



Media Information

Kamalaya Essential Detox Retreats 2008

Kamalaya's Essential Detox Retreats are based on the same successful principles as their individualised Detox Programs, with the added dynamic of a supportive group environment.

Kamalaya's 7-day Essential Detox Retreats are run once a month, beginning on a Saturday. Based on the latest research, the retreats combine medical science with holistic therapies to offer a safe and effective program that includes guidance, education, inspired detox cuisine, herbal remedies, supplements and therapies in an encouraging group environment. With the support of a qualified multi-disciplinary wellness practitioner, guests are able to optimise both the physical and emotional aspects of the detox process.

In addition to specialised therapies like Chi Nei Tsang abdominal massage, colon hydrotherapy and far infrared sauna, further treatments from both Eastern and Western healing traditions are offered, such as detox body scrub and wrap, lymphatic drainage and Kamalaya's signature Vital Essence Oil Massage.

Special classes, talks and presentations are included to support guests on their detoxification process and to give them the tools and inspiration to make healthier lifestyle choices when they return home. The topics covered include:

- Cellular Detoxification
- Personal goals and intentions
- Activities to support detoxification
- Nutrition and cooking tips
- Emotional cleansing and mental purification

Additionally, guests will have access to Kamalaya's comprehensive daily schedule of holistic activities which includes yoga, meditation, Pilates, chi gong, spirit dance, yoga nidra and pranayama.

Dates for 2008

- January 19 – 26
- February 23 – March 01
- March 22 – 29
- April 19 – 26
- May 17 – 24
- June 21 – 28
- July 19 – 26
- August 16 – 23
- September 13 – 20
- October 11 – 18
- November 15 – 22
- December 13 - 20

Summary of Essential Detox Retreat inclusions

- Accommodation for 7 Nights
- Round trip airport transfer from Samui Airport
- All meals, customised beverages and nutritional supplements, including herbs, homeopathic remedies and nutritional shakes designed to support detoxification at the cellular level.
- Presentations and discussions (see above)
- Detox and Wellness orientation
- 1 x Individual Body Bio-Impedance Analysis (BIA)
- 3 x 30 minutes Chi Nei Tsang
- 6 x 30 minutes Far Infrared Sauna
- 1 x 60 minutes Colon Hydrotherapy
- 1 x 90 minutes Lymphatic Drainage massage
- 1 x 60 minutes Detox Scrub & Wrap
- 1 x 90 minutes Vital Essence Oil massage
- Use of Steam Cavern, Swimming Pool, Plunge Pools and Shakti Fitness Centre
- Participation in the daily scheduled holistic activities.

Prices

Prices start at 74,600 THB per person for single occupancy and 59,600 THB per person for double occupancy.

An explanation of the core Essential Detox Retreat treatments

Far infra-red sauna (FIR)

This is not your usual sauna. Developed with the most current research and technology, the FIR increases metabolism, burns calories, detoxifies the body, promotes circulation and dissolves tension.

Chi Nei Tsang (Taoist Abdominal Massage)

Chi Nei Tsang releases physical and emotional stress. It is excellent to enhance digestive functions and promote circulation to the vital organs, thereby restoring health at the core.

Colon Hydrotherapy

This treatment is administered by highly trained and qualified nurses and uses the latest equipment in colon therapy.

For bookings and enquiries visit www.kamalaya.com or call +66 (0)77 429 800.

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