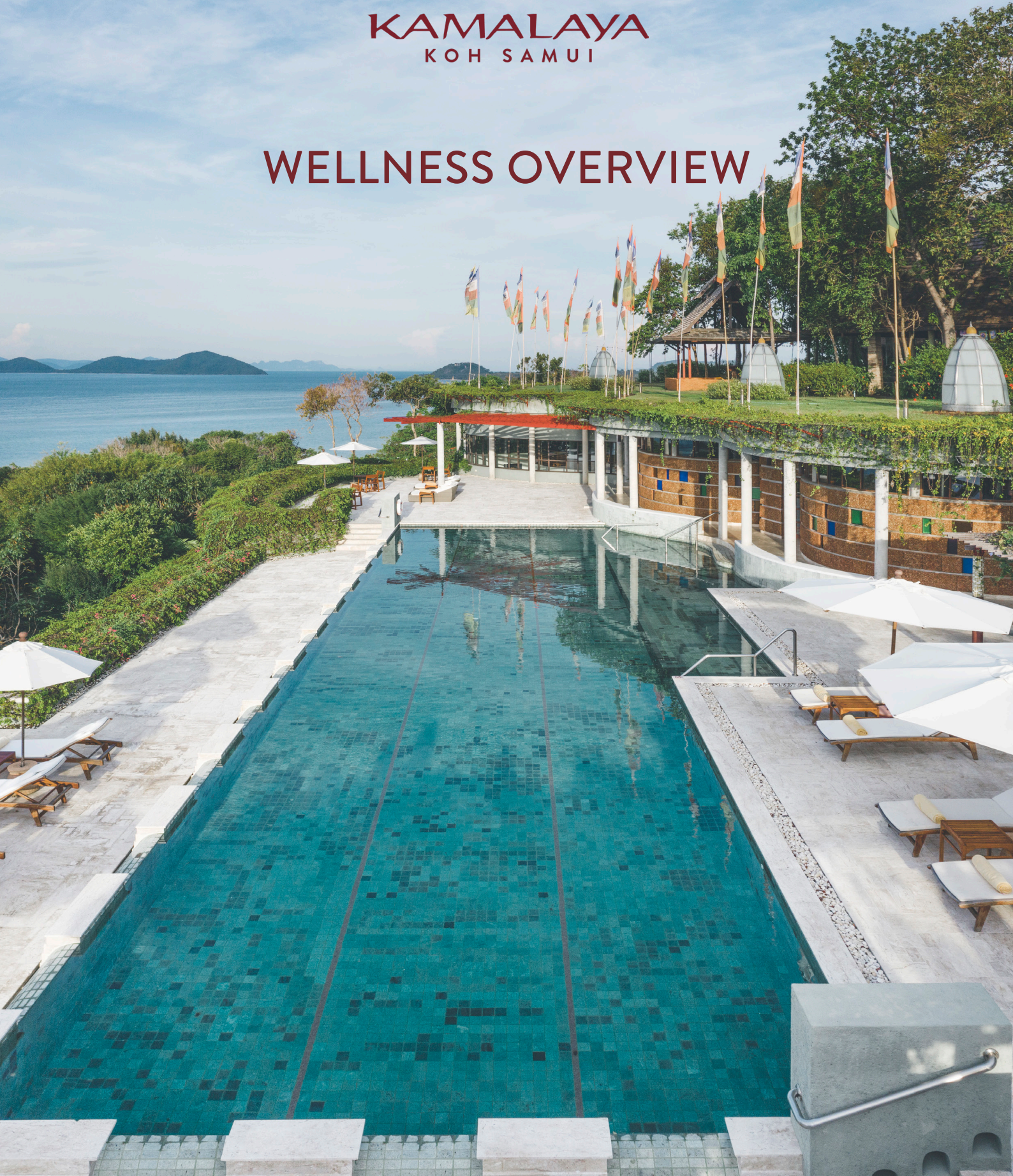




**KAMALAYA**  
KOH SAMUI

# WELLNESS OVERVIEW



*feel life's potential*





The Wellness Sanctuary and Holistic Spa integrates ancient and contemporary holistic medicine and healing traditions with a menu of over 70 services. Guests can embark on an individual wellness program, choose à la carte services or supplement a program with extra à la carte treatments.

There are over 80 certified wellness professionals at Kamalaya, including naturopaths, doctors of Chinese medicine, western medical doctors, registered nurses, nutritionists, life transformation experts, Ayurvedic and Thai therapists, fitness specialists and yoga, meditation and pranayama teachers.

#### **OPENING TIMES:**

Wellness Sanctuary and Spa:	8:00am - 20:00pm
Steam Rooms and Plunge Pools:	8:30am - 20:00pm
Lap Pool:	7:00am - 18:00pm
Fitness Centre:	7:00am - 20:00pm

## **ON ARRIVAL**

### **Body Bioimpedance Analysis (BIA)**

A BIA with a Kamalaya nurse is included with every Kamalaya stay. BIA is a method of measuring several key health markers, including levels of hydration, the ratio of body fat against lean muscle mass, and cellular vitality. It is useful for setting goals for weight management and fitness, and for making appropriate recommendations to achieve a better body balance to improve overall health and prevent illness. Body Bioimpedance Analysis gives valuable information on cellular health, metabolism and toxicity to help create naturopathic, nutritional, or exercise programs suited to your individual needs.

### **Wellness Consultation**

An Wellness Consultation is included with every Kamalaya stay. During this consultation, one of our Wellness Consultants will talk with the guest about their wellness concerns and goals and then advise on the best treatment plan to maximise the benefits of their stay. Recommendations for additional treatments and therapies may be offered and programs can be personalised as required.

## PROGRAMS

Whether to restore, rejuvenate, transform or simply relax, we have a range of options to satisfy our guests' needs:

Programs/days	TASTE OF KAMALAYA 3 DAYS	5 DAYS	7 DAYS	9 DAYS	10 DAYS	12 DAYS	14 DAYS	21 DAYS
<b>H E A L T H Y L I F E S T Y L E</b>								
Basic Optimal Fitness		X	X		X			
Comprehensive Optimal Fitness			X		X			
Structural Revival		X	X	X				
Personal Yoga Synergy	X	X	X					
Ideal Weight			X	X			X	
Sleep Enhancement		X	X	X				
<b>D E T O X &amp; R E S E T</b>								
Introduction to Detox	X	X						
Basic Detox			X	X			X	
Comprehensive Detox			X	X			X	
Enriched Gut			X	X		X		
<b>S T R E S S &amp; B U R N O U T</b>								
Asian Bliss		X	X		X			
Basic Balance & Revitalize			X				X	
Comprehensive Balance & Revitalise			X				X	
Sleep Enhancement		X	X	X				
Relax & Renew	X	X	X	X			X	
<b>C U L T I V A T I N G H E A R T , B O D Y &amp; S P I R I T</b>								
Embracing Change & Emotional Harmony		X	X					
Resilience & Immunity			X	X			X	X

## HEALTHY LIFESTYLE

### BASIC OPTIMAL FITNESS

#### A personalised program to reach your 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. developing a regular home practice or deepening and intensifying existing practice. For more information and program inclusions, please see our Wellness Program Menu.



## COMPREHENSIVE OPTIMAL FITNESS

### **An integrative fitness program to develop your workouts**

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.

## STRUCTURAL REVIVAL

### **Personal program to re-align the body for optimum function and vitality**

Behavioural patterns in our modern lifestyles, natural ageing and trauma tend to create postural misalignments that can lead to tightness, tension, discomfort and even pain. This program is designed to address the underlying causes of structural imbalances, to realign the body and improve posture in order to reduce tension, rehabilitate injuries and re-establish highest levels of function and vitality. It includes specifically targeted Revival Exercises with physiotherapists and Pilates, as well as holistic therapies such as Myofascial Release, assisted stretching and massages. Correct structural alignment also promotes healthy blood circulation, improves organ function, increases energy flow and positively impacts our emotional and psychological well-being.

## PERSONAL YOGA SYNERGY

### **Your own private Yoga retreat, combining one-to-one instruction with Ayurveda therapies**

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,



## IDEAL WEIGHT

### **A lifestyle approach to long-term weight management**

Designed to help identify areas of physical imbalance and related emotional or mental patterns, this structured program guides the guest 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 and Traditional Chinese Medicine are included, in addition to therapies such as Chi Nei Tsang abdominal massage and infrared sauna, along with personal fitness training.

## SLEEP ENHANCEMENT

### **A therapeutic program to combat sleep deprivation**

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.

## DETOX

### INTRODUCTION TO DETOX

#### **A gentle cleanse, ideal if you are new to detox and want to explore**

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. Guests can expect improved health on all levels including internal balance and increased energy and vitality. This program is ideal for those wishing to combine a detox with other à la carte Wellness treatments and therapies.

### BASIC DETOX

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

Kamalaya's structured Basic Detox and 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.



## COMPREHENSIVE DETOX

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

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.

## ENRICHED GUT

### **Restore digestive health and augment your mental and emotional wellbeing**

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.

## STRESS & BURNOUT

### ASIAN BLISS

#### **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 you to vital energy practices that can support a more balanced approach to life.

### BASIC BALANCE & REVITALIZE

#### **For stress recovery and burnout prevention**

This program is designed to counteract the stresses of contemporary lifestyles and prevent adrenal burnout. Upon arrival you begin with a personal Balance & Revitalize Consultation and bio-impedance analysis to determine your 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 style, Nutrition and Anti-Stress management support you to achieve a more balanced approach to your life. If required, additional medical tests are available following your consultation. Extra charges will apply.





## COMPREHENSIVE BALANCE & REVITALIZE

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

The Comprehensive Balance & Revitalize program was created for those beginning to suffer from the effects 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 supplements and herbal supplements and remedies to support your recovery.

## SLEEP ENHANCEMENT

### **A therapeutic program to combat sleep deprivation**

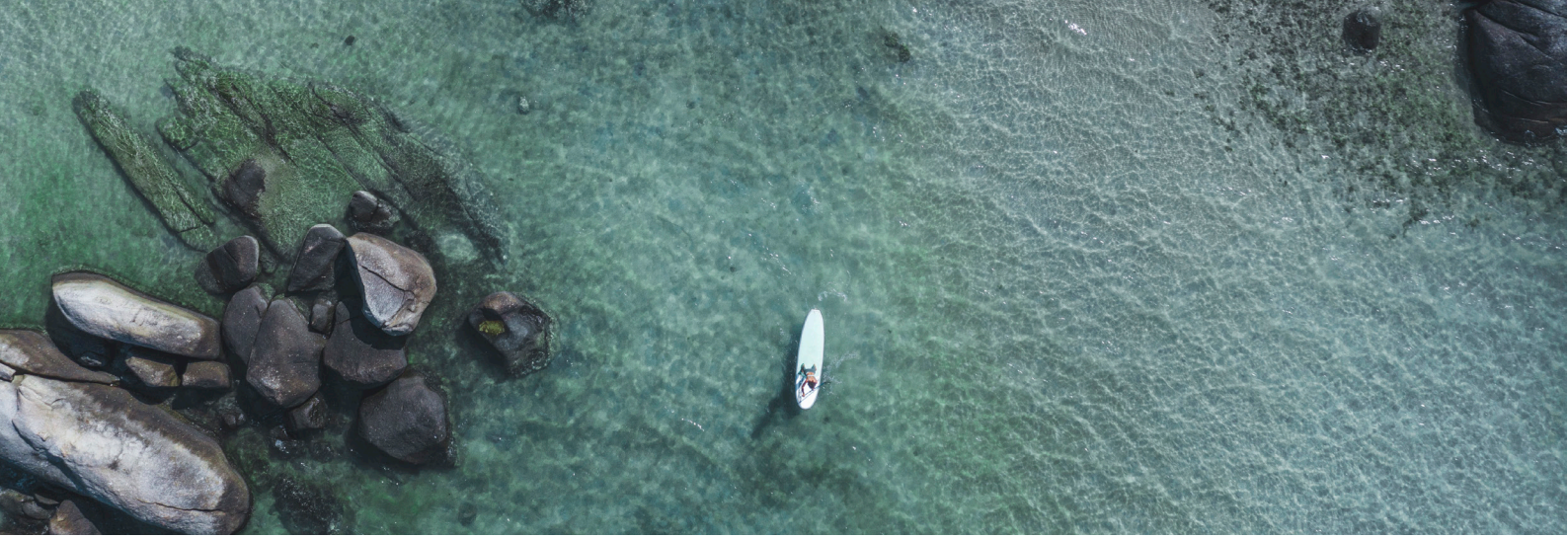
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## RELAX & RENEW

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

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 your individual needs. The least intensive of all our programs, Relax & Renew is ideal for people looking for a gentle, relaxing wellness holiday.





## **CULTIVATING HEART, BODY & SPIRIT**

### **EMBRACING CHANGE AND EMOTIONAL HARMONY**

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

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.

### **RESILIENCE AND IMMUNITY**

**A powerful immunity boost and a mindful reset**

Times of challenge are often powerful catalysts for growth. The ability to deeply embrace difficulties as opportunities for positive change requires strength, balance and inner-reserves. The Immunity & Resilience Program provides truly holistic support to empower you with not only robust physical health but also resilience of heart and mind. Identify areas of biochemical imbalance or Nutritional deficiency with functional blood testing and receive personalized support to bolster your immune system with Nutritional guidance, herbal supplements and Traditional Chinese Medicine. Experience Bioresonance therapy, mindfulness training and personal meditation to establish deep inner equilibrium and develop the tools to face life's challenges with confidence and adaptability.

## TREATMENTS

These treatments are available à la carte or as part of Kamalaya Wellness programs.

### Traditional Chinese Medicine

Initial Consultation  
Acupuncture  
Acupuncture Facial Rejuvenation  
Chinese Herbal Medicine  
Cupping  
Moxibustion

### Naturopathic Medicine

Wellness Consultation  
Naturopathic Consultation  
Nutritional Guidance  
Homeopathy  
Flower Remedies  
Far Infrared Sauna  
Colon Hydrotherapy

### Diagnostics

Body Bioimpedance Analysis  
Bioresonance Energy Treatments

### Conventional Medicine

Medical Doctor Consultation  
Comprehensive Check-up packages  
Blood OR Saliva OR Urine Analysis

### Holistic & Therapeutic Body Treatments

Kamalaya Signature Treatment:  
Three Treasure  
Chi Nei Tsang (Taoist Abdominal Massage)  
Lymphatic Drainage Treatment  
Reiki  
Indian Head Massage  
Traditional Asian Hand Massage  
Traditional Asian Foot Massage with Herbal Foot Soak  
Traditional Asian Foot Massage  
Traditional Thai Massage  
Traditional Thai Herbal Compress Massage  
Vital Essence Oil Massage  
Upper Body Tension Relief  
Lower Body Tension Relief  
Traditional Thai Therapeutic Treatment

### Ayurveda Therapy

Royal Ayurvedic Traditional Massage  
Marma Point Massage  
Shirodhara  
Kati Vasti  
Kati Vasti with Herbal Compress  
Pathaganjaly (massage using the feet)

### Facial Treatments

Holistic Accupressure Facial  
Massage  
Pure Radiance Facial  
Restorative & Purifying Facial

### Nail Care

Spa Manicure  
Spa Pedicure

### Nurturing Body Treatments

Oriental Herbal Detoxifying Body Scrub and Wrap  
Detoxifying Body Scrub  
Lotus Seed Scrub  
Lotus Blossom Wrap  
Lotus Scrub and Wrap  
Aloe Vera Wrap

### Waxing

Waxing bikini lines  
Waxing legs  
Waxing half legs  
Waxing underarms  
Waxing arms  
Waxing chest  
Waxing back

### Mental & Emotional Healing

Stress Management  
Mind-Body Balance  
Personal Mentoring  
Meditation  
Pranayama

### Holistic Private Fitness Classes

Holistic Fitness Evaluation  
Personal Training  
Stretching  
Super Stretching  
Qi Gong  
Tai Chi  
Yoga  
Pilates Mat or Reformer

### Physiotherapy

Initial session including assessment  
Physiotherapy session  
Myofascial Release Therapy  
Revival Exercise





## VISITING PRACTITIONERS

### Local & International Healers & Wellness Practitioners

Kamalaya's holistic medicine and therapies menu also includes experienced Visiting Practitioners with unique qualifications and skills who offer special treatments at different times throughout the year.

A calendar of Visiting Practitioners can be found on our website: [www.kamalaya.com/thailand-retreat-event](http://www.kamalaya.com/thailand-retreat-event)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Power Walk 07.30-08.30	Stretching 07.30-08.30	Pilates 07.30-08.30	Chakra Meditation 07.30-08.30	Meditation 07.30-08.30	Qi Gong 07.30-8.30	Pranayama 07.30-8.30
Gentle Yoga 08.45-09.45	Hatha Yoga 08.45-09.45	Vinyasa Yoga Slow Flow 08.45-09.45	Hatha Yoga 08.45-09.45	Vinyasa Yoga Dynamic Flow 08.45-09.45	Sivananda Inspired Yoga 08.45-09.45	Vinyasa Yoga Slow Flow 08.45-09.45
Cooking Class Inspiring Healthy Cuisine (Thai Cuisine) 14.00-16.00 2,250 THB++/person	Tea Sharing Meet new friends 15.00-17.00	**Cooking Class Inspiring Healthy Cuisine (Detox Cuisine) 14.00-16:00 2,250 THB++/person	Mindfulness in Everyday Life Workshop 10.30-11.30	Tea Sharing Meet new friends 15.00-17.00	****Thai Temples Tour & Teachings 14.00-17:00 1,000 THB++/person	Creating Positive Habits Workshop 10.30-12.30
Stretching 16.00-17.00	Yin Yoga 16.00-17.00	Fitball 16.00-17.00	Pilates Basic 16.00-17.00	STS Suspension Training 16.00-17.00	HIIT and Core 16.00-17.00	Gyrokinesis Movement 16.00-16.30
Evening Meditation 17.15-18.15	Evening Meditation 17.30-18.00	Stretching 17.15-18.15	Aqua Aerobics 17.15-18.00	Evening Meditation 17.30-18.00	Evening Meditation 17.30-18.00	Aqua Aerobics 17.15-18.15
Reiki Introduction 18.30-19.15	Movie Night: Sherpa 20.00-22.00	Thai Market Night 18.30- 20.30	Shiatsu Introduction Visiting Practitioner 18.30- 19.15	Astrology & Palmistry Introduction 18.30-19.15	Movie Night: Food Choices 20.00-21.30	Structural Integration Introduction Visiting Practitioner 18.30- 19.15

## WELLNESS FACILITIES

Integrating the beauty of the surrounding environment into its design, the Wellness Sanctuary features open air treatment spaces as well as deluxe air-conditioned suites.

### FACILITIES INCLUDE:

- 7 BIA and general consultation rooms
- 7 TCM rooms (consultations and treatments)
- 2 Ayurvedic rooms for Shirodhara
- 1 Thyroid assessment room
- 4 foot massage stations (manicure and pedicure)
- 25 general treatment rooms: 16 single rooms and 9 double rooms for consultations and treatments (3 of which have private steam room)
- 3 colonic rooms
- 1 lap pool (25m) & 4 leisure/plunge pools
- 2 steam rooms
- 3 Far Infrared Saunas
- Prana Sala I & Prana Sala II
- 1 Yoga Pavilion for up to 30 persons
- Shakti Fitness Centre with latest equipment for cardio and resistance training
- Padma Fitness I: pilates reformer studio
- Padma Fitness II: functional fitness studio

## TREATMENT CANCELLATIONS

Notice	Kamalaya treatments – cancellation fee	Visiting Practitioners – cancellation fee
Less than 4 hours notice	50%	100%
No Shows	100%	100%

## CHILDREN

The facilities and services at Kamalaya are designed for adults who seek the time, place and expertise to improve their wellbeing. Kamalaya is not recommended for children and there are no child concessions available. However, the following policy applies for parents who would like to do a wellness program and bring their children: for every room booked there must be one adult with a pre-booked wellness program for the duration of their stay. A maximum of one child sharing a room with their parents is permitted. Children below the age of 16 may not participate in any wellness activities or treatments and are not allowed into the wellness centre or its facilities, this includes the Fitness Centre and Lap Pool. Children are not allowed to use the swimming pools between midday and 4pm. For more information, please view the 'Children's Policy' section of your contract.

For more information about our Wellness Programs, please visit our website: [www.kamalaya.com/wellness-retreats](http://www.kamalaya.com/wellness-retreats)





**KAMALAYA**  
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