

FEEL LIFE'S POTENTIAL



# Awaken

## WELLNESS PROGRAM GUIDE

HEALTHY LIFESTYLE - DETOX - STRESS & BURNOUT  
CULTIVATING HEART, BODY & SPIRIT - TASTE OF KAMALAYA



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## HEALTHY LIFESTYLE

### FOUNDATIONS FOR A HEALTHY AND SUSTAINABLE LIFESTYLE

All our wellness programs come with a host of standard inclusions to enhance your stay. Starting from the moment you arrive, you will be welcomed by our friendly hosts at Samui International Airport and transferred to Kamalaya, your return transfer is also included. All guests will receive our signature wellness welcome gift pack upon check-in. During your wellness program you will enjoy three Kamalaya-inspired meals per day with our healthy beverages, excluding imported drinks and alcohol. Throughout your stay our wellness and fitness facilities are available at your leisure inclusive of two outdoor swimming pools, thermal plunge pools, steam caverns, state-of-the-art fitness centre and yoga facilities. Additionally, you can attend a range of daily holistic activities and classes complimentary.





## BASIC OPTIMAL FITNESS

Whether you are new to exercise, seeking motivation to get fit or keen to take your active routine to the next level, enlisting the support of a holistic wellness team will help you reach your fitness goal. The Basic Optimal Fitness program is personalised to you, with one-on-one instructions from personal trainers and physiotherapists to ensure you achieve optimal results. Holistic spa therapies and supportive treatments including far infrared therapy relieve muscle tension and support recovery, while also improving circulation, metabolism, and elimination. This program is ideal for anyone seeking to manage weight, create healthful habits, improve strength, endurance, flexibility and balance.

Basic Optimal Fitness wellness program inclusions	5 nights	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1	1
Wellness Program Progress Review	1	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (60 min)	1	1	1	1	1
Traditional Asian Foot Massage (60 min)	1	1	1	1	1
Far Infrared Sauna (30 min)	4	5	7	10	14
Personal Training Session (60 min)	3	4	6	9	12
Vital Essence Oil Massage (90 min)	1	1	2	3	4
Myofascial Release Therapy (60 min)	1	1	1	3	4
Traditional Thai Massage (90 min)	1	1	2	2	2
Super Stretching (60 min)		1	1	3	5
Revival Exercise (60 min)		1	2	2	3
Ozone Therapy (60 min)		1	1	2	3
Hyperbaric Oxygen Therapy (60 min)			1	2	2
Mid-Wellness Program Follow-up			1	1	2
Indian Head Massage (60 min)			1	1	1
Traditional Thai Therapeutic Treatment (90 min)				2	2
IV Vitamin Infusion (120 min)					1





## COMPREHENSIVE OPTIMAL FITNESS

Strength, flexibility, and alignment are essential for optimal fitness, and so is harmony between mind and body. The Comprehensive Optimal Fitness program includes a blend of one-on-one sessions with fitness trainers, physiotherapists, yoga, and Pilates instructors while incorporating mind-body balance sessions. This program is ideal if you are seeking a holistic fitness practice, striving to reach new fitness goals or develop a stronger mind-body connection. Life Enhancement Mentors assist you to address mental and emotional imbalances that may be manifesting in physical symptoms such as weight gain, exhaustion or insomnia. Restorative therapies complete the program, regulating circulation, reducing tension and enhancing relaxation.

Comprehensive Optimal Fitness wellness program inclusions	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1
Wellness Program Progress Review	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (60 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Physiotherapy Session with Assessment (90 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1	1
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Marma Point Massage (90 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Private Pilates Session (60 min)	2	2	2	2
Private Yoga Session (60 min)	2	2	2	2
Mind-Body Balance (60 min)	2	2	2	2
Far Infrared Sauna (30 min)	5	7	10	15
Personal Training Session (60 min)	5	6	9	14
Super Stretching (60 min)	2	3	5	7
Physiotherapy Session (60 min)	2	3	3	3
Hyperbaric Oxygen Therapy (60 min)	1	1	2	3
Personal Pranayama or Meditation (60 min)	1	2	2	2
Mid-Wellness Follow-up	1	1	1	3
Ozone Therapy (60 min)		1	2	2
IV Vitamin Infusion (120 min)		1	1	2
Indian Head Massage (60 min)		1	1	1
Aqua Fitness (60 min)		1	1	1
Traditional Thai Therapeutic Treatment (90 min)			1	2
3D Full Body Scan Follow-up (30 min)			1	1





## STRUCTURAL REVIVAL

Postural alignment can be affected by natural ageing, behavioural patterns and trauma and can manifest in a myriad of ways from tightness, limited mobility and chronic pain. The Structural Revival program assists in realigning the body and improving posture to reduce tension, rehabilitate injuries and restore a higher level of function and vitality. Revival Exercises with physiotherapists as well as one-on-one Pilates strengthen the body and stabilise joints, while holistic therapies such as myofascial release, assisted stretching and massages release tight muscles, restore movement and promote relaxation. This functional program promotes blood circulation, organ function and energy flow, positively impacting your emotional and psychological wellbeing.

Structural Revival wellness program inclusions	5 nights	7 nights	9 nights	14 nights
Wellness Consultation	1	1	1	1
Wellness Program Progress Review	1	1	1	1
Physiotherapy Session with 3D Full Body Scan (60 min)	1	1	1	1
Pilates Session with Stretching (90 min)	1	1	1	1
Traditional Thai Therapeutic Treatment (90 min)	1	1	1	1
Myofascial Release Therapy (60 min)	2	2	2	5
Pilates Session (60 min)	2	2	2	3
Super Stretching (60 min)	1	1	2	3
Revival Exercise (60 min)	1	1	2	3
Hyperbaric Oxygen Therapy (60 min)	1	1	2	2
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	2
Aqua Fitness with Physiotherapist (60 min)		1	2	2
Traditional Herbal Compress Massage (90 min)		1	1	1
Upper Body or Lower Body Tension Relief Massage (75 min)		1		
Upper Body Tension Relief Massage (75 min)			1	1
Lower Body Tension Relief Massage (75 min)			1	1
Holistic Acupressure Facial Massage (75 min)			1	1
Mid-Wellness Program Follow-up			1	1



## PERSONAL YOGA SYNERGY

The Personal Yoga Synergy program is suitable for anyone new to the holistic practice through to experienced yogis. One-to-one yoga classes incorporate physical postures, pranayamic breathing and meditation and are tailored to your level of experience, specific wellness goals and physical limitations or injuries. Healing Ayurveda therapies are incorporated to detoxify and soothe, delivering an enhanced state of relaxation and mental clarity. This program is recommended for beginners requiring one-on-one instruction, devotees seeking to deepen their postures and guests wishing to embrace yoga as a wellbeing lifestyle.

Personal Yoga Synergy wellness program inclusions	5 nights	7 nights	14 nights
Wellness Consultation	1	1	1
Wellness Program Progress Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1
Kati Vasti (60 min)	1	1	1
Private Yoga Session (90 min)	4	6	10
Indian Head Massage (60 min)	1	1	2
Ozone Therapy (60 min)	1	1	2
Marma Point Massage (90 min)		1	2
Personal Pranayama (60 min)		1	2
Traditional Thai Therapeutic Treatment (90 min)			1
Revive & Awakening Facial (75 min)			1





## IDEAL WEIGHT

Maintaining a healthy body weight is integral to a healthy mind-body balance. The Ideal Weight program incorporates a holistic lifestyle and metabolic approach to achieving your desired weight. It includes nutritional guidance, one-on-one personal fitness training and holistic therapies. Far infrared sauna sessions and Chi Nei Tsang abdominal massages stimulate blood circulation, boost metabolism and promote the detoxification and elimination process. Ideal Weight is designed to create new fitness habits and map out a long-term weight management strategy. It is suited to anyone seeking weight optimisation, wishing to balance blood pressure and cholesterol, or wanting to be more empowered in living a healthy lifestyle.

Ideal Weight wellness program inclusions	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1
Wellness Program Progress Review	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (60 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	1
Oriental Detoxifying Scrub & Wrap (75 min)	1	1	1	1
Far Infrared Sauna (30 min)	6	7	12	12
Personal Training Session (60 min)	3	4	5	10
Chi Nei Tsang (60 min)	3	3	5	5
Traditional Chinese Medicine Session (60 min)	1	2	3	3
Lymphatic Drainage Therapy (90 min)	1	2	2	3
Ozone Therapy (60 min)	1	1	2	3
IV Vitamin Infusion (120 min)	1	1	2	3
Aqua Fitness with Physiotherapist (60 min)		1	1	3
Mid-Wellness Program Follow-up		1	1	2
Myofascial Release Therapy (60 min)			1	2
Vital Essence Oil Massage (90 min)			1	1
Indian Head Massage (60 min)			1	1
Revive & Awakening Facial (75 min)			1	1
3D Full Body Scan Follow-up (30 min)			1	1
Traditional Thai Therapeutic Treatment (90 min)				1



## SLEEP ENHANCEMENT

Sleep is essential for a healthy lifestyle, and as important as physical exercise and a balanced diet. The Sleep Enhancement program provides the tools to calm a busy mind and create optimal conditions for quality sleep. Naturopaths, Traditional Chinese Medicine practitioners and Life Enhancement Mentors support you in identifying emotional and mental barriers to sleep offering techniques and treatments to calm the nervous system and promote healthy sleep patterns. Restorative treatments include Kamalaya's signature Traditional Asian Foot Massage with Herbal Foot Soak and Shirodhara, both of which serve to improve blood circulation, open energy channels and relieve tension to induce a better night's sleep.

Sleep Enhancement wellness program inclusions	5 nights*	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1	1
Wellness Program Progress Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Herbal Supplements & Remedies (1 set)	1	1	1	1	1
Naturopathic Lifestyle Consultation (60 min)	1	1	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1	1
Mind-Body Balance (60 min)	2	2	3	3	4
Traditional Chinese Medicine Session (60 min)	1	2	2	3	4
Shirodhara (60 min)	1	2	2	3	4
Personal Meditation or Pranayama or Reiki or Yoga Session (60 min)	1	2	2	3	4
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	2	2	2	2	3
Chi Nei Tsang (30 min)		2	2	3	3
IV Vitamin Infusion (120 min)		1	2	2	3
Kamalaya Signature Treatment: Three Treasures (90 min)		1	1	2	3
Indian Head Massage (60 min)		1	1	2	3
Hyperbaric Oxygen Therapy (60 min)		1	2	2	2
Ozone Therapy (60 min)		1	1	2	2
Kati Vasti (60 min)		1	1	1	1
Traditional Asian Hand Massage (45 min)		1			
Bioresonance Treatment (20 min)			2	3	4
Mid-Wellness Program Follow-up			1	1	1
Traditional Thai Therapeutic Treatment (90 min)				2	3

\* The 5-night program is intended as an 'add-on' to complement another wellness program or retreat only.





## **DETOX & RESET**

### **EFFECTIVE RESEARCH-BASED PROGRAMS COMBINING MEDICAL SCIENCE WITH HOLISTIC THERAPIES**

All our wellness programs come with a host of standard inclusions to enhance your stay. Starting from the moment you arrive, you will be welcomed by our friendly hosts at Samui International Airport and transferred to Kamalaya, your return transfer is also included. All guests will receive our signature wellness welcome gift pack upon check-in. During your wellness program you will enjoy three Kamalaya-inspired meals per day with our healthy beverages, excluding imported drinks and alcohol. Throughout your stay our wellness and fitness facilities are available at your leisure inclusive of two outdoor swimming pools, thermal plunge pools, steam caverns, state-of-the-art fitness centre and yoga facilities. Additionally, you can attend a range of daily holistic activities and classes complimentary.



## INTRODUCTION TO DETOX

Kamalaya's approach to detox is aligned with Asian healing principles that see fasting as potentially depleting, preferring a nourishing and nurturing form of the deeply cleansing process. The Introduction to Detox program is ideal if you are new to detoxification, have limited time or seeking a seasonal reboot. It features Kamalaya's low-inflammatory plant-based detox cuisine and a series of soothing and gentle treatments to safely eliminate toxins. Lymphatic drainage therapy, Chi Nei Tsang abdominal massage and far infrared therapy support the organs in the process of eliminating toxins while also improving circulation, digestion and optimal weight; cleansing the body, mind and spirit.

Introduction to Detox wellness program inclusions	5 nights
Wellness Consultation	1
Wellness Program Progress Review	1
Body Bio-Impedance Analysis	1
Vital Essence Oil Massage (90 min)	1
Traditional Asian Hand Massage (60 min)	1
Traditional Asian Foot Massage (60 min)	1
Far Infrared Sauna (30 min)	4
Lymphatic Drainage Therapy (90 min)	2
Chi Nei Tsang (30 min)	2
Chi Nei Tsang (60 min)	1
Oriental Herbal Detoxifying Body Scrub & Wrap (75 min)	1
Traditional Asian Hand Massage (30 min)	1





## BASIC DETOX & REJUVENATION

When we eat well and our organs are functioning at optimal levels, we eliminate toxins naturally. However, when this is reversed, a state of chronic toxicity occurs. The Basic Detox & Rejuvenation program incorporates detoxifying herbal supplements and remedies with a series of therapeutic treatments including Colon Hydrotherapy to enhance the detoxification process. By using warm water to gently cleanse the large colon, colon hydrotherapy improves liver, lymphatic and capillary function and allows nutrients to be more efficiently absorbed. This is Kamalaya's mid-level detox program and is recommended to reduce inflammation, relieve headaches and joint pain, stabilise mood, and increase energy and vitality.

Basic Detox & Rejuvenation wellness program inclusions	7 nights	9 nights	14 nights
Wellness Consultation	1	1	1
Wellness Program Progress Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Detox Herbal Supplements & Remedies (1 set)	1	1	1
Hyperbaric Oxygen Therapy (60 min)	1	1	1
Reiki (60 min)	1	1	1
Far Infrared Sauna (30 min)	5	7	10
Chi Nei Tsang (30 min)	5	7	10
Colon Hydrotherapy (60 min)	1	2	2
IV Vitamin Infusion (120 min)			1



## COMPREHENSIVE DETOX & REJUVENATION

Detoxification is hugely beneficial to not only our internal organs and skin, but also in boosting metabolism and immunity, improving brain and digestion function and restoring hormonal balance. The Comprehensive Detox & Rejuvenation program includes medical science and holistic therapies and is recommended for experienced detoxers and those seeking an intensive health reset. Detoxifying herbal supplements and remedies complement a more rigorous program of therapies and treatments including Chi Nei Tsang abdominal massage, far infrared therapy, lymphatic drainage therapy and colon hydrotherapy. The result? A full cleanse of the colon, blood and lymphatic system, improved mental clarity, more luminous skin and radiant health.

Comprehensive Detox & Rejuvenation wellness program inclusions	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1
Wellness Program Progress Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Detox Herbal Supplements & Remedies (1 set)	1	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1	1
Traditional Thai Massage (90 min)	1	1	1	1
Far Infrared Sauna (30 min)	6	8	13	16
Chi Nei Tsang (60 min)	3	4	4	6
Lymphatic Drainage Therapy (90 min)	3	3	5	5
Colon Hydrotherapy (60 min)	2	2	3	3
Oriental Herbal Detoxifying Body Scrub & Wrap (75 min)	1	2	2	2
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	2
IV Vitamin Infusion (120 min)		2	2	3
Ozone Therapy (60 min)		1	2	3
Hyperbaric Oxygen Therapy (60 min)		1	2	3
Personal Training Session (60 min)		1	1	3
Mid-Wellness Program Follow-up		1	1	2
Holistic Acupressure Facial Massage (75 min)		1	1	1
Immune Recovery Facial (60 min)		1	1	1
Chi Nei Tsang (30 min)			4	6
Indian Head Massage (60 min)			1	2
Revival Exercise (60 min)			1	1





## ENRICHED GUT

The gut plays a central role in our mind-body health and has been referred to as a ‘second brain’ because of its ability to influence physical, mental and emotional wellbeing. The Enriched Gut program improves the digestion function and reduces inflammation, improving immunity and enhancing mind-body balance. A synergy of holistic treatments, therapies and practices are incorporated including naturopathy, nutrition, Traditional Chinese Medicine, pranayamic breathing, one-on-one yoga and Ayurveda. Herbal supplements and remedies further stimulate and support optimal digestive health. This program is for anyone wanting to improve digestion, nurture, enrich their gut and experience a feeling of wellness and vitality.

Enriched Gut wellness program inclusions	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1
Wellness Program Progress Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Herbal Supplements & Remedies (1 set)	1	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Traditional Thai Therapeutic Treatment (90 min)	1	1	1	1
Abdominal Organ Therapy (60 min)	1	1	1	1
Bioresonance Therapy (20 min)	2	2	3	4
Private Yoga Session (60 min)	2	2	3	4
Chi Nei Tsang with Ruby Treasure Oil (60 min)	1	2	2	4
Traditional Chinese Medicine Session (60 min)	1	2	2	4
Pranayama (60 min)	1	1	2	3
IV Vitamin Infusion (120 min)	1	1	2	3
Ozone Therapy (60 min)	1	1	2	3
Hyperbaric Oxygen Therapy (60 min)	1	1	2	3
Lanna Abdominal Samunphrai Ron (60 min)	1	1	2	2
Kati Vasti (60 min)	1	1	2	2
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)		1	2	2
Holistic Acupressure Facial Massage (75 min)		1	1	1
Mid-Wellness Program Follow-up		1	1	1
Marma Point Massage (90 min)				1



## STRESS & BURNOUT

### FEEL RESTORED AND RE-EXPERIENCE YOUR VIBRANCY

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## ASIAN BLISS

Stress can manifest as a range of symptoms from insomnia and fatigue to anxiety, depression and chronic disease. Asian Bliss is a nurturing program for anyone feeling depleted, anxious or overwhelmed. It focuses on the Asian healing traditions of Ayurveda, Traditional Chinese Medicine and Thai therapies to support the nervous system and restore emotional and psychological balance. Signature treatments include Traditional Asian Foot Massage with Herbal Foot Soak and Royal Ayurvedic Traditional Massage, and you choose from private yoga, reiki, pranayama or meditation. It is ideal for restoring mental calm and alleviating tension, and equips you with supportive wellness practices for a more balanced life.

Asian Bliss wellness program inclusions	5 nights	7 nights	9 nights	14 nights
Wellness Consultation	1	1	1	1
Wellness Program Progress Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Indian Head Massage (60 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Chi Nei Tsang (30 min)	2	2	2	2
Personal Meditation or Pranayama or Reiki or Yoga Session (60 min)	2	3	3	4
Traditional Asian Hand Massage (45 min)	1	1	2	3
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	2	2
Thai Traditional Therapeutic Treatment (90 min)		1	1	2
Traditional Chinese Medicine Session (75 min)		1	1	1
Kati Vasti (60 min)		1	1	1
Lotus Scrub & Wrap (75 min)		1	1	1
Traditional Chinese Medicine Session (60 min)			1	2
Shirodhara (60 min)			1	2
Mid-Wellness Program Follow-up			1	1
Revive & Awakening Facial (75 min)				1



## BASIC BALANCE & REVITALISE

Prolonged stress can result in constant fatigue, low immunity, blood pressure issues and emotional states of apathy, despair and irritability. The Basic Balance & Revitalise program is Kamalaya's mid-level stress and burnout program and is designed to calm the nervous system, replenish energy, and support recovery from burnout. A naturopath, Traditional Chinese Medicine practitioner and Life Enhancement Mentor will aid you in identifying and addressing stressors in your life and provide practical techniques to restore your mind-body balance. Energising and healing treatments include Ayurvedic massage, and bioresonance therapy. Herbal and nutritional supplements are incorporated to nourish the adrenal glands and soothe the nervous system.

Basic Balance & Revitalise wellness program inclusions	7 nights	9 nights	14 nights
Wellness Consultation	1	1	1
Wellness Program Progress Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Nutritional Guidance and Naturopathic Lifestyle Consultation (90 min)	1	1	1
Stress Management Consultation (90 min)	1	1	1
Ozone Therapy (60 min)	1	1	1
Indian Head Massage (60 min)	2	2	2
Chi Nei Tsang (60 min)	2	2	2
Traditional Asian Hand Massage (45 min)	2	2	2
Traditional Asian Foot Massage (60 min)	2	2	3
Personal Meditation or Pranayama or Reiki (60 min)	2	2	3
Shirodhara (60 min)	1	1	3
Royal Ayurvedic Traditional Massage (60 min)	1	2	2
Vital Essence Oil Massage (90 min)	1	1	2
Holistic Acupressure Facial Massage (75 min)		1	1
Mid-Wellness Program Follow-up		1	1
Stress Management Consultation (60 min)			2
Physiotherapy Session (90 min)			1
Lower Body Tension Relief Massage (75 min)			1





## COMPREHENSIVE BALANCE & REVITALISE

Reconnecting with oneself and nourishing the mind and body are central to recovering from stress and at the heart of Kamalaya's most intensive stress and burnout program. The Comprehensive Balance & Revitalise program is recommended for anyone needing recuperation from physical and emotional stress and burnout. Deeply restorative, it deals holistically with the symptoms and underlying causes of adrenal burnout and addresses stress prevention and recovery from a mind, body and spirit perspective. Personal consultations in naturopathic lifestyle, nutrition and stress management will guide you towards embracing a healthier balance. Healing therapies combine with nutritional and herbal supplements and remedies to support your recovery.

Comprehensive Balance & Revitalise wellness program inclusions	7 nights	14 nights	21 nights
Wellness Consultation	1	1	1
Wellness Program Progress Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Nutritional Guidance & Naturopathic Lifestyle Consultation (90 min)	1	1	1
Stress Management Consultation (90 min)	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1
Bioresonance (20 min)	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1
Herbal Supplements & Remedies (1 set)	1	1	1
Chi Nei Tsang (30 min)	2	2	2
Personal Meditation or Pranayama or Reiki (60 min)	2	4	3
Traditional Chinese Medicine Session (60 min)	1	3	3
Royal Ayurvedic Traditional Massage (60 min)	1	2	3
IV Vitamin Infusion (120 min)	1	2	3
Ozone Therapy (60 min)	1	2	3
Indian Head Massage (60 min)	1	2	3
Shirodhara (60 min)	1	2	2
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	2	2
Traditional Asian Hand Massage (45 min)	1	2	2
Hyperbaric Oxygen Therapy (60 min)	1	2	2
Stress Management Consultation (60 min)		2	3
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Holistic Acupressure Facial Massage (75 min)		1	1
Physiotherapy Session with 3D Full Body Scan (90 min)		1	1
Mid-Wellness Program Follow-up		1	1
Myofascial Release Therapy (90 min)			2
Revive & Awakening Facial (75 min)			1





## RELAX & RENEW

Stepping back from our day-to-day life can provide an opportunity to recover balance, replenish energy and revive the spirit. The Relax & Renew program invites you to unwind from physical and mental stress, restore equilibrium and feel deeply nurtured. Diverse healing traditions combine with holistic activities to de-stress and restore energy levels while boosting the immune system. Ayurveda, aromatherapy and Asian therapies include Traditional Asian Hand Massage, Indian Head Massage and Vital Essence Oil Massage to release accumulated emotional stress, reduce muscle tension and induce a state of relaxation and mental clarity. This program is ideal as a retreat from the stresses of everyday life.

Relax & Renew wellness program inclusions	5 nights	7 nights	9 nights	14 nights
Wellness Consultation	1	1	1	1
Wellness Program Progress Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Lotus Scrub & Wrap (75 min)	1	1	1	1
Traditional Asian Foot Massage (60 min)	1	2	2	3
Vital Essence Oil Massage (60 min)		2		
Vital Essence Oil Massage (90 min)	2		2	3
Far Infrared Sauna (30 min)	1	1	2	3
Traditional Thai Massage (60 min)		1		3
Traditional Thai Massage (90 min)	1		2	
Traditional Asian Hand Massage (30 min)	1	1	1	2
Traditional Asian Hand Massage (45 min)	1			
Indian Head Massage (60 min)	1	1	1	2
Chi Nei Tsang (30 min)	1			
Chi Nei Tsang (60 min)		2	2	2
Hyperbaric Oxygen Therapy (60 min)	1	1	1	2
Upper Body Tension Relief Massage (75 min)		1	1	1
Revive & Awakening Facial (75 min)		1	1	1
Holistic Fitness Session (60 min)			1	2
Mid-Wellness Program Follow-up			1	1
Bioresonance Therapy (20 min)				2
Myofascial Release Therapy (60 min)				1



## CULTIVATING HEART, BODY & SPIRIT

ALIGN WITH YOUR INNER STRENGTH, VITALITY AND ABILITY TO CENTRE YOURSELF DURING CHALLENGING TIMES

All our wellness programs come with a host of standard inclusions to enhance your stay. Starting from the moment you arrive, you will be welcomed by our friendly hosts at Samui International Airport and transferred to Kamalaya, your return transfer is also included. All guests will receive our signature wellness welcome gift pack upon check-in. During your wellness program you will enjoy three Kamalaya-inspired meals per day with our healthy beverages, excluding imported drinks and alcohol. Throughout your stay our wellness and fitness facilities are available at your leisure inclusive of two outdoor swimming pools, thermal plunge pools, steam caverns, state-of-the-art fitness centre and yoga facilities. Additionally, you can attend a range of daily holistic activities and classes complimentary.





## EMBRACING CHANGE & EMOTIONAL HARMONY

Our emotional balance is tested when we choose to change ingrained patterns of behaviour and embark on a new life journey. The Embracing Change program is for anyone experiencing a life change or life challenging situation, as well as for targeting behaviours such as emotionally driven eating habits, relationship issues, work difficulties, anxiety, and grief. Our Life Enhancement Mentors guide you in identifying emotional habits and together with Traditional Chinese Medicine and Asian healing therapies work synergistically to support you in letting go in order to heal. This program offers an experience of self-discovery and growth and equips you with the tools to continue your journey at home.

Embracing Change and Emotional Harmony wellness program inclusions	5 nights	7 nights	14 nights
Wellness Consultation	1	1	1
Wellness Program Progress Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Embracing Change Session (90 min)	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1
Vital Essence Oil Massage or Traditional Thai Massage (90 min)	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1
Embracing Change Session (60 min)	2	3	5
Traditional Asian Hand Massage (30 min)	2	2	4
Traditional Chinese Medicine Session (60 min)	1	2	4
Chi Nei Tsang (30 min)	1	1	2
Indian Head Massage (60 min)	1	1	2
IV Vitamin Infusion (120 min)	1	1	2
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Shirodhara (60 min)		1	2
Homoeopathy or Bach Flower Remedies (90 min)		1	1







## RESILIENCE & IMMUNITY

We live in a world of change and how we respond can be an indicator of our mind-body balance and inner reserves. The Resilience & Immunity program empowers with its focus on physical health and resilience of heart and mind. It incorporates mindfulness training, meditation and bioresonance therapy to cultivate deep tranquility as well as Traditional Chinese Medicine, herbal supplements, and functional testing to identify and address areas of imbalance. This program is designed for these challenging times and is ideal for anyone experiencing post-viral fatigue, living with auto-immune conditions or wishing to feel more robust and fortified in the face of life's uncertainties.

Resilience & Immunity wellness program inclusions	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1
Wellness Program Progress Review	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (60 min)	1	1	1	1
Herbal Supplements & Remedies (1 set)	1	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Kamalaya Immunity Blood Test Panels	1	1	1	1
Lymphatic Drainage Therapy (90 min)	1	1	1	1
Bioresonance Therapy (20 min)	1	2	2	3
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	2	2	3
Personal Meditation or Pranayama or Reiki or Yoga Session (60 min)	1	1	2	3
Mindfulness Training (60 min)	1	1	2	3
Chi Nei Tsang with Ruby Treasure Oil (30 min)			2	3
Chi Nei Tsang with Ruby Treasure Oil (60 min)	1	1		
Far Infrared Sauna (30 min)	1	2	2	2
Ozone Therapy (60 min)	1	1	2	2
Hyperbaric Oxygen Therapy (60 min)	1	1	2	2
IV Vitamin Infusion (120 min)		1	2	3
Traditional Chinese Medicine Session (60 min)		1	2	2
Mid-Wellness Program Follow-up		1	1	2
Marma Point Massage (90 min)		1	1	1
Traditional Thai Therapeutic Treatment (90 min)			1	2
Traditional Asian Hand Massage (30 min)			1	
Indian Head Massage (60 min)				1
Shirodhara (60 min)				1



## **TASTE OF KAMALAYA**

**A SELECTION OF OUR KEY WELLNESS PROGRAMS AVAILABLE TO EXPERIENCE WITHIN 3 DAYS,  
PERFECT FOR THOSE LOOKING FOR AN INTRODUCTION TO THE RESTORATIVE  
POTENTIAL OF KAMALAYA**

All our wellness programs come with a host of standard inclusions to enhance your stay. Starting from the moment you arrive, you will be welcomed by our friendly hosts at Samui International Airport and transferred to Kamalaya, your return transfer is also included. All guests will receive our signature wellness welcome gift pack upon check-in. During your wellness program you will enjoy three Kamalaya-inspired meals per day with our healthy beverages, excluding imported drinks and alcohol. Throughout your stay our wellness and fitness facilities are available at your leisure inclusive of two outdoor swimming pools, thermal plunge pools, steam caverns, state-of-the-art fitness centre and yoga facilities. Additionally, you can attend a range of daily holistic activities and classes complimentary.





## PERSONAL YOGA SYNERGY

Our three-day Personal Yoga Synergy program is suitable for those on a restricted schedule or looking to explore Kamalaya’s potential. The ancient practice of yoga cultivates harmony in the mind and body while improving posture, strength and flexibility. This introductory program is applicable for anyone new to the holistic practice or experienced yogis and is tailored to differing levels of experience, specific wellness goals and physical limitations or injuries. Healing Ayurveda therapies are incorporated to detoxify and soothe, delivering an enhanced state of relaxation and mental clarity. This program is recommended for a rejuvenating and inspiring weekend getaway or could be a perfect add-on to another wellness program.

Personal Yoga Synergy wellness program inclusions	3 nights
Wellness Consultation	1
Wellness Program Progress Review	1
Body Bio-Impedance Analysis	1
Vital Essence Oil Massage (90 min)	1
Royal Ayurvedic Traditional Massage (60 min)	1
Kati Vasti (60 min)	1
Private Yoga Session (90 min)	2
Ozone Therapy (60 min)	1



## INTRODUCTION TO DETOX

The three-day Introduction to Detox program is ideal if you are new to detoxification or have limited time. Kamalaya's approach to detox is aligned with Asian healing principles that see fasting as potentially depleting, preferring a nourishing and nurturing form of the deeply cleansing process. It features Kamalaya's low-inflammatory plant-based detox cuisine and a series of soothing and gentle treatments to safely eliminate toxins. Lymphatic drainage therapy, Chi Nei Tsang abdominal massage and far infrared sauna sessions support the organs in the process of eliminating toxins, improving blood circulation and digestion, while cleansing the body, mind and spirit.

Introduction to Detox wellness program inclusions	3 nights
Wellness Consultation	1
Wellness Program Progress Review	1
Body Bio-Impedance Analysis	1
Vital Essense Oil Massage (90 min)	1
Traditional Asian Hand Massage (60 min)	1
Traditional Asian Foot Massage (60 min)	1
Far Infrared Sauna (30 min)	2
Chi Nei Tsang (60 min)	2
Lymphatic Drainage Therapy (90 min)	1





## RELAX & RENEW

The three-day Relax & Renew program makes for a short break from the stresses of everyday life. Stepping back from day-to-day life provides an opportunity to recover balance, replenish energy and revive the spirit. The Relax & Renew program invites you to unwind from physical and mental stress, restore equilibrium and feel deeply nurtured. Diverse healing traditions combine with holistic activities to de-stress and restore energy levels while boosting the immune system. Asian therapies include Traditional Asian Hand and Foot Massage, Indian Head Massage and Vital Essence Oil Massage to release accumulated emotional stress, reduce muscle tension and induce a state of relaxation and mental clarity.

Relax & Renew wellness program inclusions	3 nights
Wellness Consultation	1
Wellness Program Progress Review	1
Body Bio-Impedance Analysis	1
Lotus Scrub & Wrap (75 min)	1
Traditional Asian Hand Massage (30 min)	1
Traditional Asian Foot Massage (60 min)	1
Traditional Thai Massage (90 min)	1
Vital Essence Oil Massage (60 min)	1
Indian Head Massage (60 min)	1
Chi Nei Tsang (30 min)	1
Hyperbaric Oxygen Therapy (60 min)	1



## TERMS AND CONDITIONS

Please note that Kamalaya's wellness programs have been designed to help you reach your health goals in the most effective way. Any changes made to your program may compromise the efficacy of the program and the overall result.

Guests wishing to change or eliminate specific treatments in confirmed programs may do so subject to the availability of the therapy they wish to substitute.

Kamalaya wellness programs carry a built-in 20% discount on all wellness and dining, so cancellation of any packaged therapies will be credited at 80% of listed prices assuring that the credited amount is equivalent to the unused portion of the original package.

Treatments selected in substitution will be charged at the listed retail rate against which any credits can be applied.

Credits against cancelled treatments may be used towards the purchase of treatments and services listed in the Kamalaya Wellness Sanctuary & Holistic Spa treatment menu, except for treatments or sessions with visiting practitioners.

Credits against cancelled treatments cannot be redeemed for food and beverage, accommodation, purchases in the resort's retail shop or other resort services.

Above conditions apply equally in the case of a contraindication whereby Kamalaya's health practitioners advise against a certain treatment or service included in a wellness package.

Any cancelled treatments that are later re-instated into the program will be charged at the listed retail rate.

For unused credits from cancelled treatments in confirmed programs, a wellness voucher will be issued which will be fully transferable and can be redeemed by any guest during their present or future stay at Kamalaya (within the validity date stated on the voucher) and the voucher will not be redeemable for cash or other substitutions, not replaceable if lost, destroyed, stolen or expired, and void if altered, photocopied, or reproduced.





KAMALAYA  
KOH SAMUI