



# Wellness Program Guide

Healthy Lifestyle

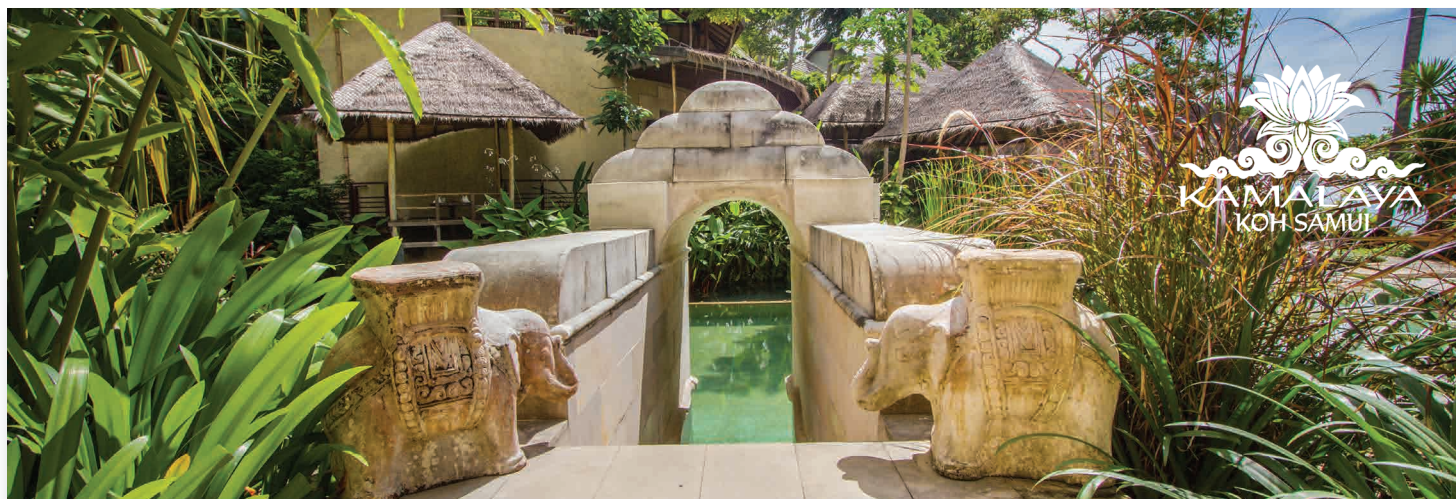
Detox

Stress and Burnout

Emotional Balance

Yoga

*feel life's potential*



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# 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

### **Enriched Gut...**

restore digestive health and augment your mental and emotional wellbeing

### **Structural Revival...**

a personal program to realign the body for optimum function and vitality

### **Sleep Enhancement...**

a therapeutic program to combat sleep deprivation







## 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 programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 60 min Holistic Fitness Evaluation
- 1 x 60 min 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 program additional inclusions:

- 3 x 60 min Personal Training Session
- 1 x 60 min Myofascial Release Therapy
- 4 x 30 min Far Infrared Sauna
- 1 x 90 min Vital Essence Oil Massage
- 1 x 90 min Traditional Thai Massage

### 7 nights program additional inclusions:

- 4 x 60 min Personal Training Session
- 1 x 60 min Revival Exercise
- 1 x 60 min Myofascial Release Therapy
- 5 x 30 min Far Infrared Sauna
- 1 x 90 min Vital Essence Oil Massage
- 1 x 90 min Traditional Thai Massage
- 1 x 60 min Super Stretching

### 10 nights program additional inclusions:

- 6 x 60 min Personal Training Session
- 2 x 60 min Revival Exercise
- 1 x 60 min Myofascial Release Therapy
- 8 x 30 min Far Infrared Sauna
- 2 x 90 min Vital Essence Oil Massage
- 2 x 90 min Traditional Thai Massage
- 1 x 60 min Indian Head Massage
- 1 x 60 min Super Stretching
- 1 x mid-Wellness Program follow-up





**Healthy Lifestyle.**

**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 programs:**

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 Wellness Program Exit & Review  
1 x Body Bioimpedance Analysis  
1 x 60 min Holistic Fitness Evaluation  
1 x 90 min Physiotherapy Session with Assessment  
1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak  
1 x 90 min Vital Essence Oil Massage  
1 x 90 min Traditional Herbal Compress Massage  
2 x 60 min Pilates Session  
2 x 60 min Private Yoga Session  
1 x 60 min Nutritional Guidance  
2 x 60 min Mind & Body Session  
1 x 60 min choice of Personal Pranayama OR Personal Meditation  
1 x 90 min Marma Point Massage  
1 x 60 min 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 program additional inclusions:**

5 x 60 min Personal Training Session  
5 x 30 min Far Infrared Sauna  
2 x 60 min Super Stretching  
2 x 60 min Physiotherapy Session

### **10 nights program additional inclusions:**

8 x 60 min Personal Training Session  
8 x 30 min Far Infrared Sauna  
3 x 60 min Super Stretching  
3 x 60 min Physiotherapy Session  
1 x 60 min Aqua Fitness  
1 x 60 min choice of Personal Pranayama OR Personal Meditation  
1 x 60 min 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 programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 60 min Holistic Fitness Evaluation
- 1 x 60 min Nutritional Guidance
- 1 x 75 min Traditional Chinese Medicine
- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 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 program additional inclusions:

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

### 9 nights program additional inclusions:

- 4 x 60 min Personal Training Session
- 1 x 60 min Aqua Fitness with Physiotherapist
- 2 x 60 min Traditional Chinese Medicine
- 7 x 30 min Far Infrared Sauna
- 3 x 60 min Chi Nei Tsang
- 1 x 75 min Oriental Detoxifying Scrub and Wrap
- 2 x 90 min Lymphatic Drainage Therapy
- 1 x mid-Wellness Program follow-up

### 14 nights program additional inclusions:

- 5 x 60 min Personal Training Session
- 1 x 60 min Aqua Fitness with Physiotherapist
- 1 x 60 min Myofascial Release Therapy
- 3 x 60 min Traditional Chinese Medicine
- 12 x 30 min Far Infrared Sauna
- 5 x 60 min Chi Nei Tsang
- 1 x 75 min Oriental Detoxifying Scrub and Wrap
- 2 x 90 min Lymphatic Drainage Therapy
- 1 x 90 min Vital Essence Oil Massage
- 1 x 60 min Indian Head Massage
- 1 x 75 min Radiance Facial
- 1 x mid-Wellness Program follow-up



## Kamalaya Enriched Gut

Recent research has revealed the critical role that digestion and gut health plays on our physical, mental and emotional wellbeing. Imbalances in the levels of bacteria and microflora in the gut, as well as poor digestion, absorption, assimilation and elimination, can weaken the immune system and lead to inflammatory diseases. The Enriched Gut program addresses these issues using a synergy of holistic treatments, therapies and practices ranging from naturopathy, Traditional Chinese Medicine, Ayurveda, nutritional advice, and other holistic sessions that deeply nurture and enrich the gut. Gut health can be affected by numerous external factors such as stress, poor diet, insufficient sleep and fluctuations in stomach acid. To help counterbalance this, the program also includes Kamalaya's nourishing, healthy cuisine, as well as herbs and supplements that stimulate and support optimal digestive health and wellbeing.

### Standard inclusions for all Enriched Gut programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 60 min Nutritional Guidance
- 1 x 75 min Traditional Chinese Medicine
- 1 x 90 min Traditional Therapeutic Massage
- 1 x 60 min Abdominal Organ Therapy
- Herbal Supplements 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 program additional inclusions:

- 2 x 60 min Private Yoga Session
- 1 x 60 min Traditional Chinese Medicine
- 2 x 60 min Chi Nei Tsang with Ruby Treasure Oil
- 1 x 60 min Pranayama
- 1 x 60 min Kati Vasti
- 3 x 20 min Bioresonance Therapy

### 9 nights program additional inclusions:

- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 2 x 60 min Private Yoga Session
- 2 x 60 min Traditional Chinese Medicine
- 3 x 60 min Chi Nei Tsang with Ruby Treasure Oil
- 1 x 60 min Pranayama
- 1 x 60 min Kati Vasti
- 3 x 20 min Bioresonance Therapy
- 1 x 75 min Holistic Acupressure Facial Massage
- 1 x mid-Wellness Program follow-up

### 12 nights program additional inclusions:

- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 3 x 60 min Private Yoga Session
- 2 x 60 min Traditional Chinese Medicine
- 4 x 60 min Chi Nei Tsang with Ruby Treasure Oil
- 2 x 60 min Pranayama
- 2 x 60 min Kati Vasti
- 4 x 20 min Bioresonance Therapy
- 1 x 75 min Holistic Acupressure Facial Massage
- 1 x mid-Wellness Program follow-up





# Kamalaya Structural Revival

Behavioral patterns in our modern lifestyles, natural ageing and trauma tend to create postural misalignments that can lead to tightness, tension, discomfort and even pain. The Structural Revival Program is designed to realign the body and improve posture in order to reduce tension, rehabilitate injuries and re-establish highest levels of function and vitality. Featuring an intelligent synergy of healing modalities from Asia and the West, the program addresses underlying causes of structural imbalances. It includes specifically targeted Revival Exercises with physiotherapists as well as Pilates to strengthen the body and stabilise the joints. Holistic therapies such as Myofascial Release, assisted stretching and massages help to release and lengthen tight muscles, promote relaxation and freedom of movement. As well as enhancing muscular posture, correct structural alignment also promotes healthy blood circulation, improves organ function, increases energy flow and positively impacts our emotional and psychological wellbeing. Our team of experts will provide you with tools to continue your journey to increased function, vitality and alignment after returning home.

## Standard inclusions for all Structural Revival programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 90 min Physiotherapy Session with Assessment
- 1 x 90 min Pilates Session with Stretching
- 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 program additional inclusions:

- 1 x 60 min Revival Exercise
- 2 x 60 min Pilates Session
- 1 x 60 min Super Stretching
- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 2 x 60 min Myofascial Release Therapy
- 1 x 90 min Traditional Therapeutic Massage

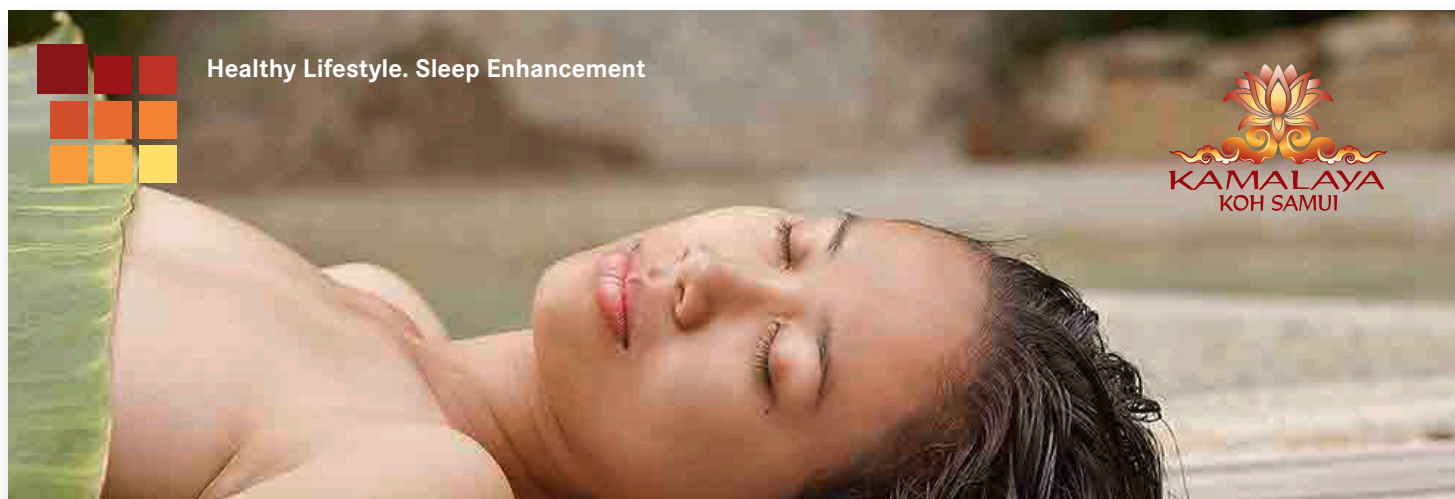
## 7 nights program additional inclusions:

- 1 x 60 min Revival Exercise
- 2 x 60 min Pilates Session
- 1 x 60 min Aqua Fitness with Physiotherapist
- 1 x 60 min Super Stretching
- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 2 x 60 min Myofascial Release Therapy
- 1 x 75 min choice of Upper Body Tension Relief Massage OR Lower Body Tension Relief Massage
- 1 x 90 min Traditional Therapeutic Massage
- 1 x 90 min Traditional Herbal Compress Massage

## 9 nights program additional inclusions:

- 2 x 60 min Revival Exercise
- 2 x 60 min Pilates Session
- 2 x 60 min Aqua Fitness with Physiotherapist
- 2 x 60 min Super Stretching
- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 2 x 60 min Myofascial Release Therapy
- 1 x 75 min Upper Body Tension Relief Massage
- 1 x 75 min Lower Body Tension Relief Massage
- 1 x 90 min Traditional Therapeutic Massage
- 1 x 90 min Traditional Herbal Compress Massage
- 1 x 75 min Holistic Acupressure Facial Massage
- 1 x mid-Wellness Program follow-up





## 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.

### Standard inclusions for all Sleep Enhancement programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 75 min Traditional Chinese Medicine
- 1 x 60 min Naturopathic Lifestyle Consultation
- 1 x 60 min 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 gift pack

### 5 nights program additional inclusions:

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

- 1 x 60 min Traditional Chinese Medicine
- 2 x 60 min Mind-Body Balance
- 2 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 1 x 60 min Shirodhara
- 1 x 60 min Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga Session

### 7 nights program additional inclusions:

- 2 x 60 min Traditional Chinese Medicine
- 2 x 60 min Mind-Body Balance
- 2 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 1 x 90 min Kamalaya Signature Treatment: Three Treasures
- 2 x 60 min Shirodhara
- 2 x 30 min Chi Nei Tsang
- 1 x 60 min Kati Vasti
- 1 x 60 min Indian Head Massage
- 1 x 45 min Traditional Asian Hand Massage
- 2 x 60 min Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga Session

### 9 nights program additional inclusions:

- 2 x 60 min Traditional Chinese Medicine
- 2 x 20 min Bioresonance Treatment
- 3 x 60 min Mind-Body Balance
- 2 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 1 x 90 min Kamalaya Signature Treatment: Three Treasures
- 1 x 60 min Kati Vasti
- 2 x 60 min Shirodhara
- 2 x 30 min Chi Nei Tsang
- 1 x 60 min Indian Head Massage
- 2 x 60 min Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga Session
- 1 x mid-Wellness follow-up





## 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







## 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 programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 90 min Vital Essence Oil Massage
- 1 x 60 min Traditional Asian Foot massage
- 1 x 60 min 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 program additional inclusions:

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

### 5 nights program additional inclusions:

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





## 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 programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance 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 program additional inclusions:

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

### 9 nights program additional inclusions:

- 7 x 30 min Chi Nei Tsang
- 7 x 30 min Far Infrared Sauna
- 2 x 60 min Colon Hydrotherapy
- 1 x 60 min Reiki
- 1 x mid-Wellness Program follow-up

### 14 nights program additional inclusions:

- 10 x 30 min Chi Nei Tsang
- 10 x 30 min Far Infrared Sauna
- 2 x 60 min Colon Hydrotherapy
- 1 x 60 min Reiki
- 1 x mid-Wellness Program follow-up







# 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 programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 90 min Vital Essence Oil Massage
- 1 x 90 min 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 program additional inclusions:

- 3 x 60 min Chi Nei Tsang
- 6 x 30 min Far Infrared Sauna
- 2 x 60 min Colon Hydrotherapy
- 3 x 90 min Lymphatic Drainage Therapy
- 1 x 75 min Oriental Herbal Detoxifying Body Scrub & Wrap
- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak

### 9 nights program additional inclusions:

- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 4 x 60 min Chi Nei Tsang
- 8 x 30 min Far Infrared Sauna
- 2 x 60 min Colon Hydrotherapy
- 3 x 90 min Lymphatic Drainage Therapy
- 2 x 75 min Oriental Herbal Detoxifying Body Scrub & Wrap
- 1 x 75 min Holistic Acupressure Facial Massage
- 1 x 75 min Radiance Facial
- 1 x 60 min Personal Training Session
- 1 x mid-Wellness Program follow-up

### 14 nights program additional inclusions:

- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 4 x 30 min Chi Nei Tsang
- 4 x 60 min Chi Nei Tsang
- 13 x 30 min Far Infrared Sauna
- 3 x 60 min Colon Hydrotherapy
- 5 x 90 min Lymphatic Drainage Therapy
- 2 x 75 min Oriental Herbal Detoxifying Body Scrub & Wrap
- 1 x 75 min Holistic Acupressure Facial Massage
- 1 x 60 min Indian Head Massage
- 1 x 75 min Radiance Facial
- 2 x 60 min Personal Training Session
- 1 x 60 min Revival Exercise
- 1 x mid-Wellness Program follow-up





## 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

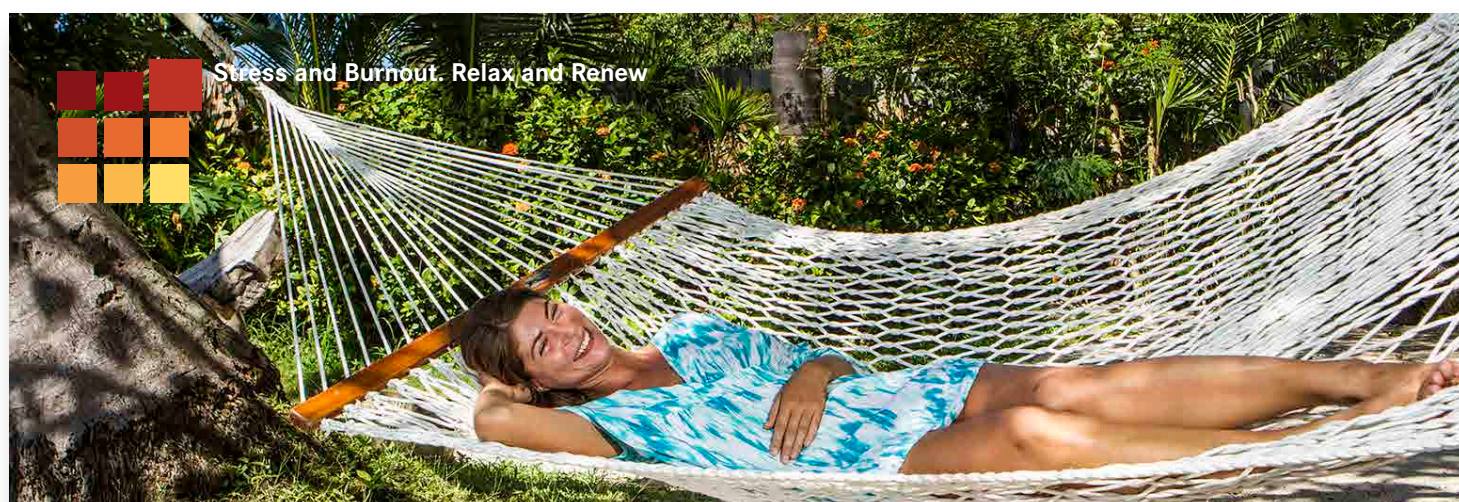
### **Basic Balance & Revitalise**

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 programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 75 min 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 program additional inclusions:

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

### 5 nights program additional inclusions:

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







## Kamalaya Relax & Renew

### 7 nights program additional inclusions:

- 2 x 60 min Vital Essence Oil Massage
- 1 x 75 min Upper Body Tension Relief Massage
- 1 x 30 min Traditional Asian Hand Massage
- 2 x 60 min Traditional Asian Foot Massage
- 1 x 60 min Traditional Thai Massage
- 1 x 60 min Indian Head Massage
- 1 x 75 min Radiance Facial
- 2 x 60 min Chi Nei Tsang
- 1 x 30 min Far Infrared Sauna

### 9 nights program additional inclusions:

- 2 x 90 min Vital Essence Oil Massage
- 1 x 75 min Upper Body Tension Relief Massage
- 1 x 30 min Traditional Asian Hand Massage
- 2 x 60 min Traditional Asian Foot Massage
- 2 x 90 min Traditional Thai Massage
- 1 x 60 min Indian Head Massage
- 1 x 75 min Radiance Facial
- 2 x 60 min Chi Nei Tsang
- 2 x 30 min Far Infrared Sauna
- 1 x 60 min choice of Holistic Fitness Session
- 1 x mid-Wellness Program follow-up

### 14 nights program additional inclusions:

- 3 x 90 min Vital Essence Oil Massage
- 1 x 75 min Upper Body Tension Relief Massage
- 1 x 60 min Myofascial Release Therapy
- 2 x 30 min Traditional Asian Hand Massage
- 3 x 60 min Traditional Asian Foot Massage
- 3 x 60 min Traditional Thai Massage
- 2 x 60 min Indian Head Massage
- 1 x 75 min Radiance Facial
- 2 x 60 min Chi Nei Tsang
- 3 x 30 min Far Infrared Sauna
- 2 x 20 min Bioresonance Therapy
- 2 x 60 min Choice of Holistic Fitness Session
- 1 x mid-Wellness Program follow-up







# 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 programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 90 min Traditional Herbal Compress Massage
- 1 x 60 min Indian Head Massage
- 1 x 60 min Royal Ayurvedic Traditional Massage
- 2 x 30 min 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 program additional inclusions:

- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 1 x 45 min Traditional Asian Hand Massage
- 2 x 60 min Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga Session

## 7 nights program additional inclusions:

- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 1 x 60 min Kati Vasti
- 1 x 75 min Traditional Chinese Medicine
- 1 x 75 min Lotus Scrub & Wrap
- 1 x 45 min Traditional Asian Hand Massage
- 1 x 90 min Traditional Therapeutic Massage
- 3 x 60 min Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga Session

## 10 nights program additional inclusions:

- 2 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 1 x 60 min Kati Vasti
- 1 x 60 min Shirodhara
- 1 x 75 min Traditional Chinese Medicine
- 1 x 60 min Traditional Chinese Medicine
- 1 x 75 min Lotus Scrub & Wrap
- 2 x 45 min Traditional Asian Hand Massage
- 1 x 90 min Traditional Therapeutic Massage
- 4 x 60 min Personal Meditation OR Personal Pranayama OR Reiki OR Personal Yoga Session
- 1 x mid-Wellness Program follow-up



## 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 programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 90 min Nutritional Guidance and Naturopathic Lifestyle Consultation
- 1 x 90 min Initial Stress Management 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 program additional inclusions:

- 1 x 90 min Vital Essence Oil Massage
- 2 x 60 min Indian Head Massage
- 2 x 60 min Traditional Asian Foot Massage
- 2 x 60 min Chi Nei Tsang

- 2 x 45 min Traditional Asian Hand Massage
- 1 x 60 min Royal Ayurvedic Traditional Massage
- 1 x 60 min Shirodhara
- 2 x 60 min Personal Meditation OR Personal Pranayama OR Reiki Session

#### 14 nights program additional inclusions:

- 2 x 60 min Stress Management Session
- 1 x 90 min Physiotherapy Session with Assessment
- 2 x 90 min Vital Essence Oil Massage
- 2 x 60 min Indian Head Massage
- 3 x 60 min Traditional Asian Foot Massage
- 2 x 60 min Chi Nei Tsang
- 2 x 45 min Traditional Asian Hand Massage
- 2 x 60 min Royal Ayurvedic Traditional Massage
- 3 x 60 min Shirodhara
- 1 x 75 min Lower Body Tension Relief Massage
- 1 x 75 min Holistic Acupressure Facial Massage
- 3 x 60 min Personal Meditation OR Personal Pranayama OR Reiki Session
- 1 x mid-Wellness Program follow-up



# 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 programs:

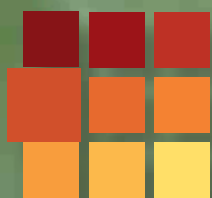
- 3 x Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 2 x 30 min Chi Nei Tsang
- 1 x 90 min Nutritional Guidance and Naturopathic Lifestyle Consultation
- 1 x 75 min Traditional Chinese Medicine
- 1 x 90 min Initial Stress Management Consultation
- 1 x 20 min Bioresonance Therapy
- 1 x 90 min Vital Essence Oil Massage
- Herbal Supplements 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 program additional inclusions:

- 1 x 60 min Traditional Chinese Medicine
- 1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 1 x 60 min Royal Ayurvedic Traditional Massage
- 1 x 60 min Shirodhara
- 1 x 60 min Indian Head Massage
- 1 x 45 min Traditional Asian Hand Massage
- 2 x 60 min Personal Meditation OR Personal Pranayama OR Reiki Session

## 14 nights program additional inclusions:

- 2 x 60 min Stress Management Session
- 3 x 60 min Traditional Chinese Medicine
- 2 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak
- 1 x 90 min Kamalaya Signature Treatment: Three Treasures
- 2 x 60 min Indian Head Massage
- 1 x 45 min Traditional Asian Hand Massage
- 2 x 60 min Royal Ayurvedic Traditional Massage
- 2 x 60 min Shirodhara
- 1 x 75 min Holistic Acupressure Facial Massage
- 1 x 90 min Physiotherapy Session with Assessment
- 4 x 60 min Personal Meditation OR Personal Pranayama OR Reiki
- 1 x mid-Wellness Program follow-up



## Emotional Balance

### Embracing Change

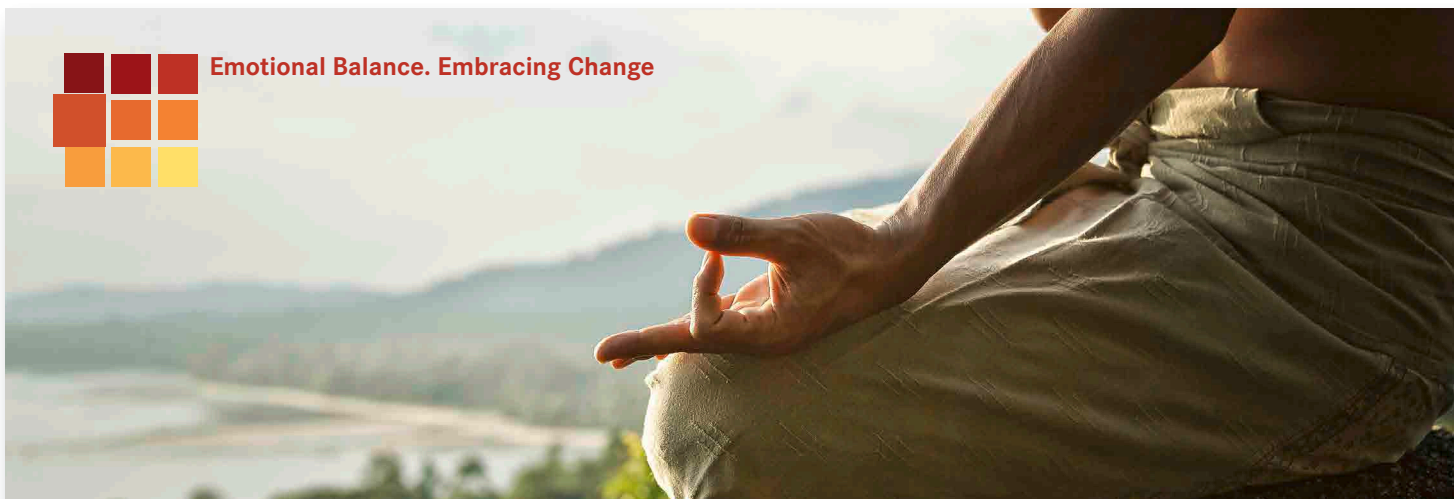
Dedicated to creating emotional balance and wellbeing, this is an ideal program to enrich your emotional potential.







**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 programs:**

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 Wellness Program Exit & Review  
1 x Body Bioimpedance Analysis  
1 x 90 min Traditional Asian Foot Massage with Herbal Foot Soak  
1 x choice of 90 min Vital Essence Oil Massage OR 90 min Traditional Thai Massage  
1 x 90 min Embracing Change Session  
1 x 75 min 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

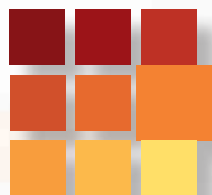
### **5 nights program additional inclusions:**

2 x 30 min Traditional Asian Hand Massage  
2 x 60 min Embracing Change Session  
1 x 60 min Traditional Chinese Medicine  
1 x 30 min Chi Nei Tsang  
1 x 60 min Indian Head Massage

### **7 nights program additional inclusions:**

2 x 30 min Traditional Asian Hand Massage  
3 x 60 min Embracing Change Session  
2 x 60 min Traditional Chinese Medicine  
1 x 60 min Indian Head Massage  
1 x 90 min Kamalaya Signature Treatment: Three Treasures  
1 x 30 min Chi Nei Tsang  
1 x 60 min Shirodhara  
1 x 90 min choice of Homeopathy or Bach Flower Consultation with Remedies





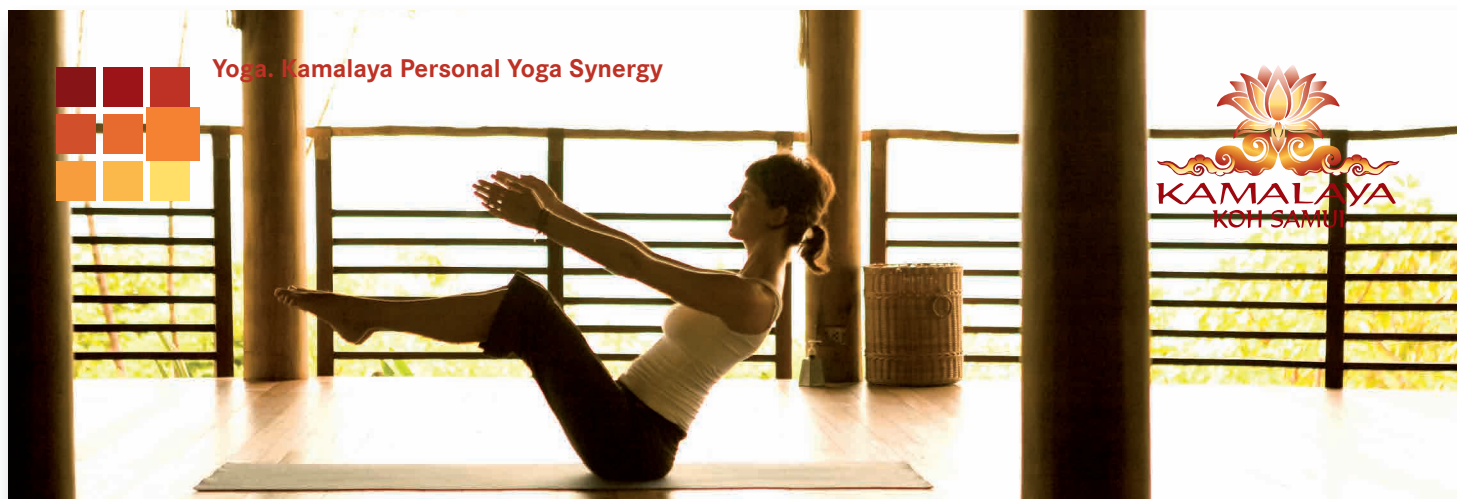
## Yoga

### **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 programs:

- 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 Wellness Program Exit & Review
- 1 x Body Bioimpedance Analysis
- 1 x 90 min Vital Essence Oil Massage
- 1 x 60 min Royal Ayurvedic Traditional Massage
- 1 x 60 min 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 program additional inclusions:

- 2 x 90 min Private Yoga Session

### 5 nights program additional inclusions:

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

### 7 nights program additional inclusions:

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

## Wellness Program 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 availability of the therapy they wish to substitute.
- Kamalaya wellness programs carry a built-in 20% discount on all wellness and food and beverage services 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 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 treatments or sessions with visiting practitioners.
- Credits against cancelled treatments can not 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 contra-indication 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 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.