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|-----|---------------------------|----|-----------------------|
| S   | Suites 25-34              | H2 | Hillside 10-14        |
| SS  | Superior Suites 61-76     | H3 | Hillside 15-24        |
| H1  | Hillside 01-09            | F  | Shakti Fitness Centre |
| A   | Reception                 | F2 | Padma Fitness I       |
| B   | Library                   | F3 | Padma Fitness II      |
| C   | Alchemy Tea Lounge        | Y1 | Yoga Pavillion        |
| D   | Soma Restaurant           | Y2 | Prana Sala I          |
| E   | Kamala Boutique & Gallery | Y3 | Prana Sala II         |
| R   | Amrita Café               | Y4 | Yantra Hall           |
| M   | Arjan Cave                | T  | Temple                |
| LP  | Lap Pool                  |    |                       |
| P   | Leisure Pool              |    |                       |
| W1  | Wellness Reception        |    |                       |
| W2  | Treatment Rooms           |    |                       |
| W3  | Om Steam Cavern           |    |                       |
| W4  | Elixir Bar                |    |                       |
| W5  | Vishranti Relax Area      |    |                       |
| W6  | Clinic                    |    |                       |
| W7  | Massage Complex           |    |                       |
| W8  | Treatment Rooms           |    |                       |
| W9  | Leela Steam Cavern        |    |                       |
| W10 | Longevity House           |    |                       |



Kamalaya Beach

## GUEST INFORMATION

|                                |           |               |
|--------------------------------|-----------|---------------|
| Front Desk                     | Ext. 0    |               |
| Wellness Reception             | Ext. 1700 |               |
| Soma Restaurant                | Breakfast | 07.00 - 10.30 |
|                                | Dinner    | 18.00 - 22.30 |
| Amrita Café                    | Lunch     | 12.00 - 18.00 |
| Alchemy Tea Lounge             |           | 14.00 - 23.00 |
| Wellness Sanctuary             |           | 08.00 - 20.00 |
| Shakti Fitness Centre          |           | 07.00 - 20.00 |
| Kamala Boutique                |           | 10.00 - 19.00 |
| Library / TV lounge / Internet |           | 07.00 - 23.00 |

### Digital Detox

To contribute to the serenity and contemplation, we kindly ask you not to use electronic devices in the communal areas. If you wish to carry them with you, please keep them in a silent setting and refrain from using them for communication purposes until you return to your room.

### Guided Tour of Kamalaya

There are scheduled guided tours of Kamalaya throughout the week, please refer to the holistic activity schedule for details. Alternatively, feel welcome to speak to one of our front desk hosts and they will be happy to orient you to the facilities at Kamalaya.

### Arjan Cave

Kamalaya's facilities and accommodations encircle a centuries-old cave, once used by Buddhist monks as a place for meditation and spiritual retreat. The Arjan Cave is always open and you are welcome to enter this sacred space for quiet contemplation. Please cover your knees and shoulders and take off your shoes when entering the cave.

### The Community Table

A place to share stories and relax in the company of others while dining at Kamalaya for breakfast or dinner at our Soma restaurant - the table seats 12 guests and there is no need to book, simply show up and take a seat.

### Smoking

For safety reasons and out of consideration for other guests, we ask that you refrain from smoking in your room. Smoking is not permitted in restaurants or public areas. You may smoke on your balcony or in the designated area in the car park at the main entrance. Please consider the comfort of your fellow guests and understand that if anyone is affected by your smoking, you may be asked to stop.

## KAMALAYA HERBAL WALK



Embark on a herbal walk tour to explore the hidden treasures of Thai herbal medicine. Stroll through our map route, pausing along the way to discover the flourishing array of herbs thriving in this magnificent area.

Jasmine  
Paper Flower, Bougainvillea  
Andrographis, King of Bitter  
Oyster Plant  
Ya-Nang  
Laurel Clock Vine  
Cinnamon

Clove  
Thai Cardamom  
Sweet Osmanthus  
Galangal  
Plai  
Ginger  
Tree Jasmine, Indian Cork Tree  
Lemongrass  
Citronella Grass  
Bael  
Crinum Lily, Spider Lily  
Indian Trumpet  
Kaffir Lime  
Fingerroot  
Wildbetel Leafbush  
Dwarf Ylang-Ylang  
Long Pepper, Indian Long Pepper  
Hairy Basil  
Holy Basil  
Roselle  
Lime  
Mulberry  
Sweet Basil  
Pandan  
Thai Olive, Indian Hog Plum  
Crepe Ginger, Malay Ginger

## KOH SAMUI MAP



## USEFUL THAI PHRASES

### Basic

|                    |                                      |
|--------------------|--------------------------------------|
| Hello              | Sawasdee Krub (male) / Ka (female)   |
| How are you?       | Sabai Dee Mai?                       |
| Fine               | Sabai Dee Krub (male) / Ka (female)  |
| Thank you          | Kob Khun Krub (male) / Ka (female)   |
| Never mind         | Mai Pen Rai                          |
| What is your name? | Khun Cheu A Rai?                     |
| My name is ...     | Phom (male) / Chan (female) Cheu ... |
| Nice to meet you   | Yin Dee Tee Dai Ruu Jak              |
| Sorry / Excuse me  | Kor Thod                             |

### Transport

|                  |                  |
|------------------|------------------|
| I want to go ... | Yaak Pai ...     |
| Where is ...?    | ... Yoo Tee Nai? |
| Turn left        | Leow Sai         |
| Turn right       | Leow Kwua        |
| Go straight      | Trong Pai        |
| Stop here        | Yood Tee Nee     |
| Slow down        | Cha Cha          |
| Be careful       | Ra Wang          |

### Places

|                |                     |
|----------------|---------------------|
| Airport        | Sa Naam Bin         |
| Bus station    | Sa Tha Nee Rod Bus  |
| Embassy        | Sa Thaan Tood       |
| Hotel          | Rong Raem           |
| Hospital       | Rong Pa Ya Baan     |
| Market         | Ta Lard             |
| Police station | Sa Tha Nee Tam Ruad |
| Post office    | Prai Sa Nee         |
| Toilet         | Hong Naam           |

### Food & Drink

|                          |                                   |
|--------------------------|-----------------------------------|
| Could I have ...?        | Kor ... Krub (male) / Ka (female) |
| Chicken                  | Gai                               |
| Fish                     | Pla                               |
| Prawn                    | Goong                             |
| Beef                     | Neua                              |
| Spicy prawn soup         | Tom Yum Goong                     |
| Chicken and coconut soup | Tom Kha Kai                       |
| Fried rice               | Kao Pad                           |