



## Information Overview

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### 1. Concept Summary

**Name** Kamalaya Koh Samui

**What is Kamalaya** A Wellness Sanctuary and Holistic Spa

**Concept** Holistic Wellness. Kamalaya offers a synergistic wellness experience to help people reconnect to life's potential and achieve optimal wellbeing. This Wellness Sanctuary and Holistic Spa integrates healing therapies from East and West, a breathtakingly beautiful natural environment, inspired healthy cuisine, holistic fitness and customised wellness programs and retreats to offer a unique concept in holistic holidays, with an emphasis on life enrichment.

**Vision** To bring together diverse traditions of healing, culture and spirituality in a nurturing environment from which people can explore and embrace life's potential.

**Kamalaya translates as** Lotus (Kamal) Realm (alaya) in the ancient language of Sanskrit, symbolising the unfolding of the human spirit

**Where is Kamalaya.** On the south-eastern coast of Koh Samui, Thailand, Kamalaya is 45 minutes by car from Koh Samui International Airport.

### Contact Details

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### 2. Spirit of Place

With lush tropical vegetation, ancient boulders, cascading streams and overlooking an idyllic lagoon and white sand beaches, Kamalaya's spirit of place is an integral part of each guest's experience. At the heart of Kamalaya is a cave, once used by Buddhist monks as a place of meditative retreat. Monks who lived in the cave include:

**Arjan Pet**, known as "Diamond Teacher" and a great reformer of Thai Buddhism.

**Arjan Daeng**, renowned for his knowledge of healing plants, his power over the elements, and his ability to communicate with other species, including the cobras that shared his living space. An expert sailor, he built a boat and made pilgrimages to outlying islands where he established other hermitages.

**Arjan Mahasumreong**, the most recent monk to inhabit the sanctuary at Kamalaya, renovated the cave and added the still-existing skylight. A great scholar, he translated many original Pali texts into the Thai language. He continues to teach at a monastery in the Thai province of Kanchanaburi.

### 3. Accommodation

Kamalaya rests on a lush tropical hillside, sloping down to a tranquil private beach. The resort is a collection of individual structures that integrates the surrounding landscape into the simple elegance of its architecture. Choose from 25 spacious Villas, 10 sea view Suites and 24 Hillside Rooms, all with stylish interiors, AC, ceiling fans, wireless internet and some with open air bathrooms.

Accommodation options are nestled amidst ancient granite boulders, streams, and tropical vegetation, with existing rocks and trees as defining elements for many of the structures. Asian textiles and carefully selected art pieces combine with modern amenities to create comfortable, elegant interiors.

### 4. Wellness Sanctuary & Holistic Spa

Kamalaya promotes wellness as a harmonious integration of body, heart, mind and spirit. The Wellness Sanctuary and Holistic Spa offers over 70 treatments incorporating holistic medicine and complementary therapies from Eastern and Western traditions. As well as the usual spa services, the menu includes Ayurveda, Traditional Chinese Medicine, Naturopathy, Homeopathy and other holistic therapies. There are multi-day programs for detox, stress and burnout, weight balancing, fitness and yoga, and regular group retreats are also offered. Daily holistic fitness classes are offered in Pilates, yoga, chi gong, tai chi, meditation and fitness, with personal one-on-one sessions also available.

With an emphasis on personal well-being and inner health, guests begin their experience with a personal consultation that addresses physical, emotional and spiritual needs. Once these needs are identified, a Kamalaya Wellness practitioner offers guidance for choosing the most appropriate mix of therapies and treatments.

#### Wellness Overview

Programs/Packages	Holistic Fitness	Holistic Medicine
Detox & Rejuvenation	Yoga	Traditional Chinese Medicine
Relax & Renew	Pilates	Naturopathy
Ideal Weight	Tai Chi	Homeopathy
Balance & Revitalise	Qi Gong	Nutrition
Asian Bliss	Meditation	Conventional Medicine
Optimal Fitness	Spirit Dance	Diagnostic Procedures
Personal Yoga Synergy	Personal Training	
Signature Retreats	Holistic Spa	Holistic Therapies
Essential Detox	Therapeutic Body Treatments	Ayurveda
	Nurturing Body Treatments	Cranio-sacral therapy
	Day Spa Packages	Sound Healing
	Spa Zone	Reiki
		Lymphatic Drainage
		Emotional & Spiritual Healing

## 5. Healthy Inspired Cuisine

Kamalaya's food and beverage areas, Soma Restaurant, Amrita Café, and the Alchemy Tea Lounge, all offer refreshment in open-style interior settings with breathtaking views. The healthy, inspired cuisine is a fusion of Eastern and Western culinary traditions. Menus include extensive vegetarian options as well as fresh seafood, poultry and lamb dishes. Fresh juices, signature tonics, herbal teas and wines are also served, along with customised meals for those undertaking detox programs or with special dietary requirements.

**Soma Restaurant** Sanskrit for 'food of the gods', Soma is close to the main facilities and overlooks Kamalaya valley, offering spectacular views of the coast and outlying islands. Intimate tables are arranged throughout the spacious room, in addition to a 'community table' where guests may unite for dining. The seating capacity of Soma Restaurant is 90 persons.

**Amrita Café** translates from Sanskrit as 'divine nectar', and is located by the swimming pools at the edge of flowering lotus ponds, overlooking the sea.

**The Alchemy Tea Lounge** located above Soma Restaurant offers light snacks and a diverse range of elixirs, juices and medicinal herbal teas and infusions. With comfortable couches and breathtaking views, it is a great venue for guests to gather throughout the day and into the evening.

## 6. Retreats & Special Events

Kamalaya was conceived as an inspiring venue for retreats and events. These range from monthly signature detox retreats to hosted corporate workshops and events in meditation, spiritual philosophies, yoga and the arts.

Overlooking the sea, the Yantra Hall is an inspiring meeting place. The design is based on the Sri Yantra, an ancient Asian geometrical symbol of creation. Accommodating up to 100 guests, it is equipped with advanced audiovisual and recording facilities.

Kamalaya's educational programs and learning vacations complement the services of the Wellness Sanctuary and encourage guests to explore personal creativity, cultural diversity and enrichment of life experience.

## 7. Facilities Summary

### Accommodation

- 24 Hillside Rooms
- 10 Suites
- 19 Villas
- 2 Beach Front Villas
- 1 Pool Villa
- 1 Beach Front Pool Villa
- 1 Beach Front Pool Villa (2 bedroom)
- 1 Rock Top Villa (2 bedroom, multi-floor)

### Dining

- Soma Restaurant – Breakfast and Dinner
- Amrita Café – Lunch, Snacks and Beverages
- Alchemy Tea Lounge – Teas, signature tonics, juices and wines; light snacks

### **Wellness Sanctuary and Holistic Spa**

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.

- 5 Consultation Rooms and 3 Traditional Chinese Medicine Consultation Rooms
- 14 Treatment Rooms: 2 Ayurvedic rooms, 7 single rooms, 3 double rooms with outdoor bathtub, 1 double room, 3 colonic rooms, 4 Traditional Chinese Medicine Rooms
- Massage Complex: 4 single rooms, 1 double room, 4 foot massage stations
- 3 Thai massage Salas : 1 single, 2 double
- 4 Plunge Pools, 1 Steam Cavern
- 3 Far infra-red Saunas
- 1 Yoga Sala for 10 persons
- 1 Yoga Pavilion for up to 30 persons
- Shakti Fitness Centre

### **Yantra Hall**

- |                              |         |                          |
|------------------------------|---------|--------------------------|
| • Mandala Room               | 120 sqm | 80 person capacity       |
| • Video Room                 | 69 sqm  | 30 person capacity       |
| • Mandala Room + Video Rooms | 189 sqm | 100 person capacity      |
| • Meeting Room               | 33 sqm  | Approximately 10 persons |

### **General Facilities**

- Gallery Shop - A variety of local handicrafts and essentials.
- Art Gallery – Exhibition of international art - painting, photography, sculptures and prints.
- 24hrs Library and TV Lounge with internet facilities.
- A leisure swimming pool.
- A lap pool.