

RAK^{Xa}
INTEGRATIVE WELLNESS



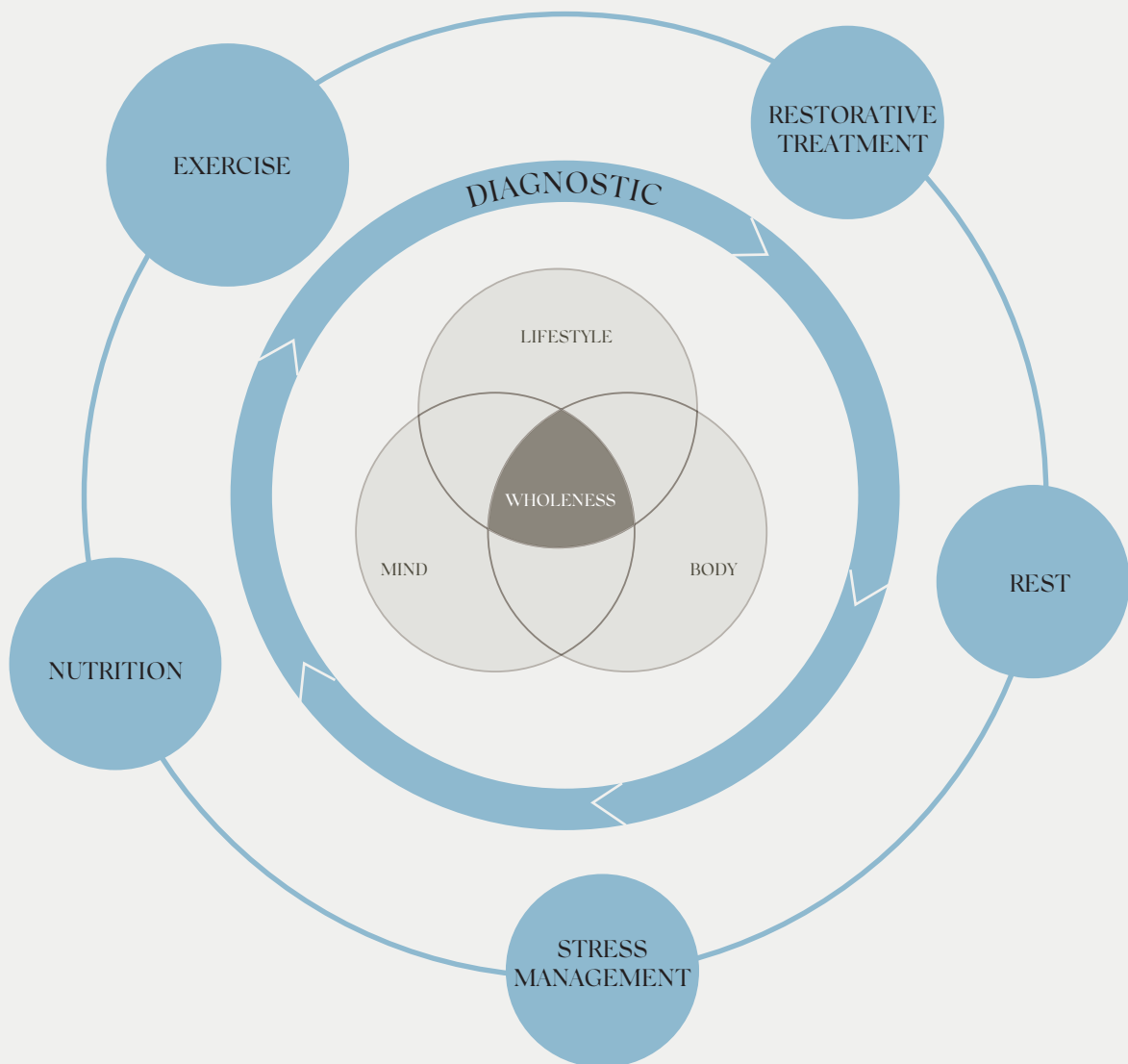
WELCOME TO RAK^{Xa}
REDEFINING INTEGRATIVE WELLNESS



THE RAK_{xa} JOURNEY TO WHOLENESS

THE JOURNEY TO WHOLENESS involves understanding the intricate connection between your **BODY, MIND,** and **LIFESTYLE.**

Good health isn't just about treating symptoms; it's about maintaining a proper balance through comprehensive diagnostics that identify the root causes and provide insights into your health issues. Taking control of your wellness through five pillars of health - **EXERCISE, NUTRITION, REST, RESTORATIVE TREATMENT,** and **STRESS MANAGEMENT** - can prevent major diseases before they occur.



RAKxa INTEGRATIVE DIAGNOSTICS

Before starting your wellness programme, it's crucial for both you and our experts to understand the root causes of any imbalances or health issues you may be facing from the perspective of body, mind, and lifestyle. This understanding not only helps you gain insight into yourself but also allows RAKxa experts to tailor a personalised plan to support you in feeling your best and achieving your wellness goals.

INSIGHTS FROM YOUR LIFESTYLE

(Assess tendencies for elemental imbalances)

TRADITIONAL THAI MEDICINE CONSULTATION

- Fluid regulation (semha)
- Bioelectricity (vata)
- metabolism (pitta)



GAIN INSIGHTS INTO YOUR BODY

(Assess basic functions, ageing causes, and disease risks)

MEDICAL DIAGNOSTICS:

- Body Composition
- Blood Age
- Hormone Panel
- Inflammation
- Micronutrients

FUNCTIONAL FITNESS ASSESSMENT (FFA):

- Everyday Movement
- Body Posture
- Stability
- Strength

GAIN INSIGHTS INTO YOUR MIND

(Assess stress, depression, resilience, and cognitive health)

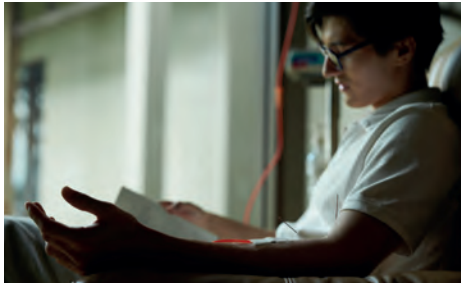
MENTAL WELLNESS CONSULTATION QUESTIONNAIRE-BASED CONSULTATION

- Stress
- Depression - Patient Health
- Resilience Assessment
- Cognitive function

RESTORATIVE TREATMENT

TIMELESS WISDOMS, BOUNDLESS THERAPIES

RAKxa's comprehensive treatment programmes are designed with the individual needs of each person in mind. Therapies using The latest breakthroughs in medical science and diagnosis are integrated with ancient healing techniques to promote a true sense of wholeness and provide a personalised healing experience.



ANTI - AGEING BY VITALLIFE

- HYPERBARRIC CHAMBER
- CRYO SAUNA
- IV INFUSIONS
- CHELATIONS



TRADITIONAL THAI TREATMENTS

- YA PAO
- THERAPEUTIC COURT TYPE THAI MASSAGE
- TRADITIONAL THAI REFLEXOLOGY MASSAGE
- MEN CARE & WOMEN CARE



AYURVEDA

- SHIRODHARA
- UDVARTHANAM
- MARMA HEALING
- ABHYANGA



TRADITIONAL CHINESE TREATMENT

- ACUPUNCTURE & MOXIBUSTION
- CUPPING
- GUASHA
- TUINA ACUPRESSURE MASSAGE



ENERGY MEDICINE

- CRYSTAL HEALING
- ANGEL STONE HEALING
- CHAKRA BALANCING
- REIKI



EXERCISE

SCIENCE OF MOVEMENT

Optimise your physical well-being with personalised, individual training programme that will increase your performance and promote your health in the long term. We start with a comprehensive assessment of your posture, balance, endurance, strength and coordination. Using state-of-the-art technology and expert guidance, your programme will be tailored to maximise your abilities and promote your long-term health and optimal physical function.



NUTRITION

LET FOOD BE THY MEDICINE

RAKxa's team of chefs, nutritionists, doctors, and traditional medicine experts work together to create your personalised menu. Your lab test results will be reviewed to make sure the menu has all the important nutrients you need for optimum health and well-being.





SLEEP & REST

LEAVE THE “(SLEEP AND) REST” TO US

Your stay will be in a private villa filled out with the latest hypoallergenic and organic amenities set in natural and serene surroundings, our villas are designed to be an integral part of a rejuvenating "botanical wellness experience".



STRESS MANAGEMENT

RELIEVE STRESS, RESTORE CALM

Relieve everyday stress by reducing tension and calming the mind. With our comprehensive programmes, We focus on restoring physical balance, mental calm and emotional stability by addressing both the physiological and environmental factors that contribute to high stress levels.

Our approach combines mind and body exercises, mindfulness meditation and therapeutic treatments. We integrate traditional relaxation techniques with clinically based procedures, including intravenous formulas and hyperbaric oxygen therapy, to treat stress-related sleep problems. In addition, our energy healing treatments target emotional misalignments to help you restore emotional balance.