

RAK^{Xa}

FULLY INTEGRATIVE
WELLNESS &
MEDICAL RETREAT

WEIGHT MANAGEMENT

Programme helps you hone in on that ideal weight with a package that's tailored to you. A team of experienced medical doctors and specialists in health and wellness, nutrition and physical therapy will work with you to establish and achieve your goals.

Integrating state-of-the-art weight-loss technology with holistic, natural techniques, this programme focuses on long-term weight management, detoxification and energy balancing for an all-around mind-body wellness regimen. It begins with a health and wellness consultation and is supported through a programme of anti-inflammatory or detoxifying cuisine and access to hydrotherapy area, including the vitality pool, herbal steam room, sauna and cold plunge pool.

With a personalised nutrition plan facilitated by a VitalLife dietician, you can seamlessly continue your weight-management journey after returning home

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).

10 NIGHTS INCLUSIVE	14 NIGHTS INCLUSIVE
CONSULTATIONS	CONSULTATIONS
1 Health and wellness consultation	1 Health and wellness consultation
3 Doctor consultations	3 Doctor consultations
1 Nutrition and dietetics consultation	1 Nutrition and dietetics consultation
2 Follow up consultations	3 Follow up consultations
ASSESSMENTS	ASSESSMENTS
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 Physical movement assessment	1 Physical movement assessment
1 Food intolerance test	1 Food intolerance test
1 Basal metabolic rate	1 Provoked urine metal tests profile
1 Physiotherapy assessment	1 Basal metabolic rate
1 EKG	1 Physiotherapy assessment
1 ABI	1 EKG
1 Pulmonary function test	1 ABI
2 Body composition analysis sessions	1 Pulmonary function test
1 Cognitive function test	2 Body composition analysis sessions
1 Balance and reflex test	1 Cognitive function test
	1 Balance and reflex test
TREATMENTS	TREATMENTS
2 Physiotherapy treatments	4 Physiotherapy treatments
2 Cryo sauna sessions	4 Cryo sauna sessions
2 Whole body light therapy sessions	2 Whole body light therapy sessions
2 Infrared sauna sessions	3 Infrared sauna sessions
2 Hyperbaric chamber sessions	3 Hyperbaric chamber sessions
1 Fat elimination treatment vanquish session	2 Fat elimination treatment vanquish sessions
3 Indiba RF sessions for body contouring – abdomen or upper thigh	4 Indiba RF sessions for body contouring – abdomen or upper thigh
1 Weight loss injection	1 Weight loss injection
2 IV infusion treatments with weber laser therapy	2 IV infusion treatments with weber laser therapy
1 Colon hydrotherapy + probiotic replacement therapy session	2 Colon hydrotherapy + probiotic replacement therapy sessions
1 One month detox supplement	1 One month detox supplement
1 RAKxa signature massage	1 RAKxa signature massage
2 Chi nei tsang sessions	2 Chi nei tsang sessions
2 Private active aqua exercise sessions	3 Private active aqua exercise sessions
3 Personal corrective exercise sessions	4 Personal corrective exercise sessions
2 Pilates one on one sessions	3 Pilates one on one sessions
1 Udvartanam	1 Udvartanam
1 Body strategist firming treatment	2 Body strategist firming treatments
1 Acupuncture & moxibustion session	1 Acupuncture & moxibustion session
1 Deep tissue massage	3 Deep tissue massages
1 Manual lymphatic drainage massage	1 Manual lymphatic drainage massage
1 Thai herbal compress	1 Thai herbal compress
1 Session of head to toe stretch	2 Sessions of head to toe stretch
1 Four hands body firming massage	3 Four hands body firming massages
1 Facial treatment*	

***Remarks:**

- Facial treatment : May choose from Active Pureness Facial, Recover Touch Facial, Hydramemory Facial, Hommage Age Defense Facial