



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 integrates healing practices and treatments from East and West, a beautiful natural environment, customized programs and wellness retreats to offer a unique concept in personal well-being and vibrant health.

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

Kamalaya translates as Lotus (Kamal) Realm (alaya) in the ancient language of Sanskrit.

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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. Now aged 87, he continues to teach at a monastery in the Thai province of Kanchanaburi.

3. Accommodation

Kamalaya has been designed to embrace its surrounding landscape. Overlooking the pristine coastline of southern Koh Samui, accommodation options include 24 cosy Hillside Rooms, 10 open Suites and 26 spacious Villas with unique features.

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, mind and spirit. The Wellness Sanctuary and Holistic Spa offers over 70 treatments incorporating holistic medicine and complementary therapies from Eastern and Western traditions. Holistic fitness practices, either as a group activity or on a one-on-one basis, and multi-day Wellness Programs and Retreats are also a major part of the Kamalaya wellness experience.

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

5. Healthy Inspired Cuisine

Kamalaya's dining areas, Soma Restaurant, Amrita Café, and the Alchemy Bar, 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 fish, seafood, poultry and lamb dishes. Fresh juices, signature tonics, herbal teas and wines are also served, along with customized 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 'communal tables' where guests may unite for dining. The seating capacity of Soma Restaurant is 90 persons.

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

The Alchemy Bar & Tea Lounge located above Soma Restaurant offers appetizers, desserts, wines, and a diverse range of elixirs and medicinal herbal teas based on Taoist and Thai traditions of herbal medicine.

6. Retreats & Special Events

Kamalaya was conceived as an inspiring venue for retreats and events. These range from monthly signature detox and yoga 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 - 35 square meters (sqm)
- 10 Suites - 65 sqm
- 21 Villas - 75 – 100 sqm
- 1 Beach Pool Villa - 87 sqm
- 1 Rock Top Villa (2 bedroom, multi-floor) -215 sqm
- 3 Beach Front Villas 100-128 sqm

Dining

- Soma Restaurant – Breakfast and Dinner
- Amrita Café – Lunch, Snacks and Beverages
- Alchemy Bar/Tea Lounge – Teas, signature tonics and wines; appetizers & desserts

Wellness Sanctuary and Holistic Spa

- 4 Consultation Rooms and 2 Traditional Chinese Medicine Consultation Rooms
- 14 Treatment Rooms: 1 Ayurvedic room, 3 single rooms, 3 double rooms with outdoor bathtub, 1 double room, 2 colonic rooms, 4 Traditional Chinese Medicine Rooms
- Massage Complex: 10 Thai massage beds, 4 foot massage stations
- 3 Thai massage Salas : 1 single, 2 double
- 4 Plunge Pools, 1 Steam Cavern
- 2 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