



Kamalaya unveils its first dedicated Women's Health program *Radiant Bliss for every woman's life journey*

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15 June 2023: Multi-award-winning [Kamalaya Wellness Sanctuary](#) on Koh Samui, Thailand will launch its first-ever women-focused wellness program, [Radiant Bliss](#), entirely dedicated to women's health and wellbeing. The new program will commence in July 2023 and caters for women aged 18 and over.

The Radiant Bliss women's health program is the 18th program on Kamalaya's extensive wellness menu, dealing with specific symptoms and imbalances for female guests dependent on their health condition and life stage. Whether guests are focusing on fertility, preparing for pregnancy, transitioning to perimenopause or managing menopause itself; the program addresses all phases of women's health through personalised treatments and therapies.

Together with Kamalaya's wellness experts, female guests craft a curated journey of well-researched holistic treatments and therapies to support a strong foundation and a path for their unique health goals.

"Women's health is unique and distinct from men's health; Radiant Bliss aims to address these specific needs in a highly personalised way. What is special about this program is that it enables women the freedom to co-create an enriching experience for themselves that organically reconnects them to their innate healing wisdom and visionary version of themselves. Our highly skilled and talented experts place emphasis on the full spectrum of health including wellbeing and inner health, so our female guests can truly look to address their physical, emotional, mental and spiritual needs in one space," says Founder and Chief Wellness Officer of Kamalaya Wellness Sanctuary, [Karina Stewart](#), Msc. TCM.

The Radiant Bliss program draws on ancient Asian healing traditions such as Traditional Chinese Medicine (TCM) and Ayurveda, alongside holistic Western approaches such as Naturopathy, functional medicine, nutrition and current medical research. The synergistic combination of treatments and therapies from various traditions achieves optimum results and delivers an array of transformational offerings.

Incorporated in the Radiant Bliss program are Life-Enhancement Mentoring sessions to address emotional and individual needs, and functional medicine treatments in Kamalaya's recently opened Longevity House including IV therapy specifically tailored to women's health. Guests will also experience Kamalaya's new Lanna Samunphrai Ron Abdominal Massage for balancing hormones and relieving lower back pain while aiding digestion. Additionally, the new program includes a set of Kamalaya's own blend of nutraceutical-grade supplementation and remedies for fundamental support of female wellbeing.

After completing the Radiant Bliss program, women will be better educated about their health and equipped with insights and tools to listen to their bodies, understand their needs and synchronise their lifestyle and daily habits towards meeting their personal goals.

Suitable for women aged 18 and over, the Radiant Bliss program is available as an 8-night program, priced at 129,084 THB, however, guests are encouraged to stay for 14 nights (222,696 THB) or 21 nights (324,871 THB) to optimise their monthly cycle and personal health goals. The wellness program includes all treatments in the program and three healthy meals per day. Accommodation is additional and starts at 6,900 THB per night in the Hillside Room based on single occupancy.

As with all guests at Kamalaya, participants in the Radiant Bliss program will receive a wellness consultation and body bio-impedance analysis on arrival, complimentary participation in Kamalaya's daily holistic schedule of activities and use of the herbal steam caverns, swimming pools, thermal plunge pools and Shakti Fitness Centre.



For further information about the Radiant Bliss women's health program please visit [kamalaya.com](https://www.kamalaya.com), email reservations@kamalaya.com or call +66 (0) 77 429 800.

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Radiant Bliss for Women's Health video introduction with Karina Stewart:

<https://vimeo.com/834673186/9c1eb93cca>

ABOUT KAMALAYA:

[Multi-award-winning Kamalaya Wellness Sanctuary & Holistic Spa](#) is located on the southern coast of Koh Samui, Thailand. Founded by John and Karina Stewart in 2005, Kamalaya offers a synergistic wellness experience that helps people to embody their life's potential and achieve optimal lifelong wellbeing while integrating healing therapies from East and West. Including personalised programs that address [Detoxification](#), [Stress & Burnout](#), [Gut Health](#), [Sleep Enhancement](#), [Movement & Mobility](#), [Resilience & Immunity](#), [Mental & Emotional Wellbeing](#) and [Longevity & Regeneration](#).

AWARDS

Kamalaya has become legendary for its life-enhancing wellness programs and offerings. With more than 45 international awards, Kamalaya is one of the world's top destinations for everyone seeking to improve their health and wellbeing. In 2023, Kamalaya once again received the prestigious title of Worldwide Health & Wellness Destination of the Year at the World Spa & Wellness Awards in the UK, making it the second consecutive year of this achievement and the fifth time ever. The Embracing Change wellness program was also named the Wellness Program of the Year at the Destination Deluxe Awards in November 2022.