating exercise | 1 Acupuncture & moxibustion initial | 2 Acupuncture & moxibustion session |
| 1 Pilates one on one session | 1 Performance regenerating exercise | 1 Performance regenerating exercise |
| | 1 Pilates one on one session | 1 Cupping |
| | 1 Private active aqua exercise | 1 Pilates one on one session |
| | | 1 Private suspension exercise |
| | | 1 Private active aqua exercise |
| | | 1 Balinese massage |
| | | 1 Fascia release |
| | | 1 Private Yoga |