

RAK<sup>Xa</sup> NEWSLETTER | AUGUST 2024

## HARMONIOUS BEAUTY THAT LASTS



True beauty is a harmonious blend of physical appearance and inner health. It is the kind of beauty that inspires a profound sense of self-worth and happiness---the kind that lasts. Lasting beauty emerges when we nurture both our mind and body. Integrating cutting-edge scientific treatments with traditional healing practices, integrative wellness is an approach to follow to achieve harmonious beauty.

This integrative approach aligns external care with internal harmony, blending modern science with traditional wisdom to guide you to a place where both your inner and outer beauty can shine, eventually helping you cultivate a sense of wholeness that radiates outward.

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## INTEGRATIVE DIAGNOSTICS ASSESSING YOUR BEAUTY IN ALL ASPECTS



Evaluating physical beauty can be subjective, as perceptions of beauty vary widely across cultures and individuals. Still, several analyses and methods have been developed to shed light on your current state of beauty.

For detailed facial skin analysis, **VISIA Facial Skin Analysis** provides information about your skin's texture, wrinkles, age spots, pores, UV or sun damage, among others. This information will pave the way for treatments tailored to your facial skin's needs.

For body shape analysis, you can gain a detailed breakdown of what your body is made of, such as the percentages of fat, muscle, bone and water with **Body Composition Analysis**. It helps determine if you are in good shape by evaluating these components in relation to overall health and fitness.

For knowledge about your mental health, **consultation** with our health and wellness professionals will assess whether you are stressed or suffering from other mental problems.

For a solid foundation of your lasting beauty, **Blood Age test** can help you understand your true ageing status and identify potential health risks through the investigation of blood components. By analysing specific DNA methylation patterns, the **DunedinPACE Epigenetic Clock** test provides insights into how fast your body is ageing at the cellular level, empowering you to optimise your lifestyle and potentially slow down the aging process.

INTEGRATIVE SOLUTIONS  
ACHIEVING LAST  
LONG BEAUTY



For restored skin glow and more brightened skin, **Facial Guasha** helps improve the microcirculation of blood and lymphatic system. This traditional facial technique can be combined with modern aesthetic treatments such as **Profacial** which helps remove dead skin cells to brighten dull skin and remedy puffiness.

For a peaceful and serene mind, RAKxa harnesses the power of conscious movement of **Yoga** and meditative sound of **Singing Bowl Healing** to increase your resilience to stress and emotional stability.

For last-long beauty, a combination of **anti-inflammatory** diet, IV nutrient therapy and personalised exercise can help slow down the ageing process. **Anti-inflammatory meal plans** rich in plant-derived antioxidants can be complemented with **IV Nutrient therapy** to supply sufficient minerals and vitamins that allow your body systems to run smoothly and efficiently. To help your body fight against the loss of muscles, which is highly linked to old age, **resistance training** together with regular **moderate-to-high cardiovascular exercise** not only improves physical functions, but also decelerates biological ageing and improves overall health and strength.