

# Thailand Wellness Insider Guide

A working brief on Thailand's serious wellness retreats — Chiva-Som, RAKxa, Kamalaya, Aleenta Retreat, and the Phuket sub-circuit — with the criteria that decide which one fits which traveller.

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RETREATS	5 anchor properties · 3 day-rate add-ons
PROGRAMMES	Detox · Sleep · Longevity · Cardiac
INCLUDES	Day-by-day schedule excerpts · Cost bands
UPDATED	Q2 2026 · Methodology link in footer

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## WHY THE FIVE ANCHOR PROPERTIES

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Thailand's wellness market is wide and shallow at the day-spa end and narrow and deep at the resident-retreat end. This brief covers the five resident-retreat properties that operate clinical-grade programmes — meaning physician-led intake, baseline diagnostics, outcome metrics on departure, and a multi-week protocol option. The rest of the market is leisure with a wellness menu attached, which is a different category and out of scope for this brief.

## PROPERTY ANCHOR TABLE

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PROPERTY	LOCATION	PROGRAMME DEPTH	STAY LENGTH
Chiva-Som	Hua Hin	Detox · Cardiac · Longevity · Anti-ageing	3–14 nights
RAKxa	Bang Krachao (Bangkok)	Functional medicine · Sleep · Recovery	3–10 nights
Kamalaya	Koh Samui	Emotional wellbeing · Detox · Sleep	5–14 nights
Aleenta Retreat	Phang Nga	Holistic · Yoga · Light detox	3–7 nights
Banyan Tree Veya	Phuket	Concierge wellness · Sleep · Movement	3–7 nights

## INDICATIVE COST BANDS

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Per-night rates below are programme-inclusive — accommodation, three meals, baseline consultation, and the per-day treatments built into the chosen track. They exclude flights, transfers, and lab work that exceeds the standard intake panel.

PROPERTY	PROGRAMME	PER-NIGHT USD
Chiva-Som	Detox · 7 nights	\$1,450–2,150
Chiva-Som	Longevity · 10 nights	\$1,950–2,800
RAKxa	Recovery · 5 nights	\$1,200–1,750
RAKxa	Sleep restoration · 7 nights	\$1,350–1,950

PROPERTY	PROGRAMME	PER-NIGHT USD
Kamalaya	Emotional balance · 7 nights	\$950–1,450
Kamalaya	Detox · 7 nights	\$900–1,400
Aleenta Retreat	Holistic · 5 nights	\$650–950
Banyan Tree Veya	Concierge wellness · 5 nights	\$850–1,350

## MATCH PROGRAMME TO TRAVELLER

### Cardiac and longevity intake

Chiva-Som remains the deepest physician-led intake in Thailand. Its baseline panel covers cardiac, metabolic, body composition, and sleep — the four pillars longevity programmes draw from. RAKxa's Bangkok-adjacent location lets longevity travellers anchor a Bangkok medical screening at Bumrungrad or Samitivej before the retreat.

### Recovery and sleep

RAKxa's recovery track is built around cryotherapy, lymphatic drainage, and a graded movement protocol. Banyan Tree Veya in Phuket runs a lighter, concierge-led version of the same architecture and pairs well with a longer leisure beach stay.

### Emotional balance and life-stage transition

Kamalaya is the anchor here — its emotional balance and resilience tracks are the programme most repeat-travellers cite. Five nights is the minimum useful stay; seven is the standard. Stand-alone intake consultations before booking are available.

### First-time wellness traveller

Aleenta Retreat in Phang Nga and Banyan Tree Veya in Phuket sit at the threshold price for someone testing the format. Both are pair-friendly — partners can book a non-programme resort stay alongside.

## DAY-BY-DAY SCHEDULE EXCERPT — RAKXA SLEEP RESTORATION

TIME	DAY 1	DAY 4
07:00	Sunrise breath session	Sunrise breath session
08:00	Breakfast (programme menu)	Breakfast (programme menu)
09:30	Physician intake + diagnostics	Mid-stay physician review
11:00	Lymphatic drainage massage	Cryotherapy + recovery flow
13:00	Lunch (programme menu)	Lunch (programme menu)
15:00	Sleep-architecture lab	Sleep-architecture re-test
17:00	Movement session (graded)	Yoga nidra (guided)
18:30	Dinner (programme menu)	Dinner (programme menu)
20:00	Wind-down protocol	Wind-down protocol

## PRACTICAL NOTES

- Programmes require physician intake forms 7–14 days pre-arrival.
- Recent labs (90 days) speed intake; bring imaging on disc where applicable.
- Phone use is discouraged in treatment areas at all five properties.
- Alcohol policy varies — Chiva-Som and RAKxa are dry by programme default.
- Solo travel is the norm; partners can book non-programme stays alongside.

**How we verify.** Every claim in this brief is cross-checked against operator websites, government tourism boards, hospital JCI databases, and on-property visits where applicable. Pricing reflects publicly listed rates at time of publication. Full methodology: <https://www.asialuxuryguide.com/methodology>

## WHERE TO NEXT

**Fora Travel — wellness retreat advisor**

[https://www.foratravel.com/?utm\\_source=alg-leadmagnet](https://www.foratravel.com/?utm_source=alg-leadmagnet)

**Klook — Thailand transfer and pre-stay excursions**

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