



## Media Information

### *In discovering health, we discover ourselves* *Core Wellness Programs at Kamalaya*

Explore new levels of vitality and health at Kamalaya Koh Samui, Thailand's inspiring Wellness Sanctuary and Holistic Spa. Kamalaya delivers wellness programs and treatments with depth and variety to cater for individual needs. The core programs include:

#### **Detox & Rejuvenation**

Kamalaya's structured Detox and Rejuvenation Programs support and enhance the body's ability to eliminate toxins and accumulated waste and rediscover its ideal balance. This helps to increase energy and vitality, creating a foundation for optimum health, longevity and personal growth. Combining various therapies, nutritional supplements and healthy cuisine with optional holistic fitness classes, these programs are an integrated approach to experiencing 'lightness of being.'

Basic and Comprehensive Detox & Rejuvenation Packages are available in 7, 9 or 14 day duration. A customised program can be created by a wellness practitioner for those guests who would like to extend their detox stay.

#### **Relax & Renew**

This program is designed for people in need of the time and place to step back from their life and recover balance, relax, renew their energy and replenish their spirit. The combination of nurturing therapies, nutrition and personal guidance in a nature-rich healing environment offers the ideal remedy for recovering optimal wellbeing and the inspiration to embrace the future with renewed passion and energy. The ideal antidote to stress, Relax and Renew attracts people with a diverse range of needs. Some seek a temporary and restorative escape from a busy lifestyle, others go to recover from a stressful event, and some are looking for a deeper experience that can be a catalyst for change and personal growth.

Guests can choose from 3, 5, 7, 9 and 14 day programs or create a customised program of any duration with the guidance of a wellness practitioner.

#### **Ideal Weight**

Designed to help identify areas of physical imbalance and related emotional or mental patterns, these structured programs guide guests towards achieving optimal weight. Dietary recommendations and guidance from holistic practitioners in nutrition, naturopathy and Traditional Chinese medicine are included, in addition to therapies such as Chi Nei Tsang abdominal massage, acupuncture, infrared sauna treatments, detoxifying herbal body scrubs and private instruction with a Kamalaya fitness trainer.

Ideal Weight is offered as a 7, 9 or 14 Days Programs, or a customised program can be created for longer if required.

## **Balance & Revitalise**

These programs are designed to counteract the stresses of contemporary lifestyles. The **basic** program is designed to relieve stress and prevent adrenal burnout, one of today's leading health challenges. The more intensive **comprehensive** program was created to help people who are already suffering the energy-depleting affects of adrenal burnout. Both the basic and comprehensive programs begin with a personal Balance & Revitalise Consultation and bio-impedance analysis to determine specific health and wellness needs so that the program can be tailored for maximum effect. These holistic programs address stress prevention and recovery from a mind, body and spirit perspective, combining restorative therapies and nutrition with personal consultations in Naturopathic Lifestyle, Nutrition and Anti-Stress management.

Balance & Revitalise Basic and Balance & Revitalise Comprehensive are available in either 7 or 14 day durations.

For bookings and enquiries visit [www.kamalaya.com](http://www.kamalaya.com) or call +66 (0)77 429 800.

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For further media information and images contact: Donna Wells  
Director of Communications  
[doc@kamalaya.com](mailto:doc@kamalaya.com)  
+66 (0)77 429 800 or +66 (0)819 586 043