

WHERE TRADITION,
TECHNOLOGY,
AND NATURE
INTERTWINE



Imagine a private slice of paradise where East and West converge and personal therapists attend to your every whim. Where experts in time-honoured healing disciplines and medical doctors focus completely on you and how to help you achieve optimal wellbeing.

RAKxa Wellness is a private oasis surrounded by nature, tucked away in Bangkok's Green Lung. World-class partnerships in hospitality and medical services converge to offer a bespoke healing journey unlike any other. Discover extensive wellness programmes that come enveloped in renowned Thai hospitality, complemented by exquisite wellness cuisine.



RAKxa AUTHENTIC EASTERN PROGRAMMES

Restore and rebalance your health to ensure your physical and mental wellbeing are at their optimum level. A comprehensive and integrated blend of eastern remedies, therapeutic massages, and physiotherapy to purposively cleanse toxins from your body and reset your immune system.

ALL PROGRAMME ALTERNATIVES

<p style="text-align: center;">— 1 —</p> <p style="text-align: center;">SENSE OF RAKxa</p> <p>The authentic journey designed for true personalisation based on your specific health concerns, with the goal of attaining optimal wellbeing through the combination of ancient wisdom and modern science.</p> <p style="text-align: center;">3 NIGHTS</p>	<p style="text-align: center;">— 2 —</p> <p style="text-align: center;">REST & RESET</p> <p>Unwind chronic stress by combining the power of alternative remedies with scientific treatments, allowing you to let go of your worries and completely relax - from head to toe, inside out.</p> <p style="text-align: center;">5 NIGHTS 7 NIGHTS</p>	<p style="text-align: center;">— 3 —</p> <p style="text-align: center;">CLEANSE & PURIFY</p> <p>Comprehensive alternative detox treatments blended with supportive medical treatment to fundamentally alter the toxins in your body and soul.</p> <p style="text-align: center;">5 NIGHTS 7 NIGHTS</p>	<p style="text-align: center;">— 4 —</p> <p style="text-align: center;">BODY LIGHT</p> <p>Hone in on your ideal weight with our tailored integration of holistic, natural techniques blended with the support of state-of-the-art weight-loss technology to focus on sustainable results.</p> <p style="text-align: center;">10 NIGHTS 14 NIGHTS</p>
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PROGRAMME INCLUSIONS

- Health and wellness consultation
- Accommodation as per selection
- Round-trip airport limousine transfer
- Three wellness cuisine meals or detox meals per person and per night of stay
 - Afternoon tea sets at RAKxa CHA
- Complimentary healthy drinks, herbal tea and fresh seasonal fruits in villa
 - Complimentary general physical examination
 - Complimentary daily fitness and leisure activities
- Complimentary use of hydrotherapy area, including vitality pool, steam, herbal steam, sauna, experience shower and cold plunge pool
 - Specific treatments as listed in the programme

SENSE OF RAKxa



Ideal for all novices to the RAKxa authentic and traditional experience. Embrace the alternative approach to wellness as we support you on your journey towards optimal wellbeing.

Inclusions	3 Nights
Consultation	
Doctor Consultation	1
Health And Wellness Consultation	1
Assessments	
RAKxa Functional Fitness Assessment	1
Treatments	
RAKxa Relaxing Massage - RAKxa's signature pressure rhythm defined as a mind-body tonic	1
RAKxa Stress Release Massage - Stress & strain reliever focusing on muscle's deeper layers	1
Mindfulness Meditation - Breathing practice to bring yourself present and deep state of relaxation	1
Private Tai Chi - Private exercise inspired by Chinese martial arts to promote present of movement awareness	1
Zenna Tai - Soothing stroke focuses on the abdominal & craniosacral areas	1
Marma Healing Massage - Ayurvedic oil massage to stimulate the energy point	1
Scalp Massage - Stress-relieving head massage designed to relax the mind	1
Choices of Medical Treatment Profacial / Physio Treatment Session / Immune Myer IV / Beauty Refresh IV / Metabolism Booster IV / Blood Ozone IV / Whole Body Light Therapy / Cryosauna / Hyperbaric Chamber / Colon Hydrotherapy / Peripheral Magnetic Stimulation (PMS) / Tesla Former / Toxic Metal Profile (Urine)	2

REST & RESET



Designed for seekers of solitude, peace, and calm who wish to achieve stress-free living, and to help those who experience lingering effects of chronic tension in the body, loss of focus, and a lack of mindfulness in everyday life.

Inclusions	5 Nights	7 Nights
Consultation		
Doctor Consultation	1	1
Health And Wellness Consultation	1	1
Assessments		
Rakxa Functional Fitness Assessment	1	1
Treatments		
RAKxa Relaxing Massage - RAKxa's signature pressure rhythm defined as a mind-body tonic	1	1
Mindfulness Meditation - Breathing practice to bring you into a deep state of relaxation	1	1
Rakxa Stress Release Treatment - Stress & strain reliever focusing on muscle's deeper layers	1	1
Private Tai Chi - Private exercise inspired by Chinese martial arts to promote present of movement awareness	1	1
Acupuncture & Moxibustion With Initial Consultation - Initial Chinese medicine technique using sterile needles and mugwort	1	1
Marma Healing - Ayurvedic oil massage to stimulate the energy point	1	1
Scalp Massage - Stress-relieving head massage designed to relax the mind	1	1
Singing Bowl - Tibetan bowl sound vibration for stress relief and deep sleep	1	1
Thai Pure Nutrient Hair & Scalp Massage - Detoxifying and nourishing for healthy scalp and silky hair	1	1
Tranquility Pro Sleep Massage - Innovative massage with tranquility sound and soft brushing technique combined	1	1
Floatation - Floating in sensory deprivation tub for deep relaxation at cellular level	1	1
Express Facial Treatment & Scalp Massage - Facial deep cleansing & exfoliating for energised and rested-looking skin	1	-
Pilates One On One - Horizontal exercise for core and deep layers of muscle strengthening	1	1
Mano Maya - Ayurvedic massage with medicated Shirodhara and singing bowls	-	1
Hydra Memory Facial - Face to décolleté deep hydrating and antioxidant treatment	-	1
Chakra Balancing - Life energy and chakras balancing for vibrant health and consciousness	-	1
Tuina Accupressure Massage - Manipulation technique to stimulate acupressure points for chronic pain relief	-	1
Traditional Thai Prakob and Massage - Herb compressing with traditional Thai massage at the body's energy lines	-	1
Choices of Medical Treatment Profacial / Physio Treatment Session / Immune Myer IV / Beauty Refresh IV / Metabolism Booster IV / Blood Ozone IV / Whole Body Light Therapy / Cryosauna / Hyperbaric Chamber / Colon Hydrotherapy / Peripheral Magnetic Stimulation (PMS) / Tesla Former / Toxic Metal Profile (Urine)	3	4

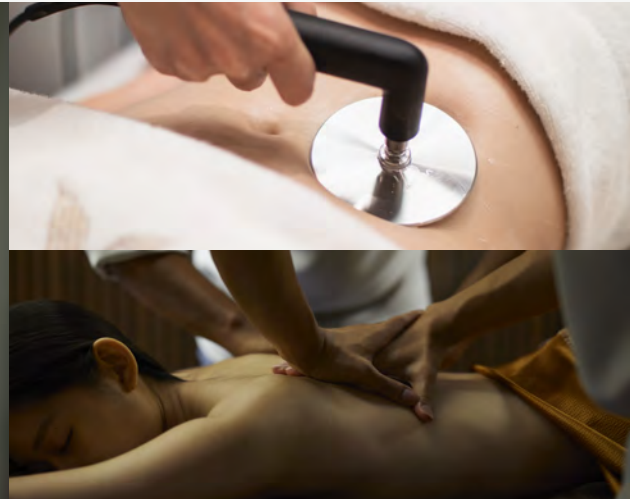
CLEANSE & PURIFY



Crafted to naturally heal and detoxify from the inside out for modern souls suffering from allergies and imbalance, as well as travellers, business and leisure, to cleanse the body of toxins and strengthen the immune system to prepare for future trips.

Inclusions	5 Nights	7 Nights
Consultation		
Doctor Consultation	1	1
Health And Wellness Consultation	1	1
Assessments		
RAKxa Functional Fitness Assessment	1	1
Treatments		
RAKxa Relaxing Massage - RAKxa's signature pressure rhythm defined as a mind-body tonic	1	1
Traditional Thai Ya - Pao detoxification therapy - Abdominal massage and herbal burning on top for deep detoxification	1	1
Acupuncture & Moxibustion With Initial Consultation - Initial Chinese medicine technique using sterile needles and mugwort	1	1
Yoga Detox - Digestive-organ self massage and stretching for detoxifying with cleansing herbal tea	1	1
Chi Nei Tsang - Gentle deep abdominal massage for immunity strengthening	1	1
Manual Lymphatic Drainage Massage - Gentle pressure and rhythmic circular massage for natural drainage flow	1	1
Pranayama - Comprehensive Ayurvedic breathing practice of conscious awareness	1	1
Kaya Suddhi (Body Detox) - Ayurvedic scrub and massage with detoxification in herbal steam room	1	1
Cupping - Chinese meditative gliding cupping of oxygen for energy flow	1	1
Recover Touch Facial - Face to décolleté deep repairing & protecting treatment with multivitamin antioxidants	1	1
Zenna Tai - Soothing stroke focuses on the abdominal & craniosacral areas	1	1
Deep Tissue Massage - Physiological acupressure massage for tightness in deep layers of muscles	1	1
Singing Bowl - Tibetan bowl sound vibration for stress relief and deep sleep	1	-
Personalised Collective Exercise - Posture correction and alignment for balanced muscle movement	-	1
Hydrotherapy Exercise - Force absorptive cardio exercise for every body part therpatised	-	1
Jala Neti - Nasal passages cleanse using a Neti pot of saline water	-	1
Abhyanga Four Hands Massage - Ayurvedic massage with rhythmic strokes combined with medicinal oil	-	1
Crystal Healing - Non-invasive vibrational energy based on the use of crystals	-	1
Vichy Rejuvenating - Warm and gentle sense of horizontal showering with invigorating exfoliating scrub	-	1
Choices of Medical Treatment Profacial / Physio Treatment Session / Immune Myer IV / Beauty Refresh IV / Metabolism Booster IV / Blood Ozone IV / Whole Body Light Therapy / Cryosauna / Hyperbaric Chamber / Colon Hydrotherapy / Peripheral Magnetic Stimulation (PMS) / Tesla Former / Toxic Metal Profile (Urine)	4	5

BODY LIGHT



A sustainable way for you to redress your lifestyle's imbalances, in line with your body type and genome, to co-achieve your ideal weight with a team of industry-leading doctors. The Body Light program is designed to help your weight management and lifestyle changes last a lifetime.

Inclusions	10 Nights	14 Nights
Consultation		
Doctor Consultation	2	3
Health And Wellness Consultation	2	2
Nutrition & Dietetics Consultation	1	1
Assessments		
RAKxa Functional Fitness Assessment	1	1
Comprehensive Blood Test	1	1
Comprehensive Urine Test	1	1
Comprehensive Stool Test	1	1
Body Composition Analysis	1	1
Treatments		
RAKxa Relaxing Massage - RAKxa's signature pressure rhythm defined as a mind-body tonic	1	1
Personalised Corrective Exercise - Posture correction and alignment for balanced muscle movement	3	4
Pilates One on One - Horizontal exercise for core and deep layers of muscle strengthening	2	2
Udvarthanam - An all-over body massage with therapeutic herbs powders helps in fat burning	2	2
Chi Nei Tsang - Gentle deep abdominal massage for immunity strengthening	1	1
Acupuncture & Moxibustion - Chinese medicine technique using sterile needles and the burning of mugwort	1	1
Deep Tissue Massage - Physiological acupressure massage for tightness in deep layers of muscles	1	1
Manual Lymphatic Drainage Massage - Gentle pressure and rhythmic circular massage for natural drainage flow	1	1
Thai Traditional Prakob & Massage - Blended techniques used to relieve aches, sore muscles, and energise the muscles	1	1
Head to Toe Stretch - A one-on-one passive stretching class as a great way to cool down, relax, and increase your flexibility	1	1
4 Hands Body Firming Massage - A replenishing treatment bestows perfect tone, elasticity, and moisture balance to the skin	2	3
Facial Treatment -Mainly designed to improve moisture balance, restore luminosity, and leave skin looking rested and refreshed	1	1
Cryo Sauna Therapy - Cold therapy used to promote body's natural healing and rejuvenation	1	1
Whole Body Light Therapy - Light therapy treats injuries and eases pain in muscles and joints	1	1
Hyperbaric Chamber Therapy - Oxygen therapy helps fight bacteria and promotes cell recovery	1	1
Indiba RF for Abdomen & Upper Thigh - Cells and metabolism balance to help eliminate cellulite without damage	4	4
Saxenda Injection - An injectable medication used to enhance weight loss and maintenance	1	1
IV Infusion -Designed to deliver vitamins and minerals directly into the bloodstream	2	2
Colon Hydrotherapy & Probiotic Replacement Therapy -A rejuvenating, relaxing, and highly effective colon cleansing treatment	1	1

PROGRAMME PRICE LIST 2022 – 2023

RAKxa AUTHENTIC EASTERN PROGRAMMES	GARDEN VILLA		
	NORMAL SEASON	HIGH SEASON	PEAK SEASON
	28 FEB – 31 OCT 2022	I NOV – 24 DEC 2022 & II JAN – 31 MAR 2023	25 DEC 2022 – 10 JAN 2023
SENSE OF RAKxa - 3 NIGHTS			
SINGLE	138,000.-	149,000.-	166,000.-
DOUBLE	116,000.-	125,000.-	139,000.-
REST & RESET - 5 NIGHTS			
SINGLE	225,000.-	243,000.-	270,000.-
DOUBLE	188,000.-	203,000.-	226,000.-
REST & RESET - 7 NIGHTS			
SINGLE	318,000.-	343,000.-	382,000.-
DOUBLE	266,000.-	287,000.-	319,000.-
CLEANSE & PURIFY – 5 NIGHTS			
SINGLE	247,000.-	267,000.-	296,000.-
DOUBLE	210,000.-	227,000.-	252,000.-
CLEANSE & PURIFY – 7 NIGHTS			
SINGLE	332,000.-	359,000.-	398,000.-
DOUBLE	280,000.-	302,000.-	336,000.-
BODY LIGHT – 10 NIGHTS			
SINGLE	499,000.-	539,000.-	605,000.-
DOUBLE	449,000.-	474,500.-	529,500.-
BODY LIGHT – 14 NIGHTS			
SINGLE	620,000.-	670,000.-	760,000.-
DOUBLE	550,000.-	585,000.-	650,000.-

SUPPLEMENT CHARGE FOR POOL VILLA

SUPPLEMENT CHARGE PER NIGHT	NORMAL SEASON	HIGH SEASON	PEAK SEASON
POOL VILLA			
SINGLE	5,885.-	6,356.-	7,062.-
DOUBLE	3,531.-	3,814.-	4,238.-

REMARKS:

- RATES ARE NET THAI BAHT INCLUSIVE OF 10% SERVICE CHARGE AND 7% GOVERNMENT TAX
- RATES ARE PER PERSON PER PROGRAMME AND WITH MINIMUM 3 NIGHTS STAY

Terms and Conditions

- Reservation is required prior to the arrival date at least 7 days in advance and is subject to availability.
- Cancellation and amendments are accepted with notification to RAKxa at least 7 days prior to the arrival date, otherwise a penalty charge of the total price of the reservation will be applied.
- Full prepayment is required at the time of booking and it is non-refundable.
- If cancellation is notified to RAKxa less than 7 days prior to or "No Show" on the arrival date, the total amount will be charged and non-refundable.
- Rate is net inclusive of service charge and VAT.

REST WELL

Immerse yourself in serenity and fully rest in a botanical garden or pool villa surrounded by the splendour of nature in Bang Krachao, nestled along the Chao Phraya River.



EAT WELL

Discover the finest taste of wellness cuisine, where nutrition, nature, seasonality, and sustainability are meticulously woven into the menus to help your body clear harmful toxins, reduce inflammation, and restore a healthy balance.








LIVE WELL

With the best facilities and resources to guide you on your way to longevity and healthier habits, combined with supportive care, gentle motivation and positive energy for every minute you spend with us in the retreat.



SET YOUR WELLNESS JOURNEY IN MOTION

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www.rakxawellness.com