



Healthy Lifestyle

Foundations for a healthy and sustainable lifestyle

Basic Optimal Fitness...

a personalised program to reach your fitness goals

Comprehensive Optimal Fitness...

an integrative fitness program to develop your workouts

Ideal Weight...

a lifestyle approach to long-term weight management

Sleep Enhancement...

a therapeutic program to combat sleep deprivation





Healthy Lifestyle.

Basic Optimal Fitness



Kamalaya Basic Optimal Fitness

Basic Optimal Fitness is a personalised program designed to help people achieve their fitness goals. Personal instruction and guidance from a Kamalaya fitness expert allows the program to be adapted, making it suitable for those wanting to begin a fitness program as well as regular exercisers who wish to focus on specific goals or develop the intensity of their workouts. Whether it is to increase upper body strength, develop cardiovascular fitness, improve body shape and tone, develop regular fitness habits or some other goal, the one-to-one instruction allows for optimal results. With holistic spa therapies and nutritious cuisine included, guests will experience improved health on all levels.

Standard inclusions for all Basic Optimal Fitness packages:

- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 60 mins Holistic Fitness Evaluation
- 1 x 60 mins Traditional Asian Foot Massage
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

5 nights package additional inclusions:

- 3 x 60 mins Personal Training session
- 4 x 30 mins Far Infrared Sauna
- 1 x 90 mins Vital Essence Oil Massage
- 1 x 90 mins Traditional Thai Massage
- 1 x 90 mins Lymphatic Drainage Therapy

7 nights package additional inclusions:

- 5 x 60 mins Personal Training session
- 5 x 30 mins Far Infrared Sauna
- 1 x 90 mins Vital Essence Oil Massage
- 2 x 90 mins Traditional Thai Massage
- 1 x 60 mins Super Stretching

10 nights package additional inclusions:

- 8 x 60 mins Personal Training session
- 8 x 30 mins Far Infrared Sauna
- 2 x 90 mins Vital Essence Oil Massage
- 2 x 90 mins Traditional Thai Massage
- 1 x 60 mins Indian Head Massage
- 1 x 60 mins Super Stretching
- 1 x 90 mins Lymphatic Drainage Therapy
- 1 x mid-Wellness Consultation



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Comprehensive Optimal Fitness



Kamalaya Comprehensive Optimal Fitness

The Comprehensive Optimal Fitness Program is the ideal program for regular exercisers who wish to develop their workouts while also seeking support in finding a balance between intense exercise, relaxation techniques and stretching, optimum nutrition and a healthy lifestyle. It follows Kamalaya's holistic wellness approach integrating personal fitness training, yoga and stretching as well as nutritional guidance, emotional and mental support complemented by carefully selected therapeutic wellness treatments. Starting off with a holistic fitness evaluation and focusing on personal training as well as individual yoga, stretching and aqua classes, Kamalaya's team of fitness and wellness experts can address specific fitness goals and areas to suit individual needs. Besides the core daily training sessions you will be given guidance on how to incorporate fitness routines into your lifestyle in a sustainable and healthy way. Daily sessions in the Far Infrared Sauna and specific wellness treatments such as Asian Foot and Hand Massage, Ayurvedic and Thai Massage have been designed to work synergistically with physical exercise, soothing and relaxing the body after training. Choose from 7 or 10 night programs.

Standard inclusions for all

Comprehensive Optimal Fitness packages:

- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x mid-Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 60 mins Holistic Fitness Evaluation
- 1 x 90 mins Vital Essence Oil Massage
- 1 x 90 mins Traditional Thai Massage
- 1 x 90 mins Traditional Thai Massage with Herbal Compress
- 1 x 60 mins Traditional Asian Foot Massage
- 2 x 60 mins Pilates Mat and Stretching
- 2 x 60 mins Yoga
- 1 x 60 mins Nutritional Consultation
- 2 x 60 mins Personal Mentoring
- 1 x 60 mins Pranayama
- 1 x 45 mins Traditional Asian Hand Massage
- 1 x 90 mins Marma Point Massage

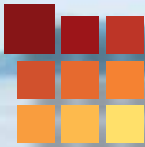
- 1 x 60 mins Royal Ayurvedic Traditional Massage
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

7 nights package additional inclusions:

- 5 x 60 mins Personal Training session
- 5 x 30 mins Far Infrared Sauna
- 2 x 60 mins Super Stretching
- 1 x 60 mins Aqua Fitness

10 nights package additional inclusions:

- 8 x 60 mins Personal Training session
- 8 x 30 mins Far Infrared Sauna
- 3 x 60 mins Super Stretching
- 3 x 60 mins Aqua Fitness
- 1 x 60 mins Meditation
- 1 x 60 mins Indian Head Massage



Healthy Lifestyle. Ideal Weight



Kamalaya Ideal Weight

Designed to help identify areas of physical imbalance and related emotional or mental patterns, this structured program guides people towards achieving their optimal weight and maintaining balance inside and out. This is not a 'fad' diet designed for rapid weight loss, but a healthy lifestyle approach for long-term weight management and improved wellbeing. Dietary recommendations and guidance from holistic practitioners in nutrition, naturopathy and Traditional Chinese Medicine are included, in addition to therapies such as Chi Nei Tsang abdominal massage, infrared sauna and personal fitness training.

Standard inclusions for all Ideal Weight packages:

- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 60 mins Holistic Fitness Evaluation
- 1 x 60 mins Nutritional Guidance
- 1 x 75 mins Traditional Chinese Medicine
- 1 x 60 mins Traditional Asian Foot Massage
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

7 nights package additional inclusions:

- 3 x 60 mins Personal Training Session
- 1 x 60 mins Traditional Chinese Medicine
- 6 x 30 mins Far Infrared Sauna
- 3 x 60 mins Chi Nei Tsang
- 1 x 75 mins Oriental Detoxifying Scrub and Wrap
- 1 x 90 mins Lymphatic Drainage Therapy

9 nights package additional inclusions:

- 4 x 60 mins Personal Training Session
- 2 x 60 mins Traditional Chinese Medicine
- 8 x 30 mins Far Infrared Sauna
- 3 x 60 mins Chi Nei Tsang
- 2 x 75 mins Oriental Detoxifying Scrub and Wrap
- 2 x 90 mins Lymphatic Drainage Therapy
- 1 x mid-Wellness Consultation

14 nights package additional inclusions:

- 6 x 60 mins Personal Training session
- 3 x 60 mins Traditional Chinese Medicine
- 13 x 30 mins Far Infrared Sauna
- 5 x 60 mins Chi Nei Tsang
- 2 x 75 mins Oriental Detoxifying Scrub and Wrap
- 2 x 90 mins Lymphatic Drainage Therapy
- 1 x 90 mins Vital Essence Oil Massage
- 1 x 60 mins Indian Head Massage
- 1 x 75 mins Sodashi Pure Radiance Facial
- 1 x mid-Wellness Consultation

Kamalaya Sleep Enhancement Program

The focus of the Sleep Enhancement program is to re-establish healthy and restful sleep while addressing sleep issues and imbalances, not only during a guest's time at Kamalaya, but also for the long term back home. Sleep difficulties are addressed through a combination of core treatments and therapies drawing from naturopathy, Traditional Chinese Medicine, massage therapy and mind-body balance. Incorporating treatments such as Shirodhara and foot massage, this therapeutic and preventative program addresses life's stresses and strains, as well as body imbalances which deplete sleep quality and impact health. Available as a stand-alone 5, 7 or 9 night program and also as an add-on to some other programs.

Standard inclusions for all Sleep Enhancement packages:

- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfers from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 75 mins Traditional Chinese Medicine
- 1 x 60 mins Naturopathic Lifestyle Consultation
- 1 x 60 mins Royal Ayurvedic Traditional Massage
- Herbal and nutrient remedies
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Sleep Enhancement Wellness Gift Pack

5 nights package additional inclusions:

- 1 x 60 mins Traditional Chinese Medicine
- 2 x 60 mins Mind-Body Balance
- 1 x 60 mins Shirodhara
- 2 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 1 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga session

7 nights package additional inclusions:

- 2 x 60 mins Traditional Chinese Medicine
- 2 x 60 mins Mind-Body Balance
- 2 x 60 mins Shirodhara
- 3 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 2 x 30 mins Chi Nei Tsang
- 1 x 60 mins Kati Vasti
- 1 x 60 mins Indian Head Massage
- 1 x 45 mins Traditional Asian Hand Massage
- 2 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga session

9 nights package additional inclusions:

- 2 x 60 mins Traditional Chinese Medicine
- 3 x 60 mins Mind-Body Balance
- 1 X 60 mins Kati Vasti
- 3 x 60 mins Shirodhara
- 3 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 2 x 30 mins Chi Nei Tsang
- 1 x 60 mins Indian Head Massage
- 2 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga session
- 1 x mid-Wellness Consultation



Healthy Lifestyle. Sleep Enhancement



Kamalaya Sleep Enhancement Program

5 night add-on Sleep Enhancement program

The new 5 night add-on Sleep Enhancement program can be combined with any Healthy Lifestyle, Intro to Detox, Basic Detox, Relax & Renew or Yoga program.

5 night add-on package inclusions:

- 1 x 75 mins Traditional Chinese Medicine
- 1 x 60 mins Traditional Chinese Medicine
- 2 x 60 mins Mind-Body Balance
- 1 x 60 mins Naturopathic Lifestyle Consultation
- 1 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 1 x Sleep Enhancement gift pack



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Detox

Effective research-based programs combining medical science with holistic therapies.

Introduction to Detox

A gentle cleanse, ideal if you are new to Detox and want to explore

Basic Detox & Rejuvenation

Great if you are serious about detox but have little or no previous experience

Comprehensive Detox & Rejuvenation

Powerfully rejuvenating, ideal if you have detox experience or greater health needs





Detox. Introduction to Detox



Kamalaya Introduction to Detox

Kamalaya's Introduction to Detox is ideal for people new to detoxification and cleansing. A great starting point for many health goals, this simple and effective program features Kamalaya's delicious and healthy Detox cuisine as well as a range of holistic therapies for cleansing the body, mind and spirit. You can expect improved health on all levels including internal balance and increased energy and vitality. This program is ideal if you want to combine your detox with other a la carte Wellness treatments and therapies.

Standard inclusions for all Introduction to Detox packages:

- 3 x Kamalaya Detox Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 90 mins Vital Essence Oil Massage
- 1 x 60 mins Traditional Asian Foot massage
- 1 x 60 mins Traditional Asian Hand massage
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

3 nights package additional inclusions:

- 2 x 60 mins Chi Nei Tsang
- 2 x 30 mins Far Infrared Sauna
- 1 x 90 mins Lymphatic Drainage Therapy

5 nights package additional inclusions:

- 2 x 30 mins Chi Nei Tsang
- 1 x 60 mins Chi Nei Tsang
- 1 x 75 mins Oriental Herbal Detoxifying Body Scrub & Wrap
- 4 x 30 mins Far Infrared Sauna
- 2 x 90 mins Lymphatic Drainage Therapy
- 1 x 30 mins Traditional Asian Hand Massage



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Detox. Kamalaya Basic Detox & Rejuvenation



Kamalaya Basic Detox & Rejuvenation

Kamalaya's structured Basic Detox & Rejuvenation program is research-based and brings medical science and holistic therapies together. Nutritional and herbal support helps to reduce side effects and optimise the detoxification process. Combining various therapies, nutritional supplements and healthy cuisine with optional holistic fitness classes, this program offers an integrated approach to experiencing 'lightness of being.' The result is increased energy and vitality, creating a foundation for optimum health, longevity and personal growth.

Standard inclusions for all

Basic Detox & Rejuvenation packages:

- 3 x Kamalaya Detox Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- Detox Herbal Remedies and Supplements
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

7 nights package additional inclusions:

- 5 x 30 mins Chi Nei Tsang
- 5 x 30 mins Far Infrared Sauna
- 1 x 60 mins Colon Hydrotherapy
- 1 x 60 mins Reiki

9 nights package additional inclusions:

- 7 x 30 mins Chi Nei Tsang
- 7 x 30 mins Far Infrared Sauna
- 2 x 60 mins Colon Hydrotherapy
- 1 x 60 mins Reiki
- 1 x mid-Wellness Consultation

14 nights package additional inclusions:

- 10 x 30 mins Chi Nei Tsang
- 10 x 30 mins Far Infrared Sauna
- 2 x 60 mins Colon Hydrotherapy
- 1 x mid-Wellness Consultation



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Detox. Kamalaya Comprehensive Detox & Rejuvenation



Kamalaya Comprehensive Detox & Rejuvenation

Kamalaya's research-based Comprehensive Detox Program brings together medical science and holistic therapies. This intensive program is recommended for experienced detoxers rather than first-timers. With herbal remedies and supplements and a complete program of daily therapies, this program is designed to optimize the detoxification process in every way. In addition to standard detox therapies, further treatments from both Eastern and Western medical traditions are combined to enhance wellbeing on all levels.

Standard inclusions for all

Comprehensive Detox & Rejuvenation packages:

- 3 x Kamalaya Detox Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 90 mins Vital Essence Oil Massage
- 1 x 90 mins Traditional Thai Massage
- Detox Herbal Remedies and Supplements
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

7 nights package additional inclusions:

- 3 x 60 mins Chi Nei Tsang
- 6 x 30 mins Far Infrared Sauna
- 3 x 60 mins Colon Hydrotherapy
- 3 x 90 mins Lymphatic Drainage Therapy
- 1 x 75 mins Oriental Herbal Detoxifying Body Scrub & Wrap

9 nights package additional inclusions:

- 4 x 60 mins Chi Nei Tsang
- 8 x 30 mins Far Infrared Sauna
- 3 x 60 mins Colon Hydrotherapy
- 3 x 90 mins Lymphatic Drainage Therapy
- 2 x 75 mins Oriental Herbal Detoxifying Body Scrub & Wrap
- 1 x 60 mins Traditional Asian Foot Massage
- 1 x 75 mins Sodashi Pure Radiance Facial
- 1 x 60 mins Personal Training session
- 1 x mid-Wellness Consultation

14 nights package additional inclusions:

- 4 x 30 mins Chi Nei Tsang
- 4 x 60 mins Chi Nei Tsang
- 13 x 30 mins Far Infrared Sauna
- 4 x 60 mins Colon Hydrotherapy
- 5 x 90 mins Lymphatic Drainage Therapy
- 2 x 75 mins Oriental Herbal Detoxifying Body Scrub & Wrap
- 1 x 60 mins Traditional Asian Foot Massage
- 1 x 60 mins Indian Head Massage
- 1 x 75 mins Sodashi Pure Radiance Facial
- 3 x 60 mins Personal Training session
- 1 x mid-Wellness Consultation



Stress and Burnout

Relax & Renew

De-stress and re-energise with a gentle, relaxing wellness holiday

Asian Bliss

A rare and life enhancing immersion into the holistic healing traditions of Asia

Basic Balance & Revitalise

For stress recovery and burnout prevention

Comprehensive Balance & Revitalise

Holistic burnout recovery, re-balancing and strategies for coping with stress



Kamalaya Relax & Renew

This program is designed for people in need of the time and place to step back from their life and recover balance, relax, renew their energy and replenish their spirit. Experience a range of therapies drawn from diverse healing traditions and a variety of holistic activities to de-stress, replenish depleted energy levels and boost the immune system. Optional complementary and alternative medicine treatments and private sessions may be recommended, dependent upon individual needs. The least intensive of all our programs, Relax & Renew is ideal for people looking for a gentle, relaxing wellness holiday.

Standard inclusions for all Relax & Renew packages:

- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 75 mins Lotus Scrub & Wrap
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

3 nights package additional inclusions:

- 1 x 60 mins Vital Essence Oil Massage
- 1 x 30 mins Traditional Asian Hand Massage
- 1 x 60 mins Traditional Asian Foot Massage
- 1 x 60 mins Traditional Thai Massage
- 1 x 60 mins Indian Head Massage
- 1 x 30 mins Chi Nei Tsang

5 nights package additional inclusions:

- 2 x 90 mins Vital Essence Oil Massage
- 1 x 30 mins Traditional Asian Hand Massage
- 1 x 45 mins Traditional Asian Hand Massage
- 1 x 60 mins Traditional Asian Foot Massage
- 1 x 90 mins Traditional Thai Massage
- 1 x 60 mins Indian Head Massage
- 1 x 30 mins Chi Nei Tsang
- 1 x 30 mins Far Infrared Sauna





Stress and Burnout. Relax and Renew

Kamalaya Relax & Renew

7 nights package additional inclusions:

- 2 x 60 mins Vital Essence Oil Massage
- 2 x 30 mins Traditional Asian Hand Massage
- 2 x 60 mins Traditional Asian Foot Massage
- 1 x 60 mins Traditional Thai Massage
- 1 x 60 mins Indian Head Massage
- 1 x 75 mins Sodashi Pure Radiance Facial
- 2 x 60 mins Chi Nei Tsang
- 2 x 30 mins Far Infrared Sauna

9 nights package additional inclusions:

- 2 x 90 mins Vital Essence Oil Massage
- 2 x 30 mins Traditional Asian Hand Massage
- 2 x 60 mins Traditional Asian Foot Massage
- 2 x 90 mins Traditional Thai Massage
- 2 x 60 mins Indian Head Massage
- 1 x 75 mins Sodashi Pure Radiance Facial
- 2 x 60 mins Chi Nei Tsang
- 1 x 30 mins Far Infrared Sauna
- 1 x 60 mins choice of Holistic Fitness session
- 1 x mid-Wellness Consultation

14 nights package additional inclusions:

- 3 x 90 mins Vital Essence Oil Massage
- 3 x 30 mins Traditional Asian Hand Massage
- 3 x 60 mins Traditional Asian Foot Massage
- 3 x 60 mins Traditional Thai Massage
- 3 x 60 mins Indian Head Massage
- 1 x 75 mins Sodashi Pure Radiance Facial
- 3 x 60 mins Chi Nei Tsang
- 3 x 30 mins Far Infrared Sauna
- 1 x 20 mins Bioresonance Energy Treatment
- 2 x 60 mins Choice of Holistic Fitness session
- 1 x mid-Wellness Consultation



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Stress and Burnout. Kamalaya Asian Bliss Program



Kamalaya Asian Bliss Program

A rare and life enhancing immersion into the holistic healing traditions of Asia. Synergistically combining Ayurveda, Traditional Chinese Medicine, and traditional Thai therapies with exercises and practices from diverse Asian traditions, Asian Bliss is a powerful introduction to ancient healing realms designed to promote bliss, renewal, joy and vitality. As well as helping to relieve stress, Asian Bliss introduces vital energy practices that can support a more balanced approach to life.

Standard inclusions for all Asian Bliss packages:

- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 90 mins Traditional Thai Massage with Herbal Compress
- 1 x 60 mins Indian Head Massage
- 1 x 60 mins Royal Ayurvedic Traditional Massage
- 2 x 30 mins Chi Nei Tsang
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

5 nights package additional inclusions:


- 1 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 1 x 45 mins Traditional Asian Hand Massage
- 2 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga session

7 nights package additional inclusions:

- 1 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 1 x 60 mins Kati Vasti
- 1 x 75 mins Traditional Chinese Medicine
- 1 x 75 mins Lotus Scrub & Wrap
- 1 x 45 mins Traditional Asian Hand Massage
- 4 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga session

10 nights package additional inclusions:

- 2 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 1 x 60 mins Kati Vasti
- 1 x 60 mins Shirodhara
- 1 x 75 mins Traditional Chinese Medicine
- 1 x 60 mins Traditional Chinese Medicine
- 1 x 75 mins Lotus Scrub & Wrap
- 2 x 45 mins Traditional Asian Hand Massage
- 5 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga session
- 1 x mid-Wellness Consultation



Stress and Burnout. Kamalaya Balance & Revitalise Basic



Kamalaya Basic Balance & Revitalise

This program is designed to counteract the stresses of contemporary lifestyles and prevent adrenal burnout. Upon arrival guests begin with a personal Wellness Consultation and bio-impedance analysis to determine their specific health and wellness needs so that the program can be tailored for maximum effect and comfort. Restorative and healing treatments include Royal Ayurvedic Massage, Shirodhara, Vital Essence Oil Massage and more. Personal consultations in Naturopathic Lifestyle, Nutrition and Stress Management help our guests to achieve a more balanced approach to life. If required, additional medical tests are available (extra charges will apply).

Standard inclusions for all

Balance & Revitalise Basic packages:

- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 60 mins Nutritional Guidance
- 1 x 90 mins Initial Stress Management Consultation
- 1 x 60 mins Naturopathic Lifestyle Consultation
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

7 nights package additional inclusions:

- 1 x 90 mins Vital Essence Oil Massage
- 2 x 60 mins Indian Head Massage
- 2 x 60 mins Traditional Asian Foot Massage
- 2 x 60 mins Chi Nei Tsang
- 1 x 45 mins Traditional Asian Hand Massage
- 1 x 60 mins Royal Ayurvedic Traditional Massage
- 1 x 60 mins Shirodhara
- 2 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki session

14 nights package additional inclusions:

- 2 x 60 mins Stress Management
- 2 x 90 mins Vital Essence Oil Massage
- 3 x 60 mins Indian Head Massage
- 3 x 60 mins Traditional Asian Foot Massage
- 3 x 60 mins Chi Nei Tsang
- 3 x 45 mins Traditional Asian Hand Massage
- 2 x 60 mins Royal Ayurvedic Traditional Massage
- 3 x 60 mins Shirodhara
- 3 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki session
- 1 x mid-Wellness Consultation



Kamalaya Comprehensive Balance & Revitalise

The Comprehensive Balance & Revitalise program was created for those beginning to suffer from the affects of adrenal burnout. Deeply restorative and healing, this program deals holistically with the symptoms and underlying causes of adrenal burnout, and addresses stress prevention and recovery from a mind, body and spirit perspective. It also prepares you to make the best of future challenges and opportunities by helping you to maintain your balance during stress and change. Combining restorative therapies and nutrition with personal consultations in Naturopathic Lifestyle, Nutrition and Stress Management, the program also includes nutritional and herbal supplements and remedies to support your recovery.

Standard inclusions for all

Balance & Revitalise Comprehensive packages:

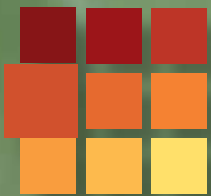
- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 2 x 30 mins Chi Nei Tsang
- 1 x 60 mins Nutritional Guidance
- 1 x 75 mins Traditional Chinese Medicine
- 1 x 90 mins Initial Stress Management Consultation
- 1 x 60 mins Naturopathic Lifestyle Consultation
- 1 x 90 mins Vital Essence Oil Massage
- Herbal Supplement and Remedies
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

7 nights package additional inclusions:

- 1 x 60 mins Traditional Chinese Medicine
- 1 x 60 mins Royal Ayurvedic Traditional Massage
- 1 x 60 mins Shirodhara
- 1 x 60 mins Indian Head Massage
- 1 x 60 mins Traditional Asian Foot Massage
- 1 x 45 mins Traditional Asian Hand Massage
- 2 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki session

14 nights package additional inclusions:

- 2 x 60 mins Stress Management
- 3 x 60 mins Traditional Chinese Medicine
- 2 x 60 mins Indian Head Massage
- 2 x 60 mins Traditional Asian Foot Massage
- 2 x 45 mins Traditional Asian Hand Massage
- 2 x 60 mins Royal Ayurvedic Traditional Massage
- 3 x 60 mins Shirodhara
- 5 x 60 mins Personal Meditation OR Personal Pranayama OR Reiki session
- 1 x mid-Wellness Consultation



Emotional Balance

Embracing Change

Dedicated to creating emotional balance and wellbeing, this is an ideal program to enrich your emotional potential.



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Emotional Balance. Embracing Change



Kamalaya Embracing Change

The Embracing Change program is the first of Kamalaya's wellness programs to focus on exploring one's inner life and emotional disposition. This is an ideal program to enrich your emotional wellbeing and life fulfillment. The focus throughout the program is to explore one's emotional habits and address current life situations with effective tools to restore emotional balance. Suitable for anyone seeking support for life change and life challenging situations of any kind, as well as for targeting behaviours such as emotionally-driven eating habits, relationship issues including loss or break-ups, work related difficulties, anxiety and grief. This program offers an experience of self discovery and growth both during the immersion in the program as well as a continuation with tools to take back home.

Standard inclusions for all

Embracing Change packages:

3 x Kamalaya Cuisine meals per day
All beverages, excluding imported drinks and alcohol
Round trip airport transfers from Samui Airport
1 x Wellness Consultation
1 x follow-up Wellness Consultation
1 x Body Bio-impedance Analysis
1 x choice of 90 mins Vital Essence Oil Massage or
90 mins Traditional Thai Massage
1 x 60 mins Traditional Asian Foot Massage
1 x 90 mins Embracing Change session
1 x 75 mins Traditional Chinese Medicine
Use of swimming and plunge pools, steam caverns,
fitness and yoga facilities
Complimentary attendance to scheduled daily holistic
fitness activities
1 x Wellness Gift Pack

5 nights package additional inclusions:

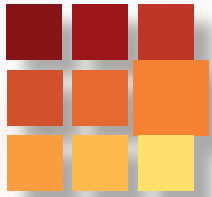
2 x 45 mins Traditional Asian Hand Massage
2 x 60 mins Embracing Change session
1 x 60 mins Traditional Chinese Medicine
1 x 30 mins Chi Nei Tsang
1 x 60 mins Indian Head Massage

7 nights package additional inclusions:

3 x 45 mins Traditional Asian Hand Massage
3 x 60 mins Embracing Change session
2 x 60 mins Traditional Chinese Medicine
2 x 30 mins Chi Nei Tsang
1 x 60 mins Shirodhara
1 x 60 mins Bach Flower Consultation



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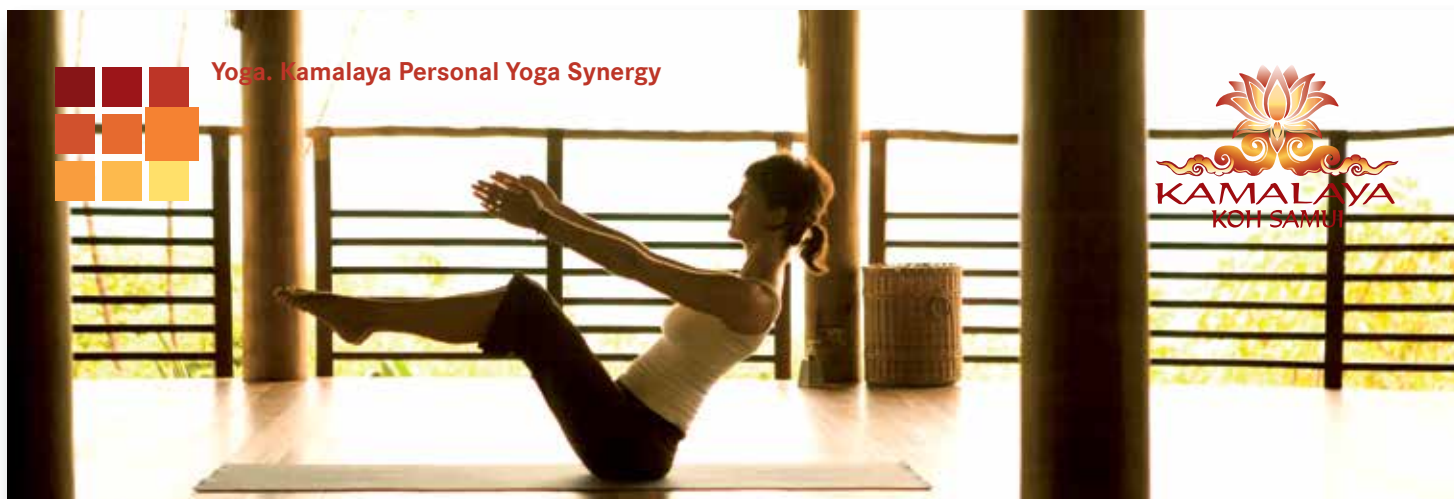


Yoga

Personal Yoga Synergy

Your own private yoga retreat,
combining one-on-one instruction with Ayurveda therapies.





Kamalaya Personal Yoga Synergy

The Kamalaya Personal Yoga Synergy offers private one-to-one yoga sessions with customised instruction along with complementary treatments, including Ayurveda therapies from our experienced Indian therapists. This personal yoga and wellness retreat is suitable for beginners and experienced yogis alike, as the daily yoga sessions are tailored to the individual's skill level and goals. The customised instruction includes asana (physical postures), pranayama (breathing) and meditation. Instruction can be adapted to fulfil a range of goals, such as addressing physical limitations, developing a regular home practice or deepening and intensifying existing practice.

Standard inclusions for all Personal Yoga packages:

- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 90 mins Vital Essence Oil Massage
- 1 x 60 mins Royal Ayurvedic Traditional Massage
- 1 x 60 mins Kati Vasti
- Use of swimming and plunge pools, steam caverns, fitness and yoga facilities
- Complimentary attendance to the scheduled daily holistic activities
- 1 x Wellness gift pack

3 nights package additional inclusions:

- 2 x 90 mins Private Yoga Session

5 nights package additional inclusions:

- 4 x 90 mins Private Yoga Session
- 1 x 60 mins Indian Head Massage

7 nights package additional inclusions:

- 6 x 90 mins Private Yoga Session
- 1 x 60 mins Indian Head Massage
- 1 x 90 mins Marma Point Massage
- 1 x 60 mins Pranayama