

FEEL LIFE'S POTENTIAL



Awaken

WELLNESS PROGRAM GUIDE

HEALTHY LIFESTYLE - DETOX & RESET - STRESS & BURNOUT
CULTIVATING HEART, BODY & SPIRIT



KAMALAYA
KOH SAMUI

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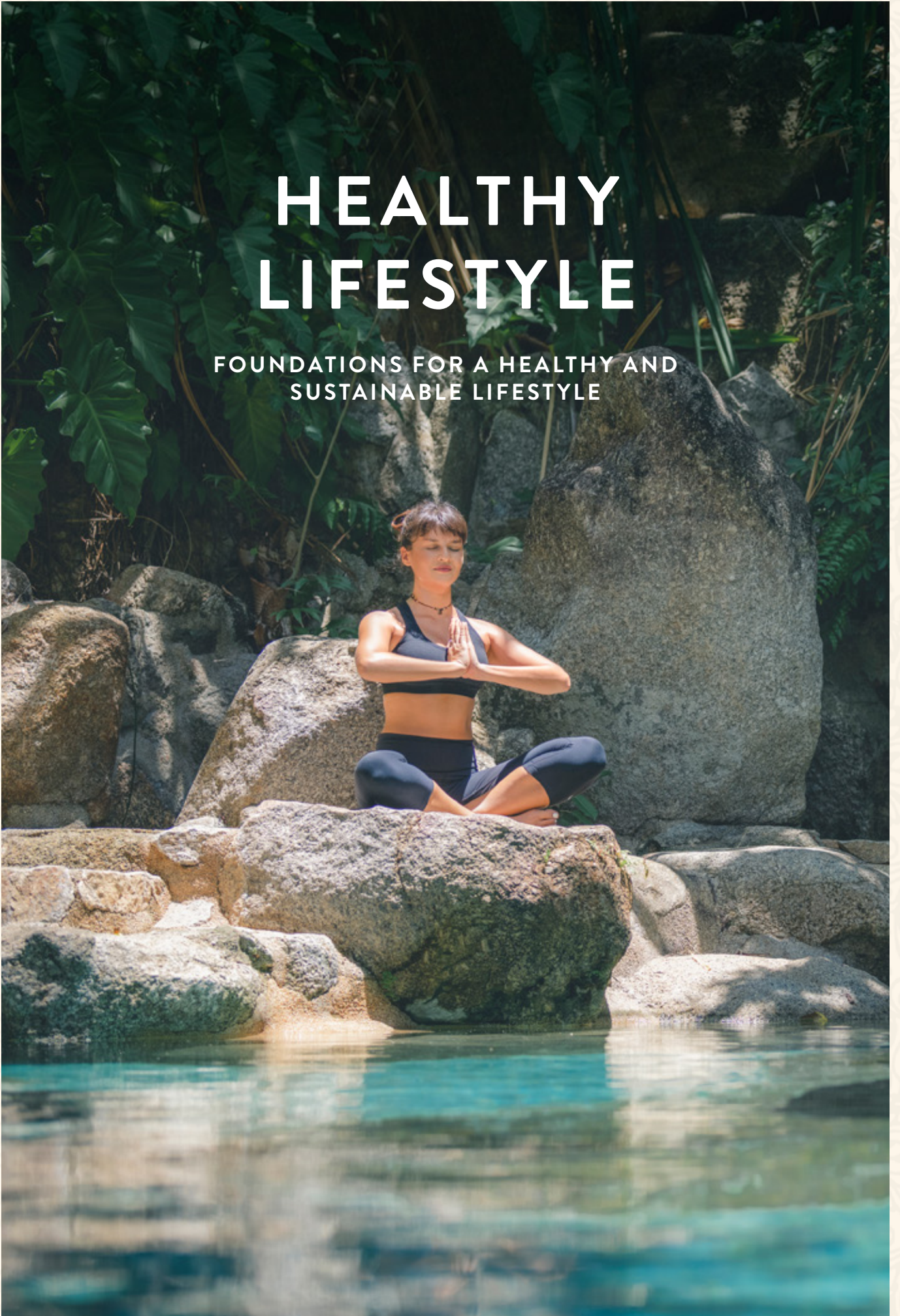
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WELLNESS PROGRAM STANDARD INCLUSIONS

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 night stay 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.

HEALTHY LIFESTYLE

FOUNDATIONS FOR A HEALTHY AND
SUSTAINABLE LIFESTYLE





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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	7	9	14	21
Wellness Consultation (45 min)	1	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (90 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
Wellness Program Progress Review			1	1	2
Indian Head Massage (60 min)			1	1	1
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1	1
Traditional Thai Therapeutic Treatment Follow-up (90 min)				1	1
IV Therapy (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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	9	14	21
Wellness Consultation (45 min)	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (90 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
Wellness Program Progress Review	1	1	1	3
Ozone Therapy (60 min)		1	2	2
IV Therapy (120 min)		1	1	2
Indian Head Massage (60 min)		1	1	1
Aqua Fitness (60 min)		1	1	1
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)			1	1
Traditional Thai Therapeutic Treatment Follow-up (90 min)				1
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 Exercise 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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	7	9	14
Wellness Consultation (45 min)	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1
Physiotherapy Session with 3D Full Body Scan (90 min)	1	1	1	1
Pilates Session with Stretching (60 min)	1	1	1	1
Initial Traditional Thai Therapeutic Treatment including Consultation (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
Choice of 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
Wellness Program Progress Review			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 Ayurvedic 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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	3	5	7	14
Wellness Consultation (45 min)	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1
Body Bio-Impedance Analysis (20 min)	1	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1
Kati Vasti (60 min)	1	1	1	1
Private Yoga Session (90 min)	2	4	6	10
Indian Head Massage (60 min)		1	1	2
Ozone Therapy (60 min)	1	1	1	2
Marma Point Massage (90 min)			1	2
Personal Pranayama (60 min)			1	2
Initial Traditional Thai Therapeutic Treatment including Consultation (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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	9	14	21
Wellness Consultation (45 min)	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (90 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 and 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 Therapy (120 min)	1	1	2	3
Aqua Fitness with Physiotherapist (60 min)		1	1	3
Wellness Program Progress Review		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
Initial Traditional Thai Therapeutic Treatment including Consultation (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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	7	9	14	21
Wellness Consultation (45 min)	1	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1	1
Body Bio-Impedance Analysis (20 min)	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
Herbal Supplements & Remedies (daily set)	5	7	9	14	21
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 Therapy (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
Wellness Program Progress Review			1	1	1
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1	1
Traditional Thai Therapeutic Treatment Follow-up (90 min)				1	2

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

A woman in profile, looking down at a small wooden bowl filled with dried herbs. The background is a soft-focus indoor setting with a decorative floral pattern. The text is overlaid on the right side of the image.

DETOX & RESET

EFFECTIVE RESEARCH-BASED PROGRAMS
COMBINING MEDICAL SCIENCE WITH
HOLISTIC THERAPIES



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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	3	5
Wellness Consultation (45 min)	1	1
Wellness Program Departure Review (15 min)	1	1
Body Bio-Impedance Analysis (20 min)	1	1
Vital Essence Oil Massage (90 min)	1	1
Traditional Asian Hand Massage (60 min)	1	1
Traditional Asian Foot Massage (60 min)	1	1
Far Infrared Sauna (30 min)	2	4
Lymphatic Drainage Therapy (90 min)	1	2
Chi Nei Tsang (30 min)		2
Chi Nei Tsang (60 min)	2	1
Oriental Herbal Detoxifying Body Scrub and 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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	9	14
Wellness Consultation (45 min)	1	1	1
Wellness Program Departure Review (15 min)	1	1	1
Body Bio-Impedance Analysis (20 min)	1	1	1
Hyperbaric Oxygen Therapy (60 min)	1	1	1
Reiki (60 min)	1	1	1
Herbal Supplements & Remedies (daily set)	7	9	14
Far Infrared Sauna (30 min)	5	7	10
Chi Nei Tsang (30 min)	5	7	10
Colon Hydrotherapy (60 min)	1	2	2
IV Therapy (120 min)			1
Wellness Program Progress Review			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 is based on 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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	9	14	21
Wellness Consultation (45 min)	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1
Body Bio-Impedance Analysis (20 min)	1	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1	1
Traditional Thai Massage (90 min)	1	1	1	1
Herbal Supplements & Remedies (daily set)	7	9	14	21
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 Therapy (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
Wellness Program Progress Review		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



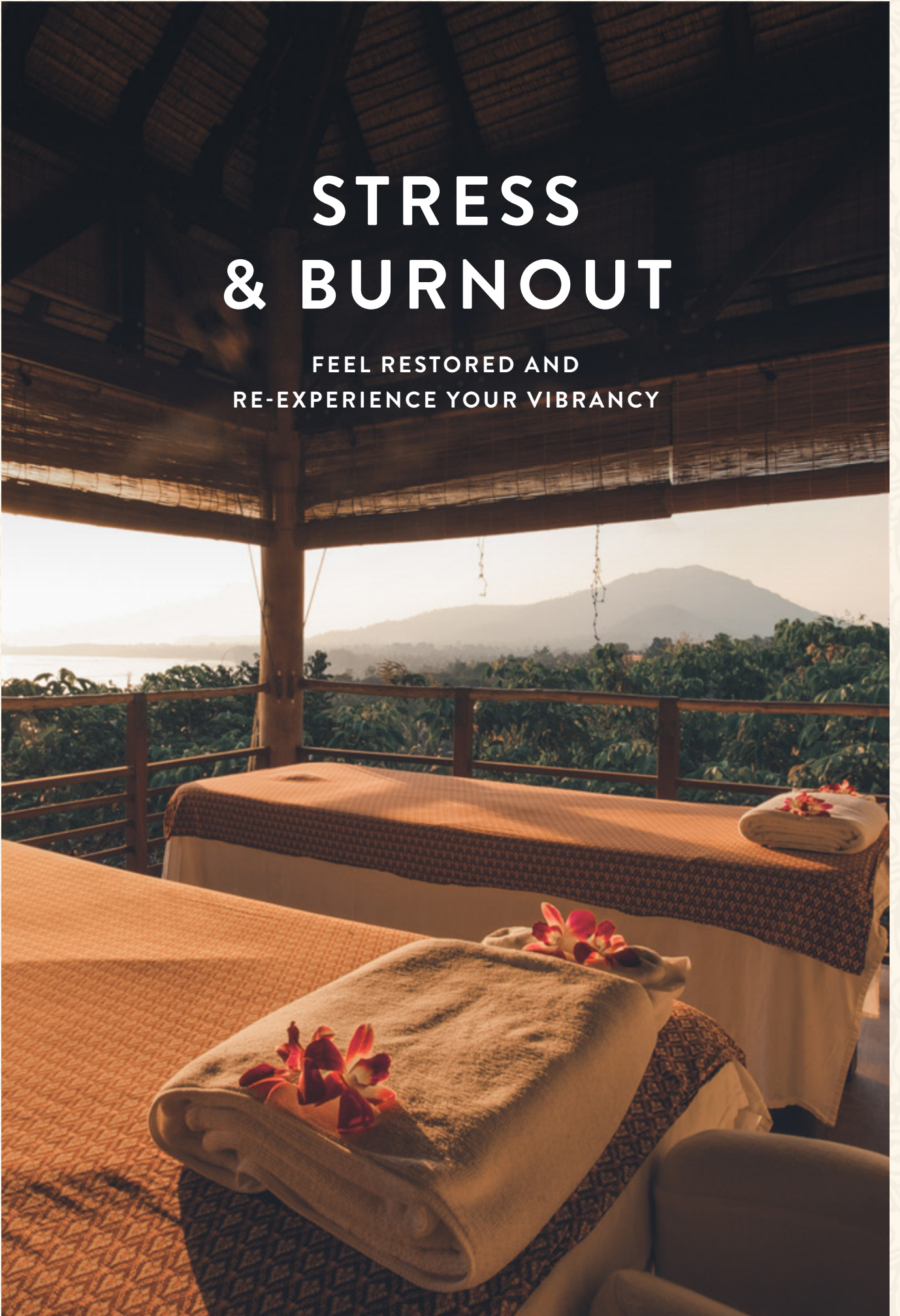
ENRICHED GUT

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 digestive 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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	9	14	21
Wellness Consultation (45 min)	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1
Body Bio-Impedance Analysis (20 min)	1	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)	1	1	1	1
Abdominal Organ Therapy (60 min)	1	1	1	1
Herbal Supplements & Remedies (daily set)	7	9	14	21
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 Therapy (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
Wellness Program Progress Review		1	1	1
Marma Point Massage (90 min)				1

STRESS & BURNOUT

FEEL RESTORED AND
RE-EXPERIENCE YOUR VIBRANCY





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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	7	9	14
Wellness Consultation (45 min)	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1
Body Bio-Impedance Analysis (20 min)	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
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)		1	1	1
Traditional Thai Therapeutic Treatment Follow-up (90 min)				1
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
Wellness Program Progress Review			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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	9	14
Wellness Consultation (45 min)	1	1	1
Wellness Program Departure Review (15 min)	1	1	1
Body Bio-Impedance Analysis (20 min)	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
Wellness Program Progress Review		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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	14	21
Wellness Consultation (45 min)	1	1	1
Wellness Program Departure Review (15 min)	1	1	1
Body Bio-Impedance Analysis (20 min)	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
Chi Nei Tsang (30 min)	2	2	2
Herbal Supplements & Remedies (daily set)	7	14	21
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 Therapy (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
Wellness Program Progress Review		1	1
Myofascial Release Therapy (90 min)			2
Revive & Awakening Facial (75 min)			1



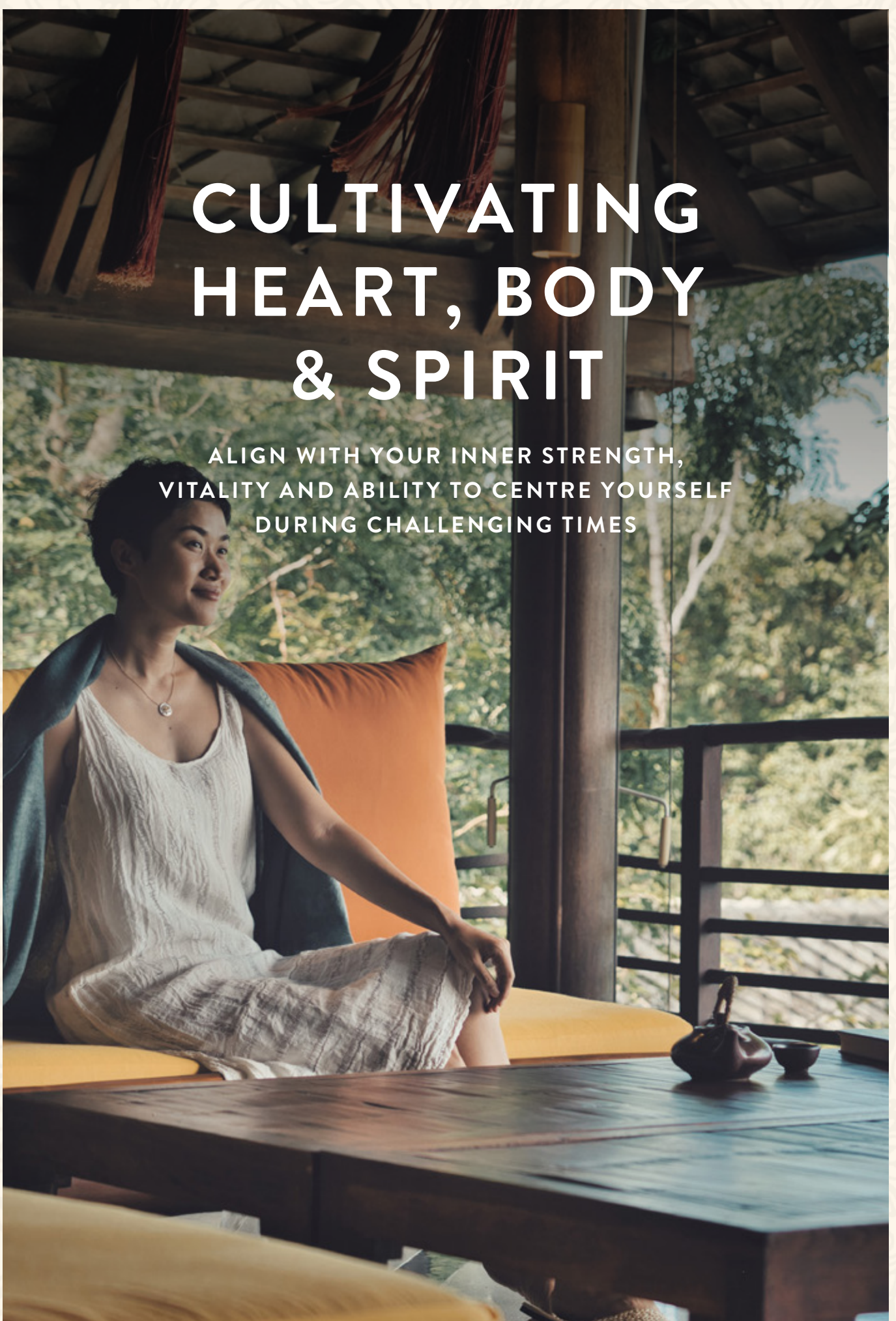
RELAX & RENEW

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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	3	5	7	9	14
Wellness Consultation (45 min)	1	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1	1
Body Bio-Impedance Analysis (20 min)	1	1	1	1	1
Lotus Scrub & Wrap (75 min)	1	1	1	1	1
Traditional Asian Foot Massage (60 min)	1	1	2	2	3
Vital Essence Oil Massage (60 min)	1		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		1		3
Traditional Thai Massage (90 min)		1		2	
Traditional Asian Hand Massage (30 min)	1	1	1	1	2
Traditional Asian Hand Massage (45 min)		1			
Indian Head Massage (60 min)	1	1	1	1	2
Chi Nei Tsang (30 min)	1	1			
Chi Nei Tsang (60 min)			2	2	2
Hyperbaric Oxygen Therapy (60 min)	1	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
Wellness Program Progress Review				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





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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	7	14
Wellness Consultation (45 min)	1	1	1
Wellness Program Departure Review (15 min)	1	1	1
Body Bio-Impedance Analysis (20 min)	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 Therapy (120 min)	1	1	2
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Shirodhara (60 min)		1	2
Homoeopathy or Bach Flower Consultation (90 min)		1	1



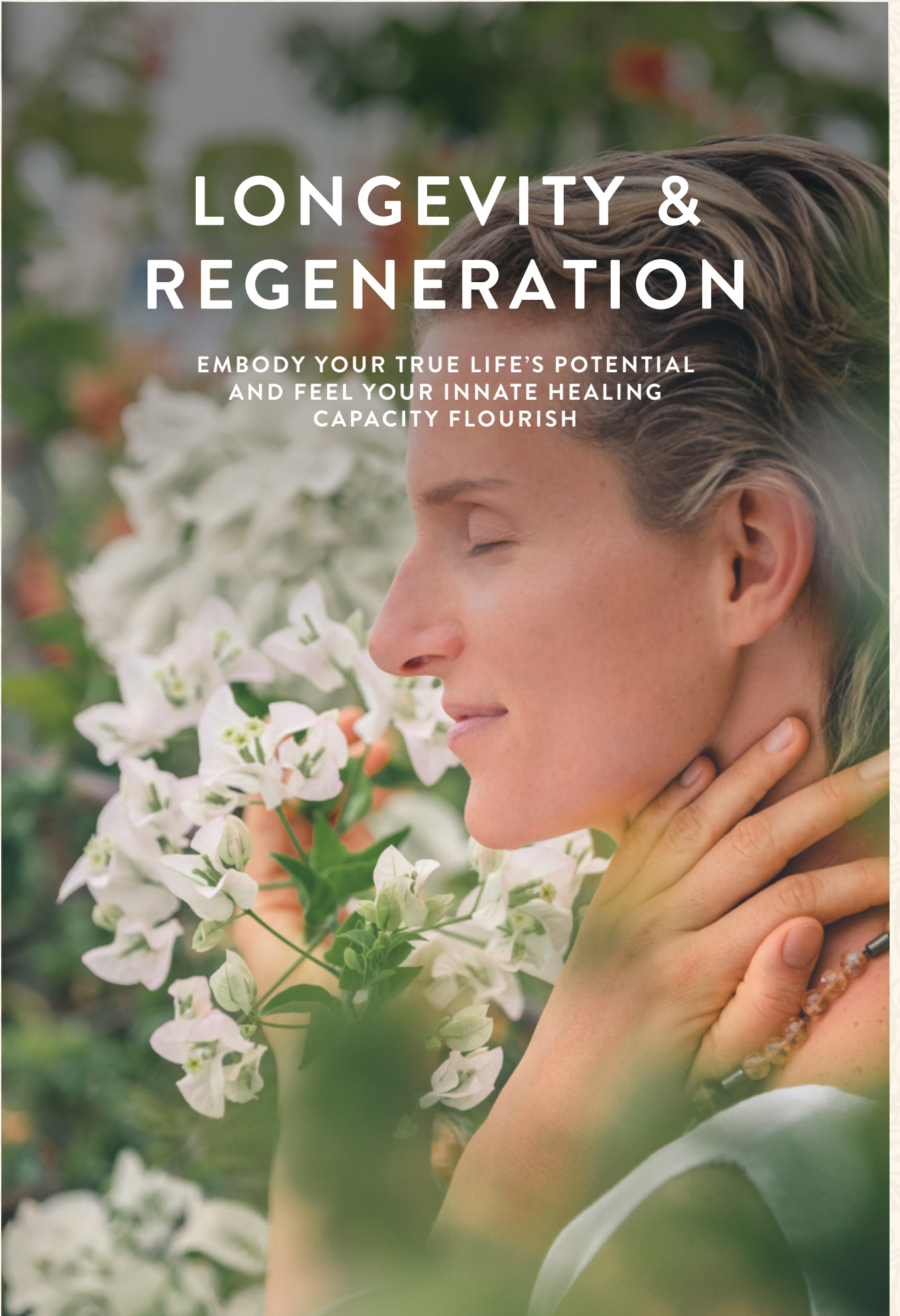
RESILIENCE & IMMUNITY

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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	9	14	21
Wellness Consultation (45 min)	1	1	1	1
Wellness Program Departure Review (15 min)	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan (90 min)	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 Panel	1	1	1	1
Lymphatic Drainage Therapy (90 min)	1	1	1	1
Herbal Supplements & Remedies (daily set)	7	9	14	21
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 Therapy (120 min)		1	2	3
Traditional Chinese Medicine Session (60 min)		1	2	2
Wellness Program Progress Review		1	1	2
Marma Point Massage (90 min)		1	1	1
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)			1	1
Traditional Thai Therapeutic Treatment Follow-up (90 min)				1
Traditional Asian Hand Massage (30 min)			1	
Indian Head Massage (60 min)				1
Shirodhara (60 min)				1

LONGEVITY & REGENERATION

EMBODY YOUR TRUE LIFE'S POTENTIAL
AND FEEL YOUR INNATE HEALING
CAPACITY FLOURISH



RADIANT BLISS WOMEN'S HEALTH

Each stage of a woman's life cycle and its maturity expresses different physical, emotional, mental and social needs that affect her overall health and wellbeing. The Radiant Bliss Women's Health program uniquely addresses all ages and phases of life, whether you are in your fertile years and trying to get pregnant, transitioning into perimenopause and trying to cope with the symptoms that come with it or managing menopause. The program's various treatments and therapies are well-researched to support a strong foundation for a woman's health as well as help you strengthen balance and thriving vitality. Every treatment is tailored to your individual needs and health goals.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	8	14	21
Wellness Consultation (45 min) including optional Pre-arrival Consultation (30 min)*	1	1	1
Wellness Program Departure Review (15 min)	1	1	1
Body Bio-Impedance Analysis (20 min)	1	1	1
Naturopathic Consultation (excludes herbs) (60 min)	1	1	1
Nutritional Guidance (60 min)	1	1	1
Initial TCM Consultation including Treatment (75 min)	1	1	1
Traditional Asian Foot Massage with Herbal Soak (90 min)	1	1	1
Traditional Asian Hand Massage (60 min)	1	1	1
Holistic Accupressure Facial (75 min)	1	1	1
Herbal Supplements and Remedies (daily set)	8	14	21
Royal Ayurvedic Traditional Massage or Kamalaya Signature Treatment: Three Treasures (90 min)	1	1	2
Lanna Abdominal Samunphrai Ron Massage (60 min)	1	2	3
IV Therapy (Women's Health) or Hyperbaric Oxygen Therapy (90-120 min)	1	2	3
TCM Subsequent Treatment (Moxibustion, Cupping, Facial Acupuncture) (60 min)	1	3	5
Chi Nei Tsang (Taoist Abdominal Massage) (30 min)	2	3	4
Personal Mentoring (60 min)	2	4	5
Pilates or Yoga or Pranayama Session (60 min)	2	4	6
The Organic Pharmacy Signature Rose Crystal Lymphatic Facial (90 min)		1	1
G6PD Enzyme Test		1	1
Vital Essence Oil Massage (60 min)		1	1
Wellness Program Progress Review		1	2
Indian Head Massage (60 min)		1	2
Kati Vasti (60 min)		1	3
Shirodhara (60 min)			1

*If not taken, the optional 30-minute pre-arrival consultation cannot be refunded or used as credit.



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, or treatments and services from Pedi:Mani:Cure Studio by Bastien Gonzalez.

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.



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