

FEEL LIFE'S POTENTIAL



*Enrich*

WELLNESS SANCTUARY  
& HOLISTIC SPA MENU



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## WELLNESS SANCTUARY & HOLISTIC SPA

Founded on the belief that true wellbeing is multi-layered and revolves around three complementary 'pillars', Kamalaya's innovative wellness philosophy supports holistic healing from the inside out. Flexibility and fluidity lie at the core of our offerings, we invite you to listen to your intuition in your search for internal harmony. Every person that walks through our doors has different needs, and at Kamalaya we give you the space, time and support to define and refine your wellness goals.

Authentic integrity is a Kamalaya trademark, and our Wellness Sanctuary & Holistic Spa is supported by a wide selection of multi-disciplinary wellness experts including a team of Thai therapists, registered doctor and nurses, TCM doctors, Ayurvedic specialists, naturopaths, local healers, meditation and lifestyle coaches, nutritionists, energy healers, qualified fitness instructors and spiritual mentors who will assist you in your journey back to health.

## GENERAL INFORMATION

Enjoy complimentary access to Shakti Fitness Centre, Leela and Om Steam Caverns, thermal plunge pools, Elixir Bar and the relaxation areas within the Wellness Sanctuary.

Complimentary activities start at 07.30 daily and run throughout the day. We invite you to check the Weekly Holistic Activity Schedule for more information and locations of the various classes and workshops.

Please feel free to wear the bathrobes provided in your room to the Wellness Sanctuary. We encourage you to leave your valuables in the safe provided in your room. To ensure you receive the full treatment time, please arrive at the Wellness Reception at least 15 minutes prior to your scheduled appointment to allow time for tea and changing if necessary.

Please advise our Wellness Receptionists and Hosts if you have any medical conditions, including pregnancy, that could cause complications. Guests with medical conditions are requested to consult a doctor or naturopath before booking a treatment.

Children below the age of 16 may not participate in any wellness activities or treatments and are not permitted access to the Wellness Sanctuary or its facilities.



## **WELLNESS SANCTUARY & HOLISTIC SPA FACILITIES**

Open daily from 08.00 to 20.00 and is situated beside Arjan Monk's Cave

### **LEELA & OM STEAM CAVERNS AND THERMAL PLUNGE POOLS**

Om Steam Cavern is located at the Wellness Sanctuary and is combined with hot pool and lounge pools in the relaxation area. Leela Steam Cavern is located next to the lap pool in Shakti Fitness Centre and is combined with a cold plunge for revitalising and energising. As these facilities are unisex, please wear a bathing suit or use the sarong provided in your locker.

**Open daily from 08.30 to 20.00**

### **SHAKTI FITNESS CENTRE**

Shakti Fitness Centre is unsupervised; however Personal Training sessions can be booked at the Wellness Reception on demand. Please note that appropriate clothes and sports shoes should be worn at the fitness centre.

**Open daily from 07.00 to 20.00**

### **PADMA I REFORMER PILATES**

Padma I is a fully equipped Reformer Pilates studio that accommodates up to five guests at a time and features Reformer Pilates machines. Please note that appropriate training clothes should be worn.

**Open daily from 07.00 to 20.00**

### **PADMA II FUNCTIONAL FITNESS**

Padma II Functional Fitness studio offers free weights equipment as well as bars and steps for effective functional fitness training. Guests are welcome to train on their own or book a personal training session with one of our highly trained personal fitness coaches. Please note that appropriate clothes and sports shoes should be worn.

**Open daily from 07.00 to 20.00**



## **YOGA PAVILION**

The hilltop Yoga Pavilion is perched atop Koh Samui's rugged coastline. This open-air, natural wood-floored space is perfect for yoga practice and for fostering a connection with nature. Nestled amidst giant, granite boulders and trees, the Yoga Pavilion draws in all elements of nature, offering a stunning panorama of the sea and outlying islands and mountains, and the perfect sunset view. Its capacity for yoga classes is up to thirty people. Please note that shoes should be removed before entering.

**Open daily from 07.00 to 20.00**

## **YANTRA HALL**

Overlooking the sea and encircled by majestic granite boulders and lotus ponds, the Yantra Hall was conceived as an inspiring venue for special retreats and events. Yantras are meditative geometrical diagrams. The Yantra Hall's design is based on the Sri Yantra, an ancient Asian symbol of creation. The resulting enclosed space is perfect for yoga, concerts and other events. Equipped with advanced audiovisual technology that includes video and sound recording, a projector, screen and technical support, it can be divided into two rooms to accommodate large and more intimate meetings.

## **LONGEVITY HOUSE**

Located near the Hillside Residences, this boutique facility offers contemporary supplementary therapies and treatments that are designed to support healthy ageing and a better quality of life. The regenerative new treatments that guests can choose from include IV Therapy, Ozone Therapy, Hyperbaric Oxygen Chamber Therapy and Podology. Longevity House services must be booked at the Wellness Reception.

**Open daily from 08.00 to 20.00**

## **RESERVATIONS**

Reservations can be made in person or by dialing the wellness receptions desk on extension 1700 between 08.00 and 20.00 daily.

**Treatments and services are available from 09.00 to 19.00**

## **CANCELLATION POLICY**

A fifty percent (50%) cancellation fee will be charged to your account for cancellations with less than four hours' notice. The full fee will be charged for a no-show. For treatments with Visiting Practitioners, the full fee will be charged for no-show and cancellation with less than four hours' notice.



## **NATUROPATHIC MEDICINE**

Naturopathic Medicine combines the healing traditions of ancient India, China and Europe with Western herbal medicine and modern scientific principles and technology. Naturopathic treatments include herbal medicine, nutrition and detoxification, flower remedies and homeopathy. Naturopathy draws on a wide array of natural healing interventions and diagnostic techniques to promote optimal health and to treat as well as prevent disease.

### **WELLNESS CONSULTATION**

**45 min**

Every guest of Kamalaya receives an initial Wellness Consultation. During this orientation, one of our Holistic Practitioners will talk with you about your wellness concerns and goals and then advise you on the best treatment plan to maximise the benefit of your stay.

### **WELLNESS CONSULTATION PROGRESS REVIEW**

**30 min**

Many of our scheduled Wellness Programs include a follow-up consultation. You may choose to see one of our Holistic Practitioners to review the progress of your program at any time.

### **NATUROPATHIC CONSULTATION**

**60 min**

Our ancestors knew the healing power of plants. Naturopaths utilise herbs for short or long term treatment to support, heal, nourish, stimulate or strengthen the body or body systems. A wide range of acute or chronic ailments can be addressed. The use of medicinal herbs promotes self-healing, greater wellbeing and prevention of disease. During a Naturopathic Consultation the practitioner looks at the person as a whole, reviewing signs and symptoms of all body systems, lifestyle and a brief review of diet. Treatment may include an individualised liquid herbal extract preparation, nutritional supplements and ways to optimise diet and lifestyle may also be discussed.

### **NUTRITIONAL GUIDANCE**

**60 min**

Healthy eating is an integral part of Naturopathy. The Naturopath will discuss your nutritional goals and look at current dietary patterns. Beneficial for people who already follow a 'healthy diet' as well as those who have little or no nutritional knowledge, this session gives plenty of easy to implement take-home advice and takes an educational look at how foods work in the body. Individualised nutritional advice will be provided for any specific health conditions.



## **HOMEOPATHY**

**75 min**

Based on the principle 'Let Like be Cured with Like', homeopathy uses minute doses of a substance to stimulate the body's vital force. This gentle yet powerful ancient healing art allows the body to balance and heal itself instead of fighting or suppressing symptoms. Prescribing a constitutional or 'complete' remedy can bring profound changes in acute or chronic ailments of a physical, mental or emotional nature. Physical, mental and emotional thoughts and feelings are discussed including fears, dreams, and aggravating and ameliorating factors. Acute or 'first-aid' homeopathic prescriptions are also available. These are easy to use, and safe and effective for children, the elderly, pregnant or breast-feeding women and even animals. They are also safe to use with other medications or herbal preparations.

## **BACH FLOWER REMEDIES CONSULTATION**

**60 min**

During a Bach flower remedy consultation your emotional and physical state will be discussed, allowing the practitioner to design a remedy formulated specifically to meet your needs. Flower essences were used in ancient Egypt as well as India, Asia, Europe, South America and by the Australian Aborigines. This system was rediscovered and popularised 80 years ago in England by the work of Dr. Edward Bach. He suggested that physical illness is actually a message from our higher self, calling for a change in our mental outlook and way of living. Positive qualities that reside deep inside us are brought forth and emotional blocks are removed by the essences. Their activation allows us to replace fear with courage, insecurity with self-confidence and hatred with love, thus renewing your passion for life.

## **BIORESONANCE ENERGY TREATMENT**

**20 min**

An excellent treatment to restore the body's energy systems and reduce the effects of jet lag, it produces a gentle pulsating energy field, stimulating the body's cells to activate various physiological processes. These gentle pulses are identical to the natural energy fields produced by the human body during exercise. Bioresonance harmonises the body's energy and stimulates meridian pathways where energy levels seem depleted. Therapeutically, it boosts performance, increases metabolism for weight loss, improves circulation and regulates blood pressure. Bioresonance stimulates healing and reduces pain, and can also improve digestion, enhance detoxification, stimulate the immune system and increase wellbeing by promoting restful sleep and relaxation. For a deeper relaxation effect, light and sound therapy are combined with the use of LED spectacles and headphones. More than one treatment might be recommended depending on your goals.



### **FAR INFRARED SAUNA**

**30 min**

Far Infrared Therapy provides deeply penetrating heat while maintaining a comfortable air temperature of 42 - 45 degrees Celsius delivering many therapeutic benefits: stimulates circulation and boosts immunity, increases metabolism and the burning of calories, deep cleanses the skin, reduces cellulite, and promotes detoxification to purify the body. It may also reduce heavy metal accumulation in the body by promoting skin cell regeneration while unburdening the body of toxins. Various skin conditions may also be treated, and joint or muscular inflammation reduced. Enjoy deep muscle relaxation to banish tension and stress.

Please arrive at Wellness Reception with sufficient time before this treatment to drink the necessary electrolytes for hydration purposes. The cold plunge pool should be avoided immediately after this treatment.

### **COLON HYDROTHERAPY**

**60 min**

Colon Hydrotherapy is recommended during a detoxification program. The therapy aids in the removal of plaque and waste matter that may have accumulated over many years in the large colon, creating blockages and sluggishness in our digestive system. This therapy can improve ailments associated with a poorly functioning liver, including headaches, fatigue, irritability, skin conditions and many common allergies. The treatment is performed by a highly trained nurse. The water is heated to a comfortable body temperature and any noxious chemicals or contaminants are removed by the filtration system. A series of 3 - 5 treatments may be required for a full cleanse and a herbal implant may be prescribed for you during this treatment to maximise its health benefits. Chi Nei Tsang abdominal massage is recommended before each session for the best results.

Please see Wellness Reception for further information on Colon Hydrotherapy treatment including preparation and after care.



## TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) is the contemporary version of China's 3,000-year-old medical system originating in Taoist philosophy. This ancient healing tradition is based on the recognition that there is a natural energy that resonates with the rhythms and cycles of life to which we are all connected. It is a comprehensive theoretical system based on the knowledge that vibrant health on all levels is the direct manifestation of a life lived in harmony with the principles of nature. The cycles, rhythms and principles of nature are thought to be fully expressed within the human body in the form of the Five Elements. Therapies and treatments used include well-established techniques such as acupuncture, herbal medicine, massage, nutrition, Qi Gong and forms of Chinese internal practices (breath, visualisation and movement) for cultivating Qi or vital energy and directing it towards the healing of self and others.

### INITIAL CONSULTATION

**75 min**

Your consultation begins with diagnosis, using TCM techniques such as pulse and tongue assessment to help determine the most appropriate treatment program. Our TCM Doctor will then prescribe a series of treatments to suit your condition utilising the appropriate Traditional Chinese Medicine modalities from the list below. This initial consultation session also includes treatment.

All subsequent TCM services offered, whether acupuncture, moxibustion, or cupping can be scheduled for 60 minutes or 90 minutes.

### ACUPUNCTURE

**60 / 90 min**

In Chinese Medicine, energy is believed to flow along pathways called meridians and it should flow in a free and unobstructed way, much like your bloodstream. If there is a blockage, then disease may manifest. Acupuncture aims to restore the flow of vital energy in the body for healing and revitalisation. Minuscule, hair-thin sterile needles are used on specific points (acupuncture points) in order to re-establish the flow of energy and thereby correct imbalances, restore health and bring about enhanced states of physical, emotional and mental wellbeing. Acupuncture facilitates and supports the body's innate ability to heal itself and to maintain optimal levels of wellness and vitality. Based on the ancient wisdom of China and using the finest acupuncture needles, this therapy stimulates and tones facial muscles as well as enhances circulation to revitalise and rejuvenate the face. For the best results, treatments every other day are recommended.



## **MOXIBUSTION**

**60 / 90 min**

Moxibustion involves the burning of Mugwort or 'ai ye'. The heat is applied to specific points and areas of the body to invigorate the circulation of Qi. This ancient technique increases blood circulation and vital energy while promoting the healing of various disorders and enhancing immunity and overall health.

## **CUPPING**

**60 / 90 min**

An ancient healing technique using glass or bamboo cups to release blockages and improve circulation in specific areas of the body (neck, shoulders, upper and lower back, thighs). The cups are either stationary or can be used as a moving cup massage. This stimulates the movement of stagnant Qi and blood to the surface, allowing for the flow of new, healthy Qi and blood to the desired area. Cupping is recommended where there is body stiffness, muscular pain or where increased circulation is desired.

## **FACIAL ACUPUNCTURE**

**60 / 90 min**

In this session, the practitioner treats the imbalance of physiological conditions that may influence your appearance by using both body and facial acupuncture points. Also known as cosmetic acupuncture, facial acupuncture boasts a wide range of benefits, including a reduction in acne and fine lines, as well as an improvement in overall skin texture. A powerful anti-ageing treatment with minimal side effects; improves the long-term health of skin by increasing elasticity and firmness and reducing fine lines resulting in a smoother complexion and an improved overall texture. It can help minimise deep wrinkles, reduce the double chin and minimise sagging skin.

## **CHINESE HERBAL MEDICINE CONSULTATION**

**75 min**

With over 300 herbs listed in the Chinese Materia Medica, Chinese herbal medicine is the world's largest organised system of herbal medicine. Chinese herbs can help restore balance of yin and yang by means of their stimulating, releasing, astringing, harmonising, tonifying, calming and detoxifying actions. A Chinese herbal remedy will consist of several herbs acting synergistically to treat the conditions presented. These remedies are gentler and more natural than conventional medicines.

After an in-depth consultation, our TCM practitioners will formulate a customised blend of herbs to address your symptoms and root imbalances and help bring you back into harmony. The herbs are particularly effective with chronic problems as well as the more acute versions of the common cold and flu.



## FUNCTIONAL MEDICINE ASSESSMENTS

Unlike conventional medicine, functional medicine is a biology-based approach that focuses on identifying and addressing the root cause of the disease rather than minimising its symptoms. Encouraging guests through their natural stages of life, Kamalaya supports their longevity through functional medicine therapies and treatments on their personalised journeys to lifelong wellness.

### FUNCTIONAL HEALTH TESTING WITH PAAR

Our bespoke functional health assessments in partnership with PAAR London, allow you to experience a deeply personalised holistic wellness immersion and more meaningful healing journey during your stay with us. Before arriving to Kamalaya, you have an option to choose a screening to match your wellness program. Just select a testing kit that best suits your health goals and receive it at home up to nine weeks before departing for Thailand. Your results will be available on arrival at Kamalaya where our expert wellness consultants will further customise your wellness retreat specific to your individual needs.

Alternatively, you create your own wellbeing and longevity assessment during your stay by selecting individual tests from the list below.

#### Food Intolerance Test

A comprehensive finger-prick blood test analyses reactivity to over 200 food and drink ingredients and provides insight into what elements possibly contribute to inflammation in the body.

*\*A minimum of 2 weeks for results.*

#### Gut Health & Microbiome Test

An advanced stool test that provides immediate, actionable clinical information for the management of gastrointestinal health. Utilising cutting-edge technologies and biomarkers, this test offers valuable insight into digestive function, intestinal inflammation, and the intestinal microbiome along with the root causes of gut symptoms originating from a disturbed gut microbiome.

*\*A minimum of 4 weeks for results.*

#### Minerals Balance & Toxicity Levels Test

Provides information regarding recent and ongoing exposure to potentially toxic metals, especially methylmercury and arsenic, and the time-averaged status of specific nutrient elements. This non-invasive screening test requires only 0.25 grams of hair.

*\*A minimum of 2 weeks for results.*



### **Anti-Oxidant & Vitamin Levels Test**

This bio-resonance test uses frequencies from your body to identify imbalances in levels of vitamins and minerals and trace elements to determine your anti-oxidant and supplement requirements. The test requires a hair sample.

*\*A minimum of 2 weeks for results.*

### **Skin DNA Test**

The saliva skin DNA test provides insight into the sequence of the different nucleotides which are called SNPs and can explain differences in your appearance, ageing and fitness. With the help of advanced DNA technology, we will measure the key drivers behind your ageing and provide a score in five areas: firmness and elasticity, skin sensitivity, wrinkling (glycation), free radical damage, sun damage and pigmentation. According to an overall score, a personalised skin care product group will be recommended to slow down and even reverse ageing.

*\*A minimum of 6 weeks for results.*

### **Genetic Traits Test**

This simple mouth swab test mainly focuses on genetic risk factors and the genetic influence that affect nutrition and fitness performance. It provides valuable insights into your body's responses to diet and exercise.

*\*A minimum of 4 weeks for results.*

### **Genetic Test for Predisposition to Diseases**

A molecular genetic test is used to detect genetic mutations associated with diseases that may appear throughout life. This predictive test identifies mutations that increase or decrease the probability of developing a disease in which genetics play a role to a greater or lesser extent. It serves to calculate the risks of suffering certain diseases and also plays an important role in the metabolism of different drugs. In addition to knowing the ancestry of a person. This test requires a saliva sample.

*\*A minimum of 6 weeks for results.*

### **Epigenetic & Biological Age Test**

The next frontier in DNA testing provides insights over time that detail updated health risk information. This test determines biological age, which is an accurate biomarker of the rate of ageing via finger-prick blood samples. This test can help you see how old you truly are and how changes in your behaviour or the environment can change the way in which genes work for better or worse.

*\*A minimum of 9 weeks for results.*



## HIGH-SENSITIVITY PREVENTIVE CANCER SCREENING

Before cancer develops, there are some early warning signs such as cell proliferation and disordered apoptosis (cell death). When cell proliferation occurs, certain tumour markers accumulate in the cells such as Apo10 and TKTL1. This process is common to all solid tumours, which allows the High-Sensitivity Preventive Cancer Screening to cover multiple organs for tumours in a single test.

Blood samples are collected by one of our caring nurses. Results may take up to seven days, following which, Kamalaya's in-house medical doctor reviews the results with you during an in-depth consultation. In addition to testing already-formed tumours, the screening can also detect if a person is in a high-risk or pre-cancerous state.

*\*This High-Sensitivity Preventive Cancer Screening only scans for solid tumours, other forms of cancer such as leukaemia (cancer of the blood) or myeloma (cancer of the bone) will not be detected. The test works with 97.5% accuracy.*

## COMPREHENSIVE CHECK-UP PACKAGES

Various comprehensive check-up packages are available through Kamalaya in cooperation with Bangkok Samui Hospital. For a complete list, please enquire at reception or consult with our team of nurses.

## BLOOD & URINE ANALYSIS

Blood and urine testing services are available through Kamalaya in cooperation with Bangkok Samui Hospital. For a complete list, please enquire at reception or consult with our team of nurses.

## FUNCTIONAL MEDICINE CONSULTATION

**15 / 30 / 60 min**

Appointments are available with our Functional Medicine Doctor for any health concerns or individual needs, including women's health checks and general annual health checks.



### **BIO-IMPEDANCE ANALYSIS**

**30 min**

Bio-impedance analysis (BIA) is a method of measuring several key health markers, including hydration levels, the ratio of body fat against lean muscle mass and cellular vitality. It helps determine a realistic measure of your health and wellbeing, providing helpful information for setting goals for weight management and fitness and making appropriate recommendations to achieve a better body balance to improve overall health and prevent illness. A full body Bio-Impedance Analysis gives valuable information on cellular health, metabolism and toxicity to help create naturopathic, nutrition or exercise programs suited to your individual needs.

### **3D FULL BODY SCAN**

A comprehensive fitness and alignment scan measuring various metrics including Body Composition, Circumference Measurement, Postural Balance, Basal Metabolic Rate (BMR) represented in an avatar to easily track your progress. An essential tool for fitness, weight rebalancing and structural alignment. A digital report will be analysed by your Physiotherapist or Fitness expert who will make the best recommendations on how to target your wellness goals. A follow-up scan can be booked to track your progress.

**Physiotherapy Session with 3D Scan**

**90 min**

**Holistic Fitness Evaluation with 3D Scan**

**90 min**

**Follow-up 3D Scan**

**30 min**



## LONGEVITY TREATMENTS & THERAPIES

Unlike conventional medicine, functional medicine is a biology-based approach that focuses on identifying and addressing the root cause of the disease rather than minimising its symptoms. Encouraging guests through their natural stages of life, Kamalaya supports their longevity through functional medicine therapies and treatments on their personalised journeys to lifelong wellness. The regenerative new treatments that guests can choose from include IV Therapy, Ozone Therapy and Hyperbaric Oxygen Chamber Therapy, all available at our dedicated Longevity House.

### IV INFUSION THERAPY

**minimum 60 min**

In support of your journey to lifelong wellness, an extensive selection of IV therapies is available to enhance health, performance and longevity. Whatever your concern, our potent infusions provide powerful benefits from boosting brainpower, metabolism, energy levels and immunity to reversing the signs of ageing.

#### Age Defy & Repair

Known as the 'anti-ageing molecule' because of the many roles it plays in promoting health and prolonging lifespan, the key component of this infusion is NADH (Nicotinamide Adenine Dinucleotide). Present in all living cells, its therapeutic benefits are potent and far reaching. This infusion targets body and brain function decline, while assisting with muscle regeneration alongside an athletic training program. Additional benefits include improved focus, memory and mental clarity. With its ability to protect and repair DNA, this is the ultimate all round anti-ageing infusion.

This IV drip is recommended as accompaniment to meditation practice, to support work requiring concentration and focus, or recovering wear and tear on the body.

#### Fortify Immunity

This immune boosting blend enhances the body's natural resilience and acts as a preventative intervention against falling ill. By encouraging the production of white blood cells to protect against infections and reducing acidity in the body to provide potent anti-oxidant support, this infusion reduces the duration and severity of illnesses and enhances the duration time for healing injuries and wounds.

This IV drip is recommended for recovering from injury or illness, enhancing immunity when the body is depleted and for protecting from oxidative stress.



### **Metabolism Boost**

This potent blend helps the body to metabolise carbohydrates, proteins and fats, allowing the energy stored in food to be used more efficiently, supporting healthy, balanced body weight. The B-complex vitamins in this infusion are vital in energy production, helping to restore a feeling of deep vitality while supporting a healthy nervous system.

This IV drip is recommended for supporting a weight loss program, improving energy levels and reducing fatigue and for supporting healthy cardiovascular system.

### **Cleanse & Purify**

This treatment enhances the body's natural detoxification processes and restores health to liver tissue after exposure to medications, drugs, alcohol and environmental toxins. Infused with potent anti-oxidants to reduce the side effects of exposure to toxins, this blend provides relief from symptoms associated with the detoxification process. This deeply rejuvenating therapy elevates energy levels and wellbeing.

This IV drip is recommended for enhancing the effects of a detoxification protocol, reducing cravings and addictions and reducing oxidative stress.

### **Energy & Endurance**

Strengthen your structural strength with this infusion designed to support optimal physical performance. This blend enhances healthy neuromuscular functioning, bone density and cell metabolism. Anti-oxidant support will speed up recovery time between training sessions and help the body to recover from injury.

This IV drip is recommended for enhancement of an exercise program, supporting strong bones and muscles and improving blood circulation.

### **Rejuvenate & Glow**

Bursting with skin-loving anti-oxidants, this blend enhances radiant luminosity, reduces fine lines and wrinkles leaving skin supple. The complexion is brightened as you glow from the inside out. As well as instant results, this treatment also helps to slow the skin ageing process.

This IV drip is recommended for skin repair and renewal, to brighten complexion, improve skin texture and reduce inflammation.



## **OZONE THERAPY**

**60 - 90 min**

Enhance the progress of your recovery from infections and viruses, heart conditions, wound healing from surgery and injury, or get support for autoimmune diseases, respiratory issues and digestive problems with powerful Ozone Therapy treatments. Boost your immunity, aid healthy ageing and improve overall wellbeing and vital energy.

Ozone therapy is done through autohemotherapy by drawing from your blood, mixing it with medical-grade oxygen that is exposed to UV light creating O<sub>3</sub> bonds and reinjecting it into your bloodstream. The treatment is completely safe and painless and is supervised by our in-house medical team, while highly trained medical nurses administer an activated form of oxygen. The nurse will be present throughout the treatment to ensure guests are comfortable. One session may last 60-90 minutes depending on your overall health and physical condition.

## **HYPERBARIC OXYGEN THERAPY (HBOT)**

**60 - 90 min**

With hyperbaric oxygen therapy (HBOT) blood plasma can carry many times more oxygen to the tissue than is possible under normal atmospheric pressure which stimulates the regeneration of cells. Apart from providing exceedingly good results for age-related conditions, this invigorating treatment offers solutions for a wide variety of cases. Used to help improve the quality of life for patients with cancer and brain dysfunction, those with chronic fatigue syndrome, as well as those suffering from sports injuries, HBOT is ideal for anyone who is serious about their overall wellbeing.

Before a guest undergoes hyperbaric oxygen therapy, Kamalaya's medical team will examine the guest's physical condition to ensure safety and prevent any possible complications. Once approved, the guest will be assisted into the hyperbaric chamber. Inside the chamber the guest will lie wearing an oxygen mask, while 93 - 97% pure oxygen is released and the atmospheric pressure is increased to greater than normal. Inside the chamber, the guests can adjust their posture and position so that they are comfortable and relaxed throughout the treatment.

The therapy session lasts between 60 - 90 minutes and the number of recommended HBOT sessions depends on the purpose of the treatment and how well the patient responds to the therapy. When the session is complete, the chamber is slowly depressurised to normal atmospheric pressure before the guest can exit the chamber. This treatment is not suitable for those with claustrophobia.



## **PHYSIOTHERAPY**

### **PHYSIOTHERAPY SESSION**

**60 / 90 min**

Physiotherapy helps to address reduced freedom of movement and function caused by postural imbalances, natural ageing and trauma. Our expert Physiotherapist will first evaluate your condition, taking into consideration alignment, posture, gait and any obvious restrictions of movement. As well as helping to relieve pain, physiotherapy treatment also incorporates practical exercises to improve your range of motion, correct muscular imbalances, rehabilitate injuries and guide you on the path to recovery. The first session includes an initial assessment and treatment. Follow up sessions can be booked for 60 minutes or 90 minutes.

### **MYOFASCIAL RELEASE THERAPY**

**60 min**

Myofascial Release Therapy focuses on releasing muscular shortness and tightness by using therapeutic massage and pressure point techniques on the thin layer of connective tissue or 'fascia' located beneath the skin. The role of fascia within the body is to attach, stabilise, cover and separate our muscles and other internal organs. Inflammation, trauma, surgical procedures and structural imbalances can create restrictions in this connective tissue leading to pain and reduced motion. Myofascial Release Therapy is an effective treatment for carpal tunnel syndrome and can also be used to address ongoing back, shoulder and hip pain as well as other affected areas that contain soft tissue.

### **TARGETED RADIOFREQUENCY THERAPY (TR-THERAPY)**

**60 min**

By utilising targeted electromagnetic wave frequencies, the healing process of acute and chronic sport injuries and musculoskeletal disorders is accelerated. An excellent aid when treating local muscle spasm, trigger points, fibromyalgia, tendinitis, cervical pain and post-traumatic edema. TR-Therapy will be combined with massage, passive motion, muscle activation or other physiotherapy manual techniques. The therapeutic effect is noticed instantly, and the benefits are experienced long after the session.

### **REVIVAL EXERCISE**

**60 min**

Our Physiotherapist will begin with a detailed analysis of your posture, muscles and gait to identify any imbalances. They will then create a customised program of Revival Exercises designed to strengthen the body and stabilise the joints. These Revival Exercises may incorporate Pilates exercises, stretching and other techniques to enhance core stability, improve muscular posture and correct structural imbalances.



## **ABDOMINAL ORGAN THERAPY**

**60 min**

Abdominal Organ Therapy is a manual therapy consisting of gentle, specifically placed manual forces that encourage normal mobility, tone and tissue motion of the internal organs, their connective tissue and other areas of the body. Motion is a sign of life itself. Everything in the universe is in motion. Everything moves in space and time and humans are no exception to this rule. Our bodies need movement to be healthy. This same principle applies to every structure in our bodies including the internal organs. Tissues lose their normal motion when they become inflamed. It can be conceptualised as a localised drying out of the affected tissues. Many factors can cause tissue inflammation including: infections, direct trauma, repetitious movement, diet, environmental toxins and emotional stress. The natural healing process involves local disruption of these relatively inelastic, granular tissues and their restoration to normal tissue fibres with the reability for appropriate motion.



## MENTAL & EMOTIONAL HEALING

Discovering the power of the mind can help you to create beneficial life changes in many areas. Whether you are embarking on a program as part of a new beginning, or simply taking some time out to recharge and re-energise, taking care of the mind, emotions and thought processes is a vital part of an integrative approach to a more balanced lifestyle. Mental and emotional healing can play a big part in supporting changes in your life, including physical changes. Our therapists can help to guide you and will provide stress management strategies and healing modalities to suit your individual needs.

### STRESS MANAGEMENT

90 min

Ultimately caused by imbalance, stress is the body's attempt to regain balance. Ongoing stress causes a prolonged physiological response that results in every system within the body being affected, sometimes without you being aware; circulatory, respiratory, nervous, digestive, immune and hormonal systems are all at risk. Poorly managed stress can have serious consequences and may manifest physically, mentally and emotionally. After assessing your lifestyle and key stressors, your goals will be discussed, followed by the recommendation of practical tools and techniques to better manage the effects of stress in your life. These strategies may help you to feel more in control of situations, feel calm, think clearly and cope better in times of stress. With daily practice, you may be able to manage potentially stressful situations in a proactive as well as reactive manner.

### MIND-BODY BALANCE

60 min

"Balance is the key to a healthy life". The Mind-Body Balance sessions are aimed at bringing balance in our emotional and mental realms which in turn affects the physical realm. Your practitioner may assess you for signs and symptoms of mood and emotional imbalances, anger, anxiety and excessive worrying which may manifest as physical exhaustion, weight gain, eating disorders and insomnia. Through a process of counselling, yoga Nidra, pranayama and meditative practices, your personal mentor will help you find this inner balance.

### PERSONAL MENTORING

60 / 90 min

Personal mentoring sessions create a holistic healing experience that affects the physical body and brings balance to the emotional and spiritual realms. These sessions focus on helping you become free of conflicting and repetitive responses, rediscover your core strengths and values, establish greater love and connection in relationships, heal past emotions and discover a wonderful new way to get the best from life. Your Personal Mentor will take you through a process of healing using profound insights, powerful practices and ancient techniques of divine energy transfer.



## **MEDITATION**

**60 / 90 min**

Meditation restores a state of balance and peace and leads us to greater levels of physical, mental, emotional and spiritual wellbeing. Learn tailor-made meditation techniques to suit your needs, goals and level of experience. With regular practice you will experience profound shifts and enhanced feelings of peace and happiness.

## **PRANAYAMA**

**60 / 90 min**

Pranayama is a system of yogic breathing techniques designed to maximise the flow of prana (vital life force). A private session will guide you in various techniques to control and regulate the breath, helping to calm the mind, balance emotions and reduce stress and anxiety. Your session will be tailored to your specific needs and level of experience.



## AYURVEDIC THERAPY

Ayurveda, the 'Science of Life', is a holistic system of natural medicine that is first described around 3,500 BC in the Vedic texts of ancient India. It promotes living an existence that is balanced and in harmony with all aspects of life - the physical, emotional, mental and spiritual. Please note, it is recommended that on the day of your treatment, you refrain from showering and using the Steam Cavern until after your treatment has concluded. Allowing time for proper rest afterwards is highly recommended by our specialists.

### ROYAL AYURVEDIC TRADITIONAL MASSAGE

**60 / 90 min**

A traditional Indian massage using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems of the body. This detoxifying therapy uses warm herbal curative oil to leave you feeling refreshed, balanced and rejuvenated. The oils are generously poured over the entire body and then vigorously massaged into the skin. This traditional Indian massage detoxifies your body and revitalises your spirit. A steam bath is recommended following this massage.

### MARMA POINT MASSAGE

**90 min**

Marma points are energy pathways where the body and mind communicate. Working on 107 energy points throughout your body to release toxins and relieve stress and tension, a Marma Point Massage will leave you in a state of complete harmony and bliss. A cleansing and harmonising therapy, it is a combination of energy balancing along with a subtle and circular stimulation of the Marma points. This therapy will leave you with a long-lasting sense of calm, rejuvenating your entire body.

### SHIRODHARA

**60 min**

Shirodhara therapy works through to the deepest levels of one's being. 'Shiro' translates from Sanskrit as head and 'dhara' as flow. A stream of warm, medicated oil is poured continuously on the forehead which helps to connect and energise the 'nadis', various energy channels that sustain our lives - from the circulation of fluids on the physical level to the subtle currents running through the meridians, chakras and auras. Using technical skill and intuition, this specialised treatment helps to improve blood supply, thereby increasing the flow of nutrients and oxygen, relieving tension and promoting a clear pathway for nerve impulses to balance the nervous system and restore vitality. Shirodhara is ideal for sinus congestion, insomnia and for clarity of mind. It is highly recommended that you avoid the sun for several hours after your treatment.



### **KATI VASTI**

**60 min**

Kati refers to the lower back in Sanskrit. This treatment focuses specifically on treating discomfort relating to the back, such as chronic tension, a prolapsed disk or sciatica. Kati Vasti also benefits hypertension, cardiac related conditions and fertility. Psychological imbalances relating to fear, shock and the feeling of lack of support in life correlate to this area of the body in Traditional Chinese Medicine. A medicinal paste is applied in a ring around the affected area and warm Ayurvedic oil is poured in its centre. The oil is kept within the ring for 30 minutes. This application is followed by back massage and steam with hot towels for a deeply nourishing and supportive experience. It is highly recommended that you avoid the sun for several hours after your treatment.

**Also available with warm herbal compress 90 minutes.**

### **PATHAGANJALY (MASSAGE USING THE FEET)**

**90 min**

This full body massage is performed with the guest lying on the floor. Heated oil is applied and massaged into the muscles by the therapist's hands and feet. 'Patha' is Sanskrit for feet and refers to the therapist's use of the feet to massage the guest by carefully and skillfully walking on the body. This relaxing treatment promotes the release of tension, improves muscle flexibility, alleviates back pain and enhances circulation. Pathaganjaly allows for a strong application of pressure, especially recommended for those with well-developed or tight muscles or anyone who prefers a strong pressure massage.



## **HOLISTIC & THERAPEUTIC BODY TREATMENTS**

### **KAMALAYA SIGNATURE TREATMENT - THREE TREASURES**

**90 min**

According to ancient Taoist theory, the body has three main energy centres - the 'Three Dantian' also known as 'Three Treasures' - where our life force or vital energy 'Qi' is gathered, stored and distributed throughout the entire body. This treatment combines healing methods selected for their ability to activate, harmonise and balance the 'Three Treasures' in order to restore the flow of vital energy for healing and revitalisation. These include techniques from Tui Na massage, Reiki and crystal healing as well as aromatherapy using Kamalaya's bespoke 'Three Treasures' oil blends created specifically for this treatment. As well as supporting the individual function of each energy centre, it promotes an enhanced balance and harmony of the mind, body, emotions and spirit and creates an overall feeling of peace and integral alignment.

### **CHI NEI TSANG (TAOIST ABDOMINAL MASSAGE)**

**30 / 60 min**

Chi Nei Tsang is excellent for a diversity of health imbalances from digestive problems to nervous tension and stress. It promotes circulation and therefore health of the internal organs, while also balancing the nervous system to release stress and facilitate healing. Based on the Taoist theory that refers to the 'gut' as a 'second brain', this treatment releases stored emotional and psychological tension and stress thereby promoting healing on an emotional level. A series of treatments is most beneficial. Chi Nei Tsang is especially recommended for all detoxification, stress release and weight balancing programs.

### **LYMPHATIC DRAINAGE THERAPY**

**90 min**

This detoxifying treatment uses gentle rhythmic strokes and soft pumping movements to encourage the movement of lymphatic fluid without the firm pressure techniques of a regular massage. The lymphatic system acts as a transportation network for the immune system and as a filter for harmful toxins. By encouraging the movement of lymphatic fluid to localised lymph nodes your body is supported in efficiently eliminating waste products. Lymphatic drainage may be particularly beneficial in addressing water retention, detoxification and weight loss. This gentle and soothing treatment is also recommended to calm the nervous system and restore sleep. For maximum benefits, two or more treatments are recommended.



## **REIKI**

**60 min**

A Japanese word meaning Universal Life Energy is a therapy in which the Reiki healer is a channel or conduit for the energy. Reiki is an extremely effective technique for stress release and total relaxation. A sense of peace, vitality, and joy combined with the extremely pleasant feeling of security are common experiences. Reiki accelerates the body's natural healing power and opens the mind, body and spirit in order to restore balance on an emotional and mental level. It is a nurturing energy that harmonises the mind, body and soul.

## **INDIAN HEAD MASSAGE**

**60 min**

Based on the ancient healing system of Ayurveda, this massage treatment is received in a seated position to relieve tension and blockages from your shoulders, neck, back and scalp. Using deep thumb and finger pressure, you will experience improved circulation to the head, the release of emotional and physical tension and an enhanced state of relaxation and mental clarity.

## **TRADITIONAL ASIAN HAND MASSAGE**

**45 min**

Inspired by Korean hand acupuncture, this highly effective treatment opens the energy channels of your chest, lungs and heart centres thereby facilitating the release of accumulated emotional stress and old emotional patterns (particularly those associated with sadness and grief). Profoundly effective for opening your heart centre and facilitating the flow of joy, love and bliss, this treatment has a deeply balancing effect on your psyche. It also soothes the nerves in the arms and hands and helps reduce tension associated with desk work.

## **TRADITIONAL ASIAN FOOT MASSAGE WITH HERBAL FOOT SOAK**

**90 min**

A nourishing treatment that begins with a warm foot soak infused with locally sourced fresh and dried herbs renowned for their therapeutic properties. These herbs help to reduce muscle tension and stress, induce better sleep, inhibit arthritis, reduce inflammation and improve overall blood circulation. The optimal temperature of the bath allows the warmth to gradually penetrate and move up the legs and deeper into the body, bringing with it a welcome sense of calm and rejuvenation. A traditional Asian Hand Massage is then performed to open the energy channels of the chest and related organs, as well as open the lungs for deeper breathing and the release of accumulated stress and emotions. Following this, a Traditional Asian Foot Massage works on specific pressure points to systematically activate nerve reflexes, thereby stimulating all the body's organs and tissues to improve overall function and wellbeing.



### **TRADITIONAL ASIAN FOOT MASSAGE**

**60 min**

Ancient Chinese theory of approximately 5,000 years ago observed that feet are miniature maps of your entire body, with specific points on the feet corresponding to all major body parts and organs. This treatment uses specific pressure points to systematically activate the nerve reflexes, thereby stimulating all body organs and tissues to improve overall function and wellbeing. Effective for calming the mind, relieving headaches and inducing deep and restful sleep.

### **TRADITIONAL THAI MASSAGE**

**60 / 90 / 120 min**

Thai massage is based on the discovery of ten invisible energy lines called Sen, which run along the body. Your journey begins with a masterful combination of Thai stretching techniques and deep tissue pressure point massage. This stimulates the blood flow, releases toxins and allows the body to naturally heal itself and restore suppleness. Daily Thai Massage can help accelerate the pace of the detoxification process and reduce any discomfort.

### **TRADITIONAL HERBAL COMPRESS MASSAGE**

**90 / 120 min**

The use of herbal heated compresses is a traditional Thai therapy that dates to ancient times, when it was the secret healing technique of Buddhist monks and local herbal healers. Thai Herbal Compress involves special poultices made of herbs and spices that are wrapped in muslin and steam heated. Steam heating allows the release of natural essential oils and aromas from the herbs and spices to help promote deep relaxation, reduced stress and fatigue, increased physical wellbeing, enhanced alignment and postural integrity of the body, improved circulation of blood and lymph and the stimulation of the internal organs.

### **TRADITIONAL THERAPEUTIC TREATMENT**

**60 / 90 min**

Traditional Thai Therapeutic Treatment is also known as 'medical massage' and is based on the royal Thai style, 'Rajasamnak' which was historically only used to treat the Thai aristocracy and the royal family. Furthermore, the theory behind Traditional Thai Therapeutic Treatment is also based on the medical inscriptions and illustrations displayed at Wat Pho temple in Bangkok. This temple is renowned for its prestigious massage school which utilises ancient pressure point techniques. These therapeutic points and energy pathways known as Sen, are based on the principle of energy flow where applying massage techniques at precise anatomical locations produces specific therapeutic effects.



### **VITAL ESSENCE OIL MASSAGE**

**60 / 90 min**

Kamalaya's unique Vital Essence Oil Massage combines Asian knowledge of energy principles with the science of aromatherapy to create the perfect synergy between East and West. This magical and harmonising experience is a simple and effective way to let go of tensions, improve your health, balance your emotions and enhance your life. One of our Five Element essential oils will be selected to suit your body's constitution: Water, Wood (Air), Fire, Earth and Metal (Ether).

### **UPPER BODY TENSION RELIEF**

**75 min**

This deep-tissue massage focuses on releasing tension and discomfort in the areas most affected by lifestyle and stress. Modern lifestyles promote poor posture, limited or repetitive movement. This leads to an imbalance in our natural flow of movement causing restricted blood flow, blocked energy circulation and even shallow breathing which often manifests as tension, fatigue and pain. Overworked areas such as back, neck and shoulder muscles tend to contract causing tightness and pain. By working deep into the layers of muscles and connective tissue with slow but very firm strokes, this massage effectively relieves tension and contractions in those areas and guides the body back to its natural state of balance. This treatment may also help to relieve headaches and stress.

### **LOWER BODY TENSION RELIEF**

**75 min**

With a specific focus on addressing the lower back and legs which are much affected by modern sedentary lifestyles, this treatment provides an intensive release of tension and stress using a variety of therapeutic and remedial techniques. This massage treatment improves blood circulation, alleviates anxiety and brings about a state of deep relief and relaxation. Potent active ingredients penetrate the tissue and strengthen muscles and joints used together with techniques that will dissolve any tension in the body.



## **NURTURING BODY TREATMENTS**

### **ORIENTAL HERBAL DETOXIFYING BODY SCRUB & WRAP**

**75 min**

Oriental herbs are used to gently exfoliate the body in order to improve overall circulation. This is followed by an invigorating body wrap using Thai White Mud, which has long been used by Thai women for cleansing and brightening the skin. The addition of aromatic Thai herbs, each specially selected for its beauty and health-enhancing properties, warms and stimulates the body to enhance circulation. This treatment is recommended for reducing water retention, improving sluggish circulation, muscular problems and detoxification.

### **LOTUS SEED SCRUB**

**45 min**

A unique selection of lotus seeds is used to exfoliate the body and remove dead skin, while the power of lotus aromatherapy helps to relax the mind and awaken your inner spirituality. Recommended for dry, sensitive, dehydrated and sunburned skin.

### **LOTUS BLOSSOM WRAP**

**45 min**

Treat yourself to the Lotus Blossom Wrap to replenish, hydrate and heal the skin while you enjoy a 20 minutes scalp massage. The power of lotus aromatherapy helps to relax the mind and awaken your inner spirituality. Recommended for dry, sensitive, dehydrated and sunburned skin.

### **LOTUS SCRUB & WRAP**

**75 min**

Combining the exfoliating benefits of our Lotus Seed Scrub and the replenishing and healing properties of Lotus Blossom Wrap for a rejuvenating mind-body experience.

### **ALOE VERA WRAP**

**45 min**

Aloe Vera aids in the gentle removal of dead skin cells improving the skin's ability to hydrate itself. With its anti-inflammatory qualities, this cooling and soothing leave-on wrap is perfect for skin overexposed to the sun or to ease itchiness from skin irritations and insect bites. Suitable for even the most sensitive skin.



## **FACIAL TREATMENTS**

Our Organic Pharmacy facials integrate herbal, homeopathic and performance-driven organic cosmetics to create new standards in natural beauty. Developed and tested in London laboratories, our skin care products are 100% chemical free, luxurious and effective. All the ingredients are of the highest pharmaceutical and cosmeceutical standard, sustainably sourced and where available, organic. Please note that our facials do not include extractions.

### **HOLISTIC ACUPRESSURE FACIAL MASSAGE**

**75 min**

The result of a collaboration between our Thai medicine practitioner and cranio-sacral therapist, this deeply relaxing treatment uses traditional Thai meridian principles to slow down a hyperactive mind and restore inner calm. The face is gently prepared with coconut oil before acupressure points on the face, neck and ears are stimulated using fingertips and heated herbal compresses packed with nourishing Thai medicinal powders. The massage technique promotes lymphatic drainage for a detoxifying effect that leaves you with a clear head, radiant glow and a soothed soul.

### **POWER LIFTING FACIAL**

**60 min**

Suitable for all skin types, this therapy tightens and brightens tired skin with a powerful anti-oxidant infusion. Sonic deep cleansing followed by the most advanced non-invasive face lift technology by Pure Lift Pro+, stimulate facial muscles to reduce puffiness while the restorative powers of The Organic Pharmacy's specialised serums visibly tone and tighten, leaving your skin renewed and rejuvenated.

### **IMMUNE RECOVERY FACIAL**

**60 min**

Suitable for all skin types, this facial combine deep cleansing and a rose crystal massage to soothe the heart and solar plexus chakras. Creating a sense of calm while imparting powerful skin benefits, you will experience inner peace, harmony and balance from the inside out.

### **ANTI-AGEING REVIVE & AWAKENING FACIAL**

**75 min**

Suitable for dry and mature skin, this revolutionary facial creates extraordinary rejuvenating results. Boosting circulation, delivering nutrients and anti-oxidants deeper into the skin, renews skin cells and repairs skin damage. Age-defying contouring techniques lift facial tissues and re-energise the skin, while a Rose Quartz Crystal facial massage relaxes and tightens pores, leaving your skin with a healthy glow.

### **SIGNATURE ROSE LYMPHATIC FACIAL**

**90 min**

This deeply cleansing facial is followed by the application of three masks to decongest, brighten and hydrate, leaving the skin fresh and radiant. Lymphatic drainage and acupressure massage firm the skin and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes a deep sense of relaxation.



## **PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ**

The Pedi:Mani:Cure Studio by Bastien Gonzalez is internationally famous for its unique medical approach to foot treatments. Drawing on professional expertise and experience as a French podiatrist, his exclusive treatments for feet, nails and hands are a fusion of wellbeing and beauty.

### **BASTIEN'S PEDICURE**

**75 min**

A comprehensive dry pedicure, with gentle buffing to restore the natural beauty of the nails, revealing a healthy shine; followed by a skin treatment to effectively eliminate irregularities, hard skin and dryness; culminating in a deeply relaxing massage from the toes up to the knees relieving any tension and heaviness.

### **BASTIEN'S MANICURE**

**60 min**

An exceptional manicure in 3 steps: a cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands and fingers. An unforgettable experience.

### **NAIL ENLIGHTMENT**

**45 min**

A foot treatment focusing on the beauty of nails, and cuticles and light smoothing of skin dryness. Nails are reshaped and buffed with chamois leather and a pearly buffing cream. Resulting in healthy, shiny and natural beauty to nails. It ends with a relaxing foot massage.

### **FOOT 'REFOUNDATION' MASSAGE**

**45 min**

A treatment designed for the total wellbeing of the feet and legs. This truly relaxing massage is from the toes up to the knees, focusing on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of the feet. The preliminary exfoliation performed with the Black Diamond Scrub will ease the penetration of the cream used during the massage optimising the effects of its active ingredients. Ideal for heavy and tired legs after a long flight or training.

### **PARAFFIN TOUCH**

**20 min**

After a Bastien's pedicure or a Bastien's manicure, this optional treatment is recommended for very dry feet and hands. With the warmth and the occlusive action of the paraffin, perspiration occurs on the upper layer of the epidermis hydrating the skin. Paraffin also has soothing properties which help the feet and hands to become soft and silky.

### **BLACK DIAMOND SCRUB TOUCH**

**10 min**

Elevate your pedicure or manicure by adding the Black Diamond Scrub Touch. This mineral foaming scrub permits vigorous natural exfoliation, aiding the removal of dead skin cells leaving it smooth and silky. Essential thyme and sage oils contribute to maintaining healthy and elegant feet and hands.

### **REMOVAL OF GEL NAIL POLISH**

**20 - 30 min**



## **SPA NAIL CARE**

SPA MANICURE	60 min
SPA MANICURE WITH NAIL POLISH	90 min
SPA PEDICURE	60 min
SPA PEDICURE WITH NAIL POLISH	90 min

## **WAXING**

BIKINI LINES	60 min
LEGS	90 min
HALF LEGS	60 min
UNDERARMS	30 min
ARMS	60 min
CHEST	60 min
BACK	60 min



## **PERSONAL TRAINING**

Our Personal Fitness Trainers are available to help, guide, motivate and inspire you to reach your fitness goals and provide professional training advice during your stay.

### **STRENGTH, BALANCE & STABILITY TRAINING**

**60 min**

Strengthen your muscles, tendons, ligaments and bones to build and maintain full body strength, balance and stability. Our fitness coaches will develop and deliver a program of exercises which will keep you functionally strong and protect you from injury during any sport, exercise or even accidents.

### **CARDIORESPIRATORY TRAINING (MAXIMAL FITNESS/HIGH INTENSITY)**

**60 min**

Our personal trainers will work with you to improve your maximal aerobic capacity with a series of cardiorespiratory training routines. This develops your ability to process oxygen, boost fitness, energy levels and make walking up steps or hills effortless.

### **FUNCTIONAL LONGEVITY TRAINING**

**60 min**

Stay strong, mobile and stable well into your later years. Easily and safely push, pull, sit, stand, carry, lift, climb as evolution intended. Functional fitness is an excellent way to develop all your body's natural abilities and prevent injury during sport or everyday activities.

### **FUNCTIONAL MOBILITY TRAINING**

**60 min**

Identify and fix muscle and mobility imbalances to reduce pain, movement impingements and improve overall mobility for any sport or exercise. Our coaches will work with you to triage any muscular or mobility imbalances to improve your performance in your chosen sport or simply alleviate symptoms from any previous issues.



## **AQUA TRAINING**

**60 min**

In a group or one-to-one basis, enjoy the supportive buoyancy of the water combined with some muscle stimulation and cardio aerobic movements using hand buoys, aqua bikes and floats. Ideal for those with mobility issues or coming back to fitness from injury or surgery.

## **SWIMMING LESSONS**

**60 min**

Increase your confidence in the water with our expert swimming coaches in our lap pool with stunning views over the Gulf of Thailand. There is no better place to finally get your water wings!

## **TRX SUSPENSION TRAINING**

**60 min**

TRX (Total-Body Resistance Exercise) is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. Perfect for those wishing to safely develop full body strength and stability or those coming back from an injury.

## **SUPER STRETCHING**

**60 min**

This session focuses on deep stretching of the muscles using a clear understanding of physiology and anatomy. The assisted stretches and strong pressure utilise aspects of Thai massage and yoga to help relieve muscular tension and promote healthy circulation. Super Stretching is ideal for warming up the body prior to exercising and is equally effective after yoga or exercise to warm down and improve muscle flexibility.



## HOLISTIC MOVEMENT CLASSES

Most holistic fitness practices are available as group or private classes.

### QI GONG

60 min

Qi Gong, 'Vital Force - Energy Cultivation', is based on ancient Chinese wisdom that promotes states of vibrant health physically, mentally and spiritually. Gentle movements, breathing practices and meditation are combined to increase vitality and bring about internal harmony.

### TAI CHI

60 min

Tai Chi is an ancient Chinese discipline to promote health, relaxation and meditation. Using gentle movements in combination with controlled breathing, Tai Chi is great for releasing tension, maintaining and enhancing muscle suppleness and tone, and promoting a heightened integration of body, mind and spirit.

### REFORMER PILATES

60 min

This is a full body strengthening system designed to target your core muscles featuring Reformer Pilates machines. This form of Pilates is generally more intense and more dynamic than mat-based Pilates as it adds resistance to the Pilates exercises via the use of the springs which form part of the machine. Reformer exercises are designed to build up strength and muscle tone without bulking you up. The movements will help you develop proper body mechanics for better posture and balance and be more flexible and energetic.

### HATHA YOGA

60 / 90 min

Hatha Yoga is a general term for all physical yoga practices. The word Hatha implies balance; within the body, between different forces, between the energy of the sun and the moon, between strength and flexibility, and between the body and mind. This class is a good introduction to the holistic practice of yoga and basic yoga postures, variations of postures are offered to suit different levels.



### **YIN YOGA**

**60 / 90 min**

Yin yoga is a style of yoga which is passive and still. Postures are entered into slowly and are held from one to five minutes with the use of props to aid the physical body to relax. This enables stretching to occur into all layers of connective tissue and to help stimulate and balance the energy channels throughout the body. A Yin practice is an opportunity to practice concentration and mental stability while encouraging a feeling of releasing and letting go. No previous yoga experience is needed to join this class, options for all levels are offered.

### **THERAPEUTIC YOGA**

**60 / 90 min**

An inherently holistic approach that simultaneously works within body, mind, breath and spirit in order to strengthen all body systems through gentle postures, bandha and mudra techniques.

### **VINYASA YOGA – DYNAMIC FLOW**

**60 / 90 min**

An active class in which postures and movement are linked together with breath to bring mobility to the body and stability to the mind. Postures also help build overall strength and flexibility within the body. The postures often flow together – becoming a dance like sequence. Previous yoga experience is required for this class.

### **INTRODUCTION TO ASHTANGA**

**60 / 90 min**

Based on the Ashtanga yoga primary series, a set sequence of postures is practiced with movement led by the breath. Mental focus and discipline can be developed along with building physical strength and stamina. After the initial sun salutations, postures are held for five breaths and linked with a half sun salutation. This is one of the more vigorous styles of yoga and is recommended for guests with yoga experience and prior familiarity of yoga postures.



## WELLNESS SERVICES PRICE LIST 1 APRIL 2022 TO 31 MARCH 2023

NATUROPATHIC MEDICINE	Duration	Price
Wellness Consultation	45 min	4,000
Wellness Consultation Progress Review	30 min	2,650
Naturopathic Consultation (excludes herbs)	60 min	5,200
Nutritional Guidance	60 min	5,200
Homeopathy (includes remedy)	75 min	5,550
Bach Flower Remedies with Consultation	60 min	5,800
Bioresonance Energy Treatment	20 min	1,350
Far Infrared Sauna	30 min	1,900
Colon Hydrotherapy	60 min	5,850

TRADITIONAL CHINESE MEDICINE	Duration	Price
Initial Consultation	75 min	5,850
Acupuncture	60 min	5,150
Moxibustion		
Cupping		
Facial Acupuncture		
Chinese Herbal Medicine Consultation (excludes herbs)	75 min	4,500

*Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.*



FUNCTIONAL MEDICINE ASSESSMENTS	Duration	Price
Functional Health Testing with Paar		
Food Intolerance Test	minimum 2 weeks for results	14,625
Gut Health & Microbiome Test	minimum 4 weeks for results	28,125
Minerals Balance & Toxicity Levels Test	minimum 2 weeks for results	11,250
Anti-Oxidant & Vitamin Levels Test	minimum 2 weeks for results	11,250
Skin DNA Test	minimum 4 weeks for results	10,800
Genetic Traits Test	minimum 4 weeks for results	13,725
Genetic Test for Predisposition to Diseases	minimum 6 weeks for results	13,725
Epigenetic & Biological Age Test	minimum 9 weeks for results	26,325
High-Sensitivity Preventive Cancer Screening	5 - 7 days for results	12,800
Comprehensive Check-up Packages	Cost depends on package type	
Blood & Urine Analysis	Package cost + handling fee	
Functional Medicine Consultation	15 min	2,500
	30 min	3,800
	60 min	5,500
Bio-Impedance Analysis (BIA)	30 min	2,000
3D Full Body Scan		
Physiotherapy Session with 3D Scan	90 min	6,400
Holistic Fitness Evaluation with 3D Scan	90 min	4,900
Follow-up 3D Scan	30 min	2,500

*Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.*



LONGEVITY TREATMENTS & THERAPIES	Duration	Price
IV Infusion Therapy		
Age Defy & Repair	60 min	7,500
Fortify Immunity	60 min	7,900
Metabolism Boost	60 min	4,500
Cleanse & Purify	60 min	5,900
Energy & Endurance	60 min	4,500
Rejuvenate & Glow	60 min	4,500
Ozone Therapy	60 - 90 min	5,800
Hyperbaric Oxygen Therapy (HBOT)	60 - 90 min	4,200

PHYSIOTHERAPY	Duration	Price
Physiotherapy Session	60 min	4,300
	90 min	5,400
Myofascial Release Therapy	60 min	4,300
Targeted Radiofrequency Therapy (TR-therapy)	60 min	4,800
Revival Exercise	60 min	4,150
Abdominal Organ Therapy	60 min	4,300

*Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.*



MENTAL & EMOTIONAL HEALING	Duration	Price
Stress Management	90 min	6,950
Mind-Body Balance	60 min	5,400
Personal Mentoring	60 min	5,400
	90 min	6,950
Meditation	60 min	5,400
	90 min	6,950
Pranayama	60 min	5,400
	90 min	6,950

AYURVEDIC THERAPY	Duration	Price
Royal Ayurvedic Traditional Massage	60 min	5,500
	90 min	6,500
Marma Point Massage	90 min	6,500
Shirodhara	60 min	6,800
Kati Vasti	60 min	5,500
Pathaganjaly (massage using the feet)	90 min	6,500

*Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.*



HOLISTIC & THERAPEUTIC BODY TREATMENTS	Duration	Price
Kamalaya Signature Treatment - Three Treasures	90 min	6,350
Chi Nei Tsang (taoist abdominal massage)	30 min	2,600
	60 min	4,200
Lymphatic Drainage Therapy	90 min	4,900
Reiki	60 min	4,500
Indian Head Massage	60 min	3,900
Traditional Asian Hand Massage	45 min	2,600
Traditional Asian Foot Massage with Herbal Foot Soak	90 min	4,600
Traditional Asian Foot Massage	60 min	3,700
Traditional Thai Massage	60 min	3,900
	90 min	4,600
	120 min	4,900
Traditional Herbal Compress Massage	90 min	4,600
	120 min	5,400
Traditional Therapeutic Treatment	60 min	4,450
	90 min	6,000
Vital Essence Oil Massage	60 min	3,900
	90 min	4,600
Upper Body Tension Relief	75 min	4,450
Lower Body Tension Relief	75 min	4,450

*Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.*



NURTURING BODY TREATMENTS	Duration	Price
Oriental Herbal Detoxifying Body Scrub & Wrap	75 min	3,550
Lotus Seed Scrub	45 min	2,100
Lotus Blossom Wrap	45 min	2,100
Lotus Scrub & Wrap	75 min	3,550
Aloe Vera Wrap	45 min	2,100

FACIAL TREATMENTS	Duration	Price
Holistic Acupressure Facial Massage	75 min	4,600
Power Lifting Facial	60 min	4,900
Immune Recovery Facial	60 min	4,700
Anti-Ageing Revive & Awakening Facial	75 min	4,900
Signature Rose Lymphatic Facial	90 min	5,400

*Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.*



<b>PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ</b>	<b>Duration</b>	<b>Price</b>
Bastien's Pedicure	75 min	4,000
Bastien's Manicure	60 min	3,000
Nail Enlightenment	45 min	2,500
Foot 'Refoundation' Massage	45 min	2,550
Paraffin Touch	20 min	1,500
Black Diamond Scrub Touch	10 min	800
Removal of Gel Nail Polish	20 - 30 min	1,200

<b>SPA NAIL CARE</b>	<b>Duration</b>	<b>Price</b>
Spa Manicure	60 min	1,700
Spa Manicure with Nail Polish	90 min	2,550
Spa Pedicure	60 min	1,700
Spa Pedicure with Nail Polish	90 min	2,550

<b>WAXING</b>	<b>Duration</b>	<b>Price</b>
Bikini Lines	60 min	1,800
Legs	90 min	2,450
Half Legs	60 min	1,600
Underarms	30 min	1,100
Arms	60 min	1,600
Chest	60 min	2,550
Back	60 min	2,550

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PERSONAL TRAINING	Duration	Price
Strength, Balance & Stability Training	60 min	3,700
Cardiorespiratory Training (maximal fitness/high intensity)	60 min	3,700
Functional Longevity Training	60 min	3,700
Functional Mobility Training	60 min	3,700
Aqua Training	60 min	3,700
Swimming Lessons	60 min	3,700
TRX Suspension Training	60 min	3,700
Super Stretching	60 min	3,700

*Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.*



HOLISTIC MOVEMENT CLASSES	Duration	Price
Qi Gong	60 min	3,700
Tai Chi	60 min	3,700
Reformer Pilates	60 min	3,700
Hatha Yoga	60 min	3,700
Yin Yoga		
Therapeutic Yoga	90 min	4,900
Vinyasa Yoga – Dynamic Flow		
Introduction to Ashtanga		

*Prices are in Thai Baht and are subject to a 10% service charge and 7% VAT.*



## TERMS & 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 packages may do so subject to availability of the therapy they wish to substitute.

Kamalaya wellness packages 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 cannot 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 contraindication 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 package will be charged at listed retail rate.

For unused credits from cancelled treatments in confirmed packages, 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.