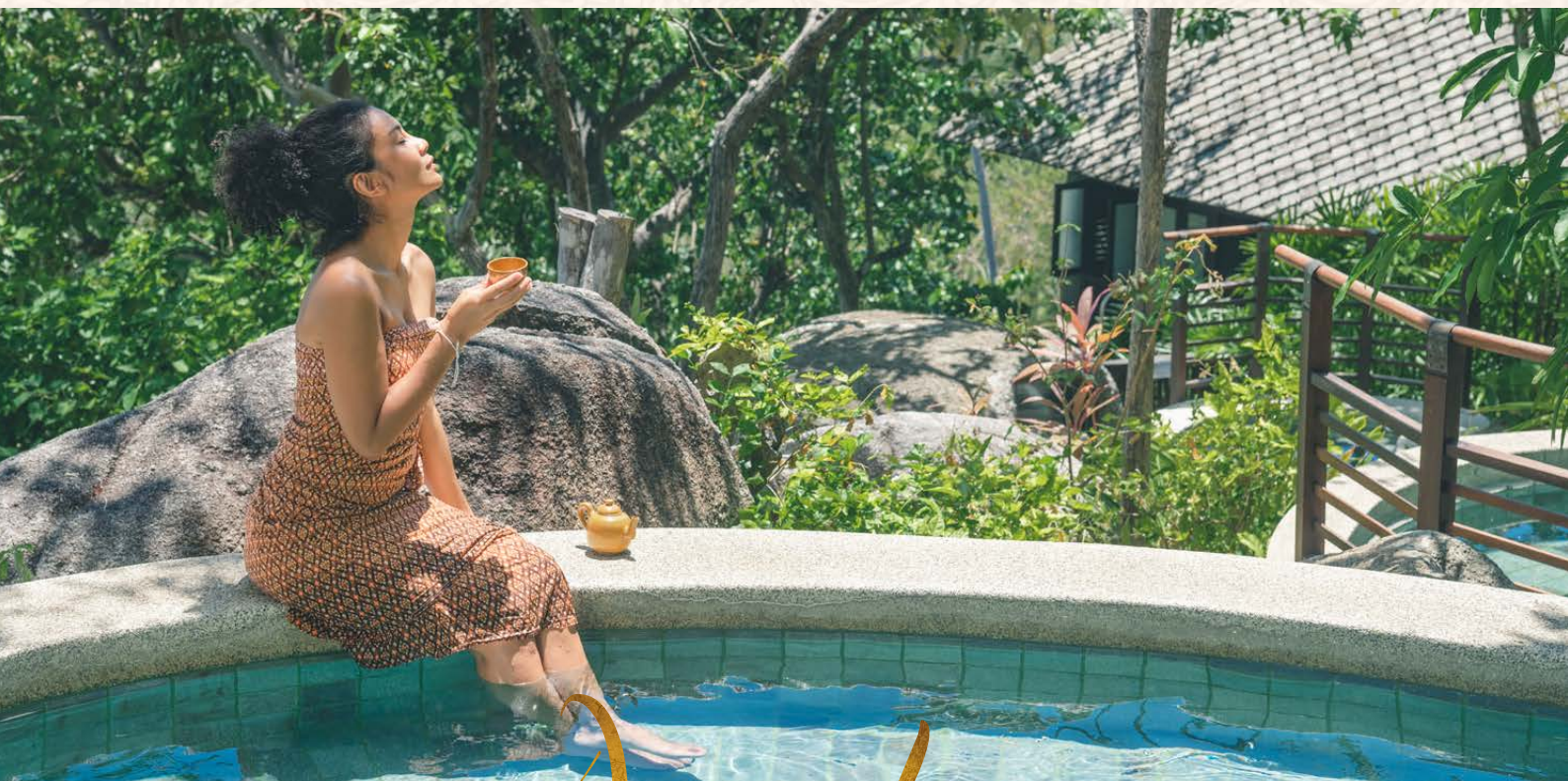


FEEL LIFE'S POTENTIAL



# Awaken

## WELLNESS PROGRAM GUIDE

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



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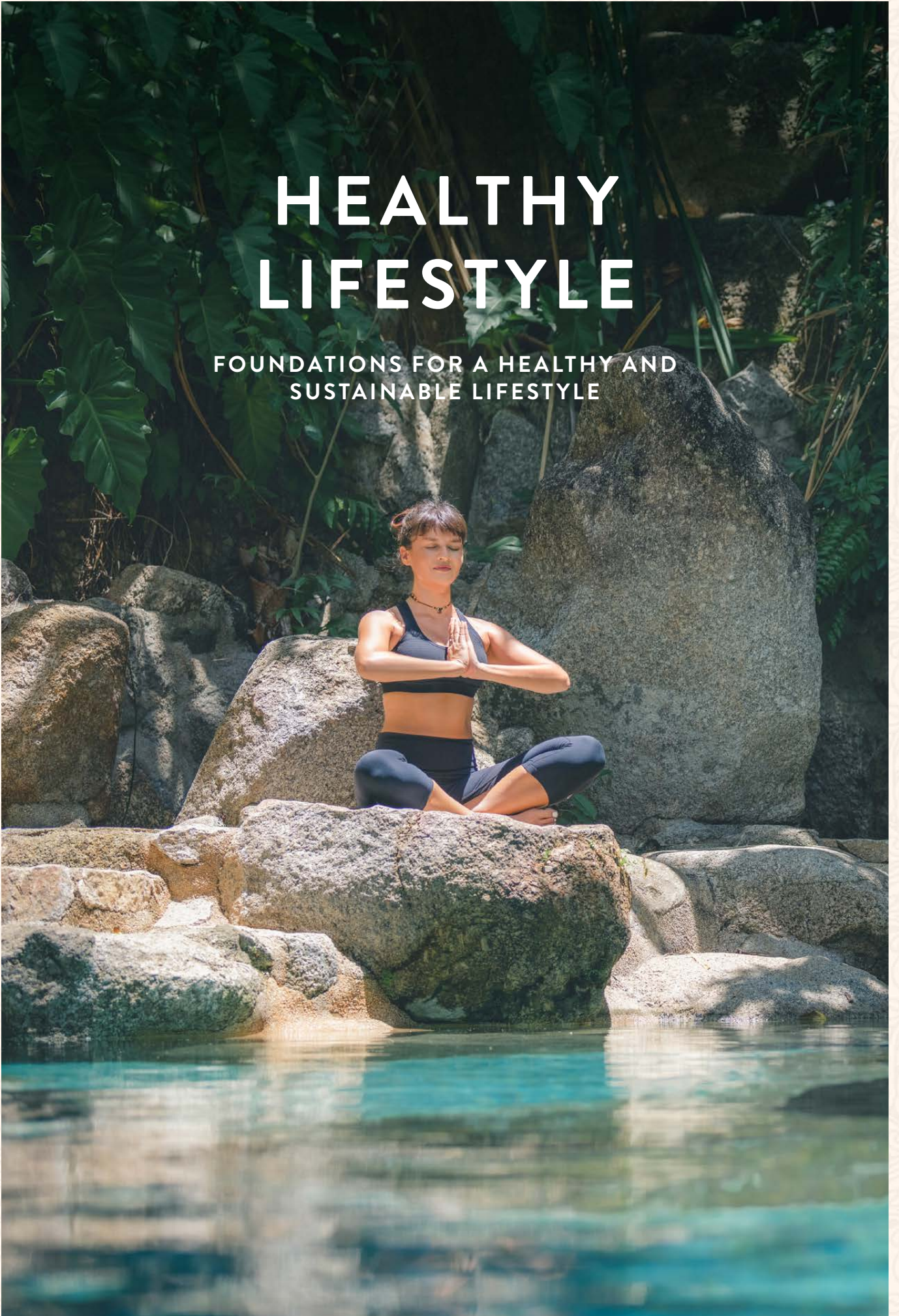
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## **WELLNESS PROGRAM STANDARD INCLUSIONS**

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	8	11	15	21
Wellness Consultation	1	1	1	1	1
Wellness Program Departure Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan Assessment (90 min)	1	1	1	1	1
Traditional Asian Foot Massage (60 min)	1	1	1	1	1
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
Personal Training Session (60 min)	3	4	6	9	12
Far Infrared Sauna (30 min)	4	5	7	10	14
Super Stretching or Yoga Session (60 min)		1	1	3	5
Revival Exercise (60 min)		1	2	2	3
Hyperbaric Oxygen Therapy (75 min)			1	1	1
Indian Head Massage (60 min)			1	1	1
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1	1
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1	1
3D Full Body Scan Progress Follow-up (30 min)				1	1
Wellness Program Progress Review			1	1	2



## 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	8	11	15	21
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan Assessment (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
Traditional Herbal Compress Massage (90 min)	1	1	1	1
Vital Essence Oil 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
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
Hyperbaric Oxygen Therapy (75 min)	1	1	2	3
Personal Pranayama or Personal Meditation (60 min)	1	2	2	2
Physiotherapy Session (60 min)	2	3	3	3
Super Stretching (60 min)	2	3	5	7
Personal Training Session (60 min)	5	6	9	14
Far Infrared Sauna (30 min)	5	7	10	15
Indian Head Massage (60 min)		1	1	1
Aqua Fitness with Physiotherapist (60 min)		1	1	1
IV Therapy (Energy & Endurance) (60-90 min)		1	1	2
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)			1	1
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)			1	1
3D Full Body Scan Progress Follow-up (30 min)			1	1
G6PD Enzyme Test				1
Wellness Program Progress Review	1	1	2	3



## 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	8	11	15
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Physiotherapy Session with 3D Full Body Scan Assessment (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
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	2
Hyperbaric Oxygen Therapy (75 min)	1	1	2	2
Super Stretching with Fitness Trainer (60 min)	1	1	2	3
Revival Exercise with Physiotherapist (60 min)	1	1	2	3
Pilates Session (60 min)	2	2	2	3
Myofascial Release Therapy with Physiotherapist (60 min)	2	2	2	5
Traditional Herbal Compress Massage (90 min)		1	1	1
Upper Body or Lower Body Tension Relief Massage (75 min)		1		
Aqua Fitness with Physiotherapist (60 min)		1	2	2
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
3D Full Body Scan Progress Follow-up (30 min)				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	8	15
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	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
Marma Point Massage (90 min)			1	2
Reiki Session (60 min)			1	2
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1
The Anti-Ageing Revive & Awakening Facial (75 min)				1
Wellness Program Progress Review				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	8	11	15	21
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan Assessment (90 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Initial TCM Consultation including Treatment (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
Ozone Therapy (60 min)	1	1	2	3
IV Therapy (Metabolism Boost) (60-90 min)	1	1	2	3
Lymphatic Drainage Therapy (90 min)	1	2	2	3
Traditional Chinese Medicine Session (60 min)	1	2	3	3
Chi Nei Tsang (60 min)	3	3	5	5
Personal Training Session (60 min)	3	4	5	10
Far Infrared Sauna (30 min)	6	7	12	12
Aqua Fitness with Physiotherapist (60 min)		1	1	3
G6PD Enzyme Test			1	1
Vital Essence Oil Massage (90 min)			1	1
Indian Head Massage (60 min)			1	1
The Anti-Ageing Revive & Awakening Facial (75 min)			1	1
3D Full Body Scan Progress Follow-up (30 min)			1	1
Myofascial Release Therapy (60 min)			1	2
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1
Wellness Program Progress Review			1	2



## 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	8	11	15	21
Wellness Consultation	1	1	1	1	1
Wellness Program Departure Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Naturopathic Lifestyle Consultation (60 min)	1	1	1	1	1
Initial TCM Consultation including Treatment (75 min)	1	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1	1
Herbal Supplements and Remedies (daily set)	5	8	11	15	21
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
Mind-Body Balance (60 min)	2	2	3	3	4
Kati Vasti (60 min)		1	1	1	1
Ozone Therapy (60 min)		1	1	2	2
Kamalaya Signature Treatment: Three Treasures (90 min)		1	1	2	3
Indian Head Massage (60 min)		1	1	2	3
Hyperbaric Oxygen Therapy (75 min)		1	2	2	2
IV Therapy (Sleep & Tranquillity) (60-90 min)		1	2	2	3
Traditional Asian Hand Massage (45 min)		1			
Chi Nei Tsang (30 min)		2	2	3	3
G6PD Enzyme Test			1	1	1
Bioresonance Therapy (20 min)			2	3	4
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1	1
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1	2
Transcranial Photobiomodulation Therapy	1	2	2	3	3
Vagus Stimulation Therapy	1	2	2	3	3
Wellness Program Progress Review			1	1	1

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

A close-up, profile view of a woman with her eyes closed, smelling a small wooden bowl filled with dark, loose-leaf tea. The background is softly blurred, showing green plants and light coming through a window. The entire image is framed by a decorative, light-colored floral pattern.

# 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	1	1
Wellness Program Departure Review	1	1
Body Bio-Impedance Analysis	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
Lymphatic Drainage Therapy (90 min)	1	2
Chi Nei Tsang (60 min)	2	1
Chi Nei Tsang (30 min)		2
Far Infrared Sauna (30 min)	2	4
Oriental Herbal Detoxifying Body Scrub and Wrap (75 min)		1
Traditional Asian Hand Massage (30 min)		1



## BASIC DETOX

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 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	8	11	15
Wellness Consultation	1	1	1
Wellness Program Departure Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Ozone Therapy (60 min)	1	1	1
Lymphatic Drainage Massage (90 min)	1	1	1
Herbal Supplements and Remedies (daily set)	8	11	15
Colon Hydrotherapy (60 min)	1	2	2
Far Infrared Sauna (30 min)	5	7	10
Chi Nei Tsang (30 min)	5	7	10
IV Therapy (Cleanse & Purify) (90 min)			1
Wellness Program Progress Review		1	1



## COMPREHENSIVE DETOX

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 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	8	11	15	21
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	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 and Remedies (daily set)	8	11	15	21
Oriental Herbal Detoxifying Body Scrub and Wrap (75 min)	1	2	2	2
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1	2
Colon Hydrotherapy (60 min)	2	2	3	3
Lymphatic Drainage Therapy (90 min)	3	3	5	5
Chi Nei Tsang (60 min)	3	4	4	6
Far Infrared Sauna (30 min)	6	8	13	16
Immune Recovery Facial (60 min)		1	1	1
Holistic Acupressure Facial Massage (75 min)		1	1	1
Personal Training Session (60 min)		1	1	3
IV Therapy (Cleanse & Purify) (90 min)		1	2	3
Ozone Therapy (60 min)		1	2	3
Hyperbaric Oxygen Therapy (60 min)		1	2	3
G6PD Enzyme Test			1	1
Revival Exercise with Physiotherapist (60 min)			1	1
Indian Head Massage (60 min)			1	2
Chi Nei Tsang (30 min)			4	6
Wellness Program Progress Review		1	1	2



## ENRICHED GUT

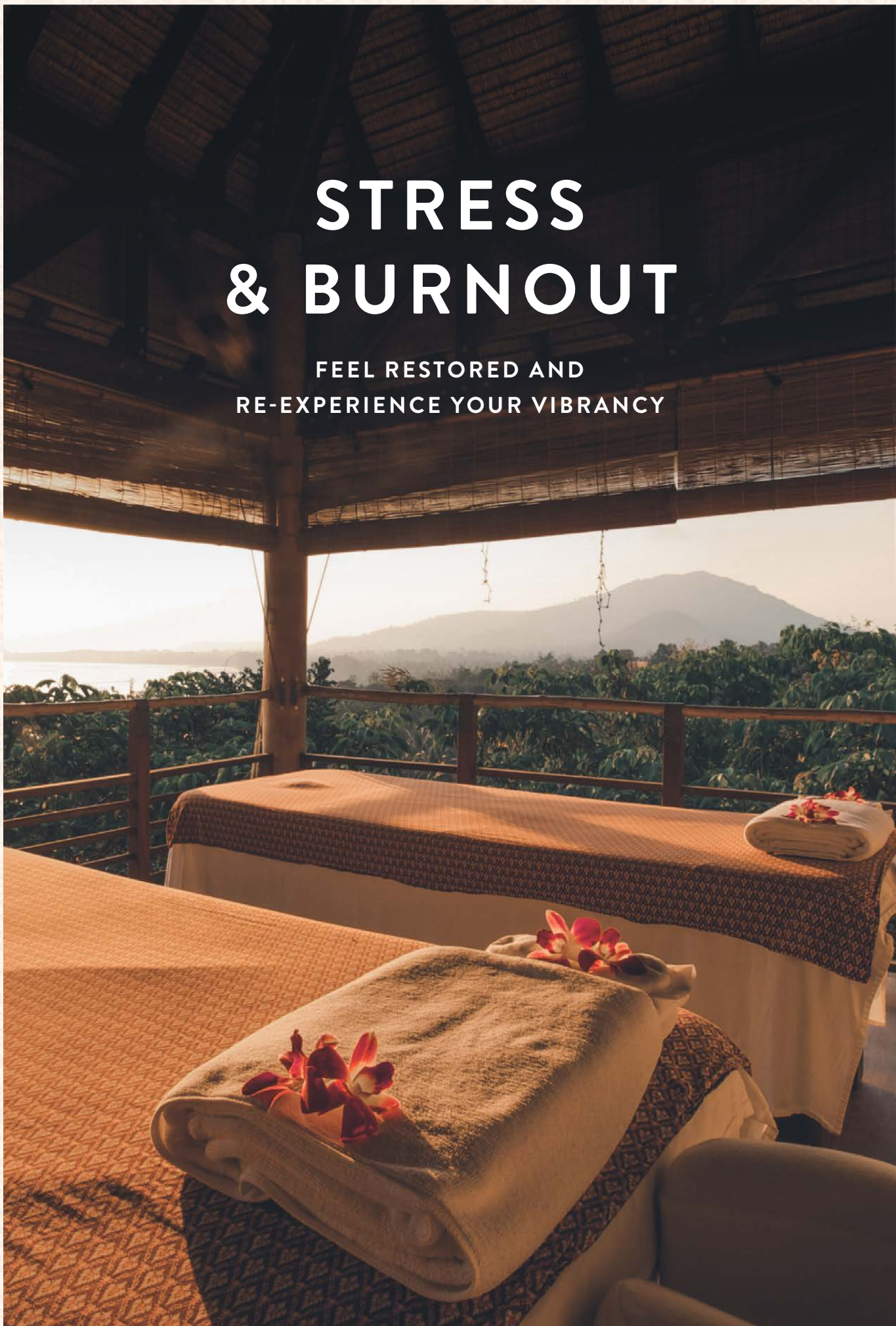
The gut plays a central role in our mind-body health and has been referred to as a 'second brain' because of its ability to influence physical, mental and emotional wellbeing. The Enriched Gut program improves the digestive function and reduces inflammation, improving immunity and enhancing mind-body 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	8	11	15	21
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Initial TCM Consultation including Treatment (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 and Remedies (daily set)	8	11	15	21
Lanna Abdominal Samunphrai Ron Massage (60 min)	1	1	2	2
Kati Vasti (60 min)	1	1	2	2
Meditation or Pranayama (60 min)	1	1	2	3
IV Therapy (Cleanse & Purify) (90 min)	1	1	2	3
Ozone Therapy (60 min)	1	1	2	3
Chi Nei Tsang with Ruby Treasure Oil (60 min)	1	2	2	4
TCM Subsequent Treatment (Moxibustion, Cupping, Facial Acupuncture) (60 min)	1	2	2	4
Bioresonance Therapy (20 min)	2	2	3	4
Private Yoga Session (60 min)	2	2	3	4
Holistic Acupressure Facial Massage (75 min)		1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)		1	2	2
G6PD Test			1	1
Marma Point Massage (90 min)				1
Wellness Program Progress Review		1	1	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	8	11	15
Wellness Consultation	1	1	1	1
Wellness Program Departure 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
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	2	2
Traditional Asian Hand Massage (45 min)	1	1	2	3
Chi Nei Tsang (30 min)	2	2	2	2
Personal Meditation or Personal Pranayama or Reiki or Personal Yoga Session (60 min)	2	3	3	4
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)		1	1	1
Initial TCM Consultation including Treatment (75 min)		1	1	1
Kati Vasti (60 min)		1	1	1
Lotus Scrub and Wrap (75 min)		1	1	1
Traditional Chinese Medicine Session (60 min)			1	2
Shirodhara (60 min)			1	2
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1
The Anti-Ageing Revive & Awakening Facial (75 min)				1
Wellness Program Progress Review			1	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	8	11	15
Wellness Consultation	1	1	1
Wellness Program Departure 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
Vital Essence Oil Massage (90 min)	1	1	2
Shirodhara (60 min)	1	1	3
Royal Ayurvedic Traditional Massage (60 min)	1	2	2
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 Personal Pranayama or Reiki (60 min)	2	2	3
Holistic Acupressure Facial Massage (75 min)		1	1
IV Therapy (Sleep & Tranquillity) (60-90 min)		1	1
Physiotherapy Session with Assessment (90 min)			1
Lower Body Tension Relief Massage (75 min)			1
Transcranial Photobiomodulation Therapy	1	1	2
Vagus Stimulation Therapy		1	2
Wellness Program Progress Review		1	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	8	15	21
Wellness Consultation	1	1	1
Wellness Program Departure Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Nutritional Guidance and Naturopathic Lifestyle Consultation (90 min)	1	1	1
Initial Stress Management Consultation (90 min)	1	1	1
Initial TCM Consultation including Treatment (75 min)	1	1	1
Bioresonance Therapy (20 min)	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1
Herbal Supplements and Remedies (daily set)	8	15	21
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 (75 min)	1	2	2
Indian Head Massage (60 min)	1	2	3
Royal Ayurvedic Traditional Massage (60 min)	1	2	3
IV Therapy (Energy & Endurance) (60-90 min)	1	2	3
Shirodhara (60 min)	1	2	2
Traditional Chinese Medicine Session (60 min)	1	3	3
Chi Nei Tsang (30 min)	2	2	2
Personal Meditation or Personal Pranayama or Reiki (60 min)	2	4	3
G6PD Test		1	1
Ozone Therapy (60 min)		1	1
Holistic Acupressure Facial Massage (75 min)		1	1
Physiotherapy Session with 3D Full Body Scan Assessment (90 min)		1	1
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Stress Management Consultation (60 min)		2	3
The Anti-Ageing Revive & Awakening Facial (75 min)			1
Myofascial Release Therapy (90 min)			2
Transcranial Photobiomodulation Therapy	1	2	2
Vagus Stimulation Therapy	1	2	2
Wellness Program Progress Review		1	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	8	11	15
Wellness Consultation	1	1	1	1	1
Wellness Program Departure Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Lotus Scrub and Wrap (75 min)	1	1	1	1	1
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
Traditional Asian Foot Massage (60 min)	1	1	2	2	3
Chi Nei Tsang (30 min)	1	1			
Chi Nei Tsang (60 min)			2	2	2
Traditional Thai Massage (60 min)	1		1		3
Traditional Thai Massage (90 min)		1		2	
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
Upper Body Tension Relief Massage (75 min)			1	1	1
The Anti-Ageing Revive & Awakening Facial (75 min)			1	1	1
Holistic Fitness Session (60 min)				1	2
Myofascial Release Therapy (60 min)					1
Bioresonance Therapy (20 min)					2
Wellness Program Progress Review				1	1

A woman with dark hair tied back, wearing a white sleeveless top and a light-colored skirt, sits on a yellow cushioned bench on a wooden balcony. She is looking off to the side with a slight smile. The balcony has a dark wooden railing and a table in front of her with a teapot and cups. The background is a lush green forest. The text is overlaid on the image.

# 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	8	15
Wellness Consultation	1	1	1
Wellness Program Departure 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
Initial TCM Consultation including Treatment (75 min)	1	1	1
Mindfulness in a Cup of Tea (In-room setup)	1	1	1
Chi Nei Tsang (30 min)	1	1	2
Indian Head Massage (60 min)	1	1	2
Traditional Chinese Medicine Session (60 min)	1	2	4
Traditional Asian Hand Massage (30 min)	2	2	4
Embracing Change Session (60 min)	2	3	5
Homoeopathy or Bach Flower Consultation with Remedies (90 min)		1	1
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Shirodhara (60 min)		1	2
Wellness Program Progress Review		1	1





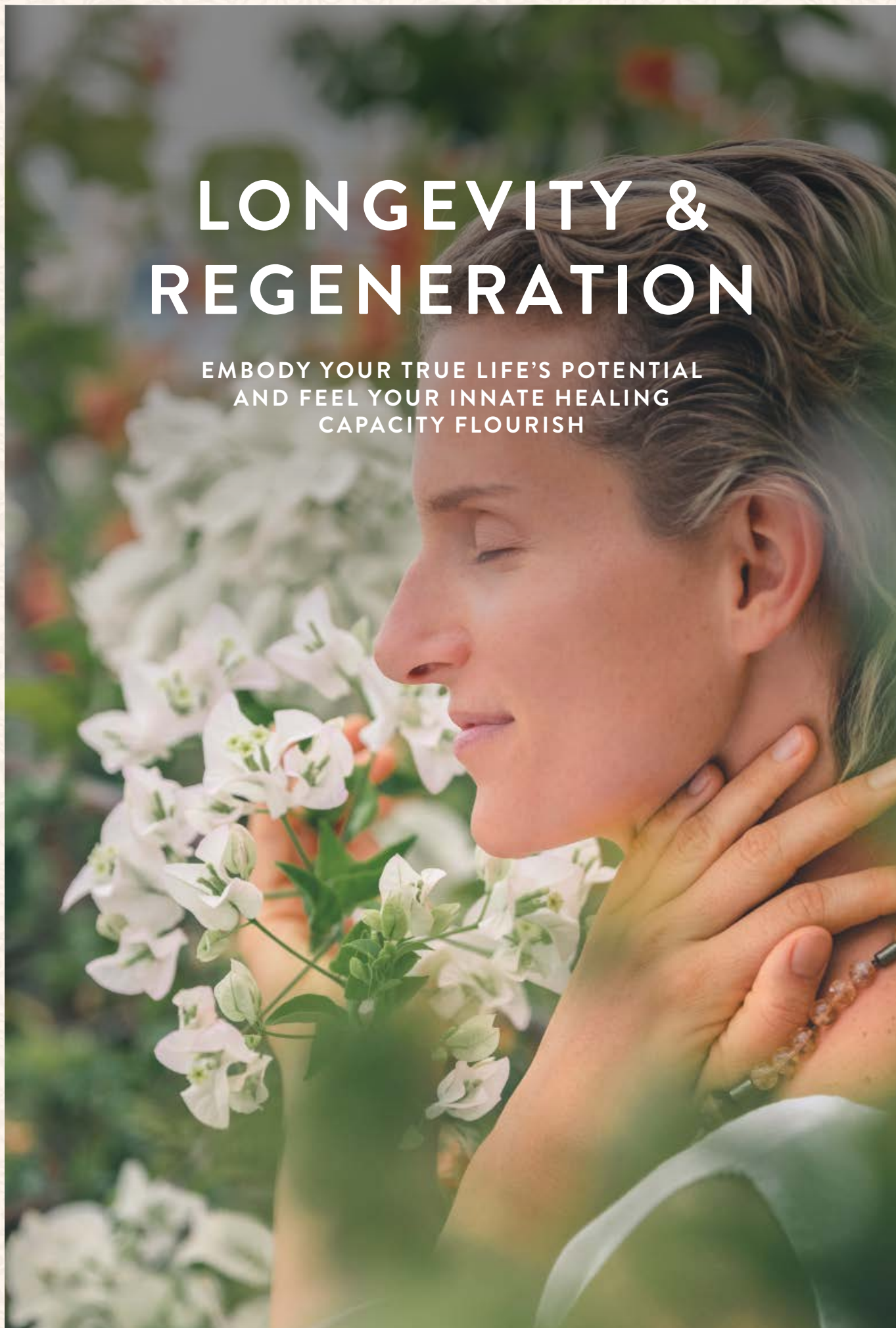
## RESILIENCE & IMMUNITY

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	8	11	15	21
Wellness Consultation	1	1	1	1
Wellness Program Departure Review	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1
Holistic Fitness Evaluation with 3D Full Body Scan Assessment (90 min)	1	1	1	1
Initial TCM Consultation including Treatment (75 min)	1	1	1	1
Nutritional Guidance (60 min)	1	1	1	1
Lymphatic Drainage Therapy (90 min)	1	1	1	1
Herbal Supplements and Remedies (daily set)	8	11	15	21
Chi Nei Tsang with Ruby Treasure Oil (60 min)	1	1		
Chi Nei Tsang with Ruby Treasure Oil (30 min)			2	3
Ozone Therapy (60 min)	1	1	2	2
Hyperbaric Oxygen Therapy (75 min)	1	1	2	2
Personal Meditation or Personal Pranayama or Reiki or Yoga Session (60 min)	1	1	2	3
Mindfulness Training (60 min)	1	1	2	3
Far Infrared Sauna (30 min)	1	2	2	2
Bioresonance Therapy (20 min)	1	2	2	3
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	2	2	3
Marma Point Massage (90 min)		1	1	1
IV Therapy (Fortify Immunity) (60-90 min)		1	1	2
Traditional Chinese Medicine Session (60 min)		1	2	2
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)			1	1
Traditional Asian Hand Massage (30 min)			1	
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1
Indian Head Massage (60 min)				1
Shirodhara (60 min)				1
Homoeopathy or Bach Flower Consultation with Remedies (90 min)				1
G6PD Enzyme Test				1
Vagus Stimulation Therapy	1	2	2	3
Wellness Program Progress Review		1	1	2

# LONGEVITY & REGENERATION

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



## RADIANT BLISS FOR 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 for 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	15	21
Wellness Consultation (45 min) including optional Pre-arrival Consultation (30 min)*	1	1	1
Wellness Program Departure Review	1	1	1
Body Bio-Impedance Analysis	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	15	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 (75-90 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
Indian Head Massage (60 min)		1	2
Kati Vasti (60 min)		1	3
Shirodhara (60 min)			1
Wellness Program Progress Review		1	2

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



## WELLNESS PROGRAMS TERMS AND CONDITIONS

- Kamalaya's wellness programs are carefully designed to help you achieve your health goals effectively.
- Any modifications to your program after check-in may compromise its effectiveness and overall results.
- After check-in, you can request changes to or cancellations of specific treatments within your wellness program, subject to the availability of the substitute therapies.
- Should the treatment inclusion in the program be adjusted, treatments of same price may be substituted with no additional charge.
- Wellness programs include a built-in 20% discount on wellness services.
- If you cancel any treatments, you will receive an 80% credit of the regular retail price (reflecting the 20% discount).
- Substituted treatments will be charged at their full retail price, and you can use your 80% credit towards these costs.
- Credits from cancelled treatments can only be used for treatments on the Wellness Sanctuary & Holistic Spa treatment menu.
- These credits may NOT be used for sessions with Visiting Practitioners, food & beverage services, accommodation, purchases in the retail shop and laundry services or other incidental costs.
- If Kamalaya's wellness practitioners advise against a specific treatment in your package, you will receive an 80% credit for that treatment.
- Any treatments you cancel and later decide to reinstate will be charged at 100% of the regular retail price.
- Unused credits from cancelled treatments will be issued as a wellness voucher.
- The voucher is transferable and can be used by any guest during their current or future stay at Kamalaya (within the validity period specified).
- Vouchers are non-refundable and cannot be exchanged for cash or other substitutions, and are not replaceable if lost, destroyed, stolen, expired, altered, photocopied or reproduced.

We hope you enjoy an enriching and authentic experience with us at Kamalaya.



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