



MAI SON YOU

WELCOME TO

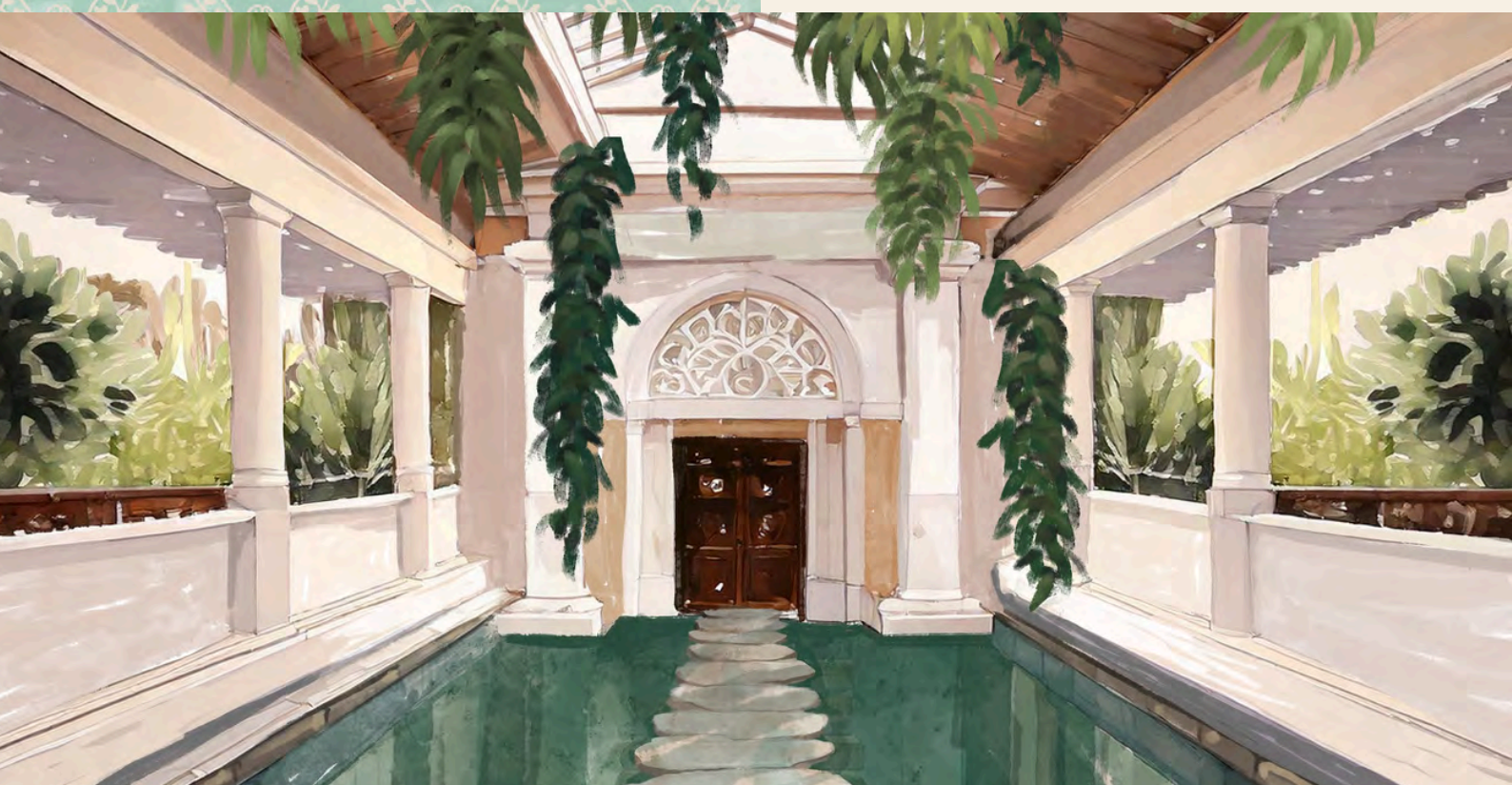
MAISON YOU

CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury, it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators, whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



BEST RATES & PERKS

Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

EXCLUSIVE EXPERIENCES

Priority access to new or limited-edition wellness and brand experiences.

COMMUNITY FOCUS

A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



RAKxa

Set along the Chao Phraya River on Bang Krachao, a protected island known as Bangkok's "Green Lung," RAKxa is nestled among tropical greenery and lush mangrove forests.

The 70-acre retreat is centred around a peaceful private lagoon with villas and wellness spaces surrounding the water.

RAKxa is a place of bespoke care. The Scientific Wellness Centre is offered via a trusted partnership with the world-renowned Bumrungrad International Hospital, alongside a Holistic Wellness Centre staffed by a team of anti-ageing doctors, physiotherapists, nutritionists, and traditional Thai, Chinese, and ayurvedic therapists.

Time-honoured ancient healing practices are integrated across wellness programmes to restore balance, renew vitality and guide you toward sustainable wellbeing.

The practitioners at RAKxa believe wellness is individual and authentic, something that resonates with the rhythm of your life. In a world growing ever more complex, they invite you to return to the basics and what truly matters.



DETOX

RAKxa
Bangkok, Thailand

5 - 10 nights
Year-Round



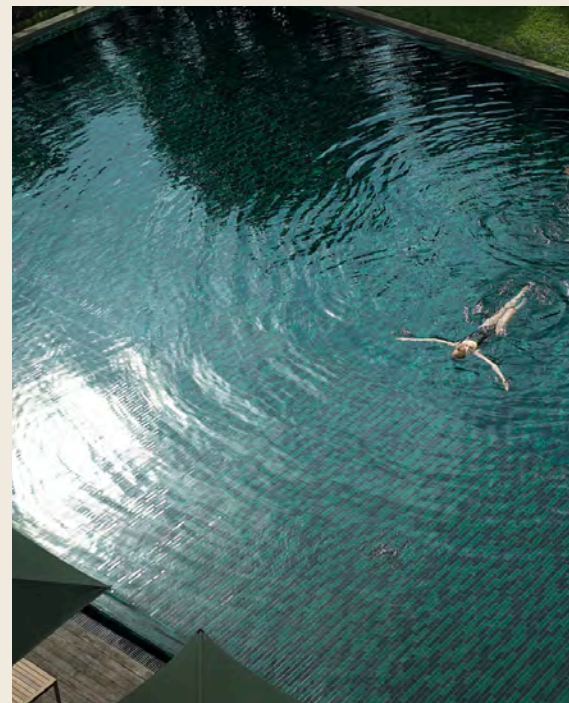
DETOX

PURIFY YOUR BODY



The **Detox** programme aims to purify your body and enhance toxin removing mechanisms, utilising therapeutic abdominal massage in combination with clinical colon hydrotherapy. To improve the circulation of blood and lymphatic system, experience traditional procedures such as acupuncture, cupping and massages in collaboration with scientifically proven cold and oxygen therapy.

To help the body transport nutrients and oxygen more efficiently to organs responsible for detoxification, a Whole Body Light Therapy improves blood flow and circulation, while facilitating the removal of toxins through the lymphatic system. Personalised detox meal plans will sustain the benefits throughout the duration of your stay in the peaceful surroundings of RAKxa.



WHY IT STANDS OUT

The luscious forest and waterside setting of RAKxa immediately assists with resetting and relaxing, alongside exceptional Thai hospitality and cutting-edge clinical and holistic therapies to guide you on your detox journey.

- **Professional Assessments:** Start your visit with an assessment by a doctor to create a personalised treatment plan, alongside a health and wellness consultation and a Functional Fitness Assessment to examine mobility.
- **Traditional Thai Ya-Pao Detoxification:** This 80-minute therapy includes herbal burning on the abdomen to relieve congestion and rebalance the body's elements, followed by a traditional Thai abdominal massage to clear blockages, boost blood flow, and improve lymphatic circulation.
- **Detox Dining:** Detox meals are carefully crafted to support you on your personal journey, with a choice of Solid, Soft, Liquid, and Pure Liquid.



KEY EXPERIENCES:

- Feel thoroughly well taken care of, with an average of 7 specialists and staff looking after each client.
- Submit to exceptional pampering, with an extensive programme of 11 different treatments during your stay - all personalised to each clients health goals and conditions.
- Take advantage of complimentary access to the medical gym and daily group wellness activities.
- Enjoy full access to the hydrotherapy area, including the vitality pool, cold plunge pool, steam room, sauna and experience shower.
- At RAKxa CHA, explore over a hundred herbal tea blends, where tea sommeliers will guide you through each selection's origin story and how to enjoy their health benefits.
- Relax in your spacious garden villa designed to promote deep rest; from hypoallergenic silk bedding to blackout curtains and organic amenities crafted by local Thai artisans.

DETAILS & PRICING:

DATES:

5 - 10 nights
Year-Round

LOCATION:

RAKxa
Bangkok, Thailand

PRICING:

Accommodation in a Garden Villa for 5 nights is from THB 315,000 for sole occupancy, or THB 260,000 per person based on two people sharing. This is based on the normal season between Nov-Dec 26 & Feb-Oct 27.

Pricing includes round-trip airport transfer, retreat programme and full-board dining with daily afternoon tea set.

YOUR MAISON YOU BENEFITS:

- Priority upgrade at check-in*
- Early check in/late check out*
- \$150 hotel credit for holistic treatments per person (does not apply to non-wellness program) (5 nights minimum stay)
- A 50 minute massage for two people

*subject to availability





INCLUSIONS

The **Detox** programme unfolds over 6 days and includes the following experiences. All treatments are subject to personalisation based on each guest's health goals and health conditions.

Consultations and Assessments

- Anti-aging doctor consultation
- Health and wellness consultation
- RAKxa Functional Fitness Assessment (FFA)

Treatments and Activities

- Full board with RAKxa Detox menu
- Daily wellness activities, up to four complimentary group sessions per night stay including yoga flow, singing bowl meditation, HIIT, Tai Chi, active suspension, aqua aerobics and more.
- Balinese Massage
- Chi Nei Tsang
- Traditional Thai Ya-Pok Detoxification Therapy
- Udvethanam
- Manual Lymphatic Drainage Massage
- Cupping
- Pilates One-on-One
- Yoga Detox
- RAKxa Relaxing Massage
- Hyperbaric Oxygen Therapy
- Liver Detox IV
- Whole Body Light Therapy
- Colon Hydrotherapy

CONTACT US

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www.maison-you.com

The journey inward is the greatest adventure of all

WELCOME HOME

