



# Kamalaya Wellness Sanctuary & Holistic Spa

## Feel life's potential

Kamalaya Koh Samui is a multi-award winning Wellness Sanctuary and Holistic Spa ideally located amid a tropical landscape on the southern coastline of Koh Samui, Thailand.

Kamalaya offers a synergistic wellness experience to help people reconnect to life's potential and achieve optimal wellbeing. The cuisine, the service style, the environment and even the architecture are designed to support and enhance the wellness therapies and services. The land itself is a powerful part of the experience, giving guests a direct experience of the healing power of nature.

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

## Background

Kamalaya was conceived and founded by John and Karina Stewart. John visited Koh Samui in 2000, where he discovered a piece of land that immediately captivated him with its special energy. He was especially drawn by a cave that once served as a place of meditation and retreat by Buddhist monks, and with this discovery he knew that he had found the ideal home for Kamalaya.

Since opening in November 2005, Kamalaya has been offering enriching holistic wellness programs which combine healing therapies from East and West, in a breathtakingly beautiful natural environment.

## Vision

To bring together diverse traditions and cultures in a nurturing, healing environment from which people can explore and embrace life's potential.

## Location

Kamalaya has a beautiful beachfront location, overlooking the pristine southern coastline of Koh Samui, Thailand. The resort is 45 minutes (approx 25 km) from Koh Samui Airport, which has direct flights from Bangkok, Hong Kong, Singapore and Phuket, amongst others.

## Kamalaya Wellness Sanctuary & Holistic Spa

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*feel life's potential*

**Place:**

With lush tropical vegetation, ancient boulders, cascading streams, 250 meters of idyllic private beach and a cave once used by Buddhist Monks as a place of meditative retreat, Kamalaya's nature and setting is an integral part of each guest's experience.

**Accommodation**

There are 76 rooms in total, all immersed in the beauty of nature and styled with elegant interiors and modern comforts.

- 8 Hillside
- 10 Hillside Garden View
- 6 Hillside Sea View
- 1 Rocktop Suite
- 10 Suites Sea View
- 20 Villas Sea View
- 13 Superior Suites Sea View
- 1 Garden Pool Suite
- 1 Plunge Pool Villa
- 1 Beachfront Villa
- 2 Penthouse Pool Suites (1 or 2 bedroom)
- 1 Rocktop Pool Villa (can be combined with Rocktop Suite)
- 1 Beachfront Pool Villa (1 bedroom)
- 1 Beachfront Pool Villa (2 bedrooms)

*For more information, please see our Accommodation Factsheet.*

**Dining at Kamalaya**

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.

**Soma Restaurant**

Breakfast – 7am to 11.00am

Dinner – 6pm to 11pm (last orders at 10.30pm)

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 two-level venue, in addition to a 'community table' where guests may dine together. The seating capacity of Soma Restaurant is 90 persons.

**Amrita Café**

Lunch, Snacks and Beverages (midday to 5pm)

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**

2pm to 11pm

Located above Soma Restaurant, the Alchemy Lounge offers light snacks and a diverse range of elixirs, juices, medicinal herbal teas and infusions, and wine and beer for those guests not on detox. With comfortable couches and breathtaking views, especially during sunset, it is a great venue for guests to gather throughout the afternoon and into the evening.



### **Healthy Inspired Cuisine**

At Kamalaya, the cuisine is an integral component of our holistic health concept. The menus reflect Kamalaya's philosophy of healthy living and the celebration of different cultures, featuring fresh and healthy dishes with enough sumptuous twist to satisfy the most discerning palates.

Co-created by Karina Stewart, Kamalaya's Co-founder and a doctor of Traditional Chinese Medicine, and the Kamalaya Chef, Kamalaya's healthy cuisine is influenced by Karina's wealth of knowledge in functional medicine and cellular detoxification. It is based on principles of Asian healing traditions, as well as the latest nutritional research.

The healthy, inspired cuisine is a fusion of Eastern and Western culinary traditions and menus include extensive vegetarian options as well as fresh seafood, poultry and lamb dishes. There are separate menus for those on Detox or Ideal Weight programs. Fresh juices, signature tonics, herbal teas and wines are also served.

### **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. There are over 70 certified wellness professionals at Kamalaya, including naturopaths, doctors of Chinese medicine, western medical doctors, registered nurses, nutritionists, life transformation experts, Ayurvedic and Thai therapists, fitness specialists and yoga, meditation and pranayama teachers.

Facilities include:

- 7 BIA and general consultation rooms
- 7 TCM rooms (consultations and treatments)
- 2 Ayurvedic rooms for Shirodhara
- 1 Thyroid Assessment room
- 4 Foot Massage stations (manicure and pedicures)
- 25 General treatment rooms: 16 single rooms and 9 double rooms for consultations and treatments (3 of which have a private steam room)
- 3 Colonic rooms
- 1 lap pool (25m) & 4 leisure/plunge pools
- 2 Steam rooms
- 3 Far Infrared Saunas
- 1 Yoga Sala: 10 person capacity
- 1 Yoga Pavilion: 30 person capacity
- Shakti Fitness Centre with latest equipment for cardio and resistance training
- Padma Fitness Studio for private and small classes



### Wellness Menus

The Wellness Sanctuary and Holistic Spa integrates ancient and contemporary holistic medicine and healing traditions with a menu of over 70 services.

Guests can embark on an individual wellness program, choose à la carte services or supplement a program with extra à la carte treatments.

### Programs

Healthy Lifestyle	Detox	Stress and Burnout	Emotional Balance	Yoga
Basic Optimal Fitness	Introduction to Detox	Relax & Renew	Embracing Change	Personal Yoga Synergy
Comprehensive Optimal Fitness	Basic Detox & Rejuvenation	Asian Bliss		
Ideal Weight	Comprehensive Detox & Rejuvenation	Basic Balance & Revitalise		
Structural Revival		Comprehensive Balance & Revitalise		
Sleep Enhancement				

Please enquire with Kamalaya Sales or Reservations teams regarding any programs outside your contract.

### Holistic Activity Schedule

Each week there is a different schedule of group holistic activities at Kamalaya. Daily activities include yoga, tai chi, Qi gong, pranayama, meditation, Pilates, fitball and beach power walk. Most activities are complimentary for all guests, whether on a program or not. However, there is a supplement for some activities such as the cooking class and the temple tour.

*For more information about our Wellness Programs and to see an example of a weekly Holistic Activity Schedule, please see our Wellness Factsheet and Wellness Program Menu.*

### Further Facilities

#### Yantra Hall

Accommodating up to 100 guests, it is equipped with advanced audiovisual and recording facilities.

- Mandala Room, 120m<sup>2</sup>, 80 person capacity
- Video Room, 69m<sup>2</sup>, 30 person capacity
- Mandala + Video Room, 189m<sup>2</sup>, 100 person capacity

#### General Facilities

- Kamala Boutique - A variety of local handicrafts, inspirational books, Asian artworks, resort wear, gift items and essentials.
- Art Gallery - Exhibition of international art - painting, photography, sculptures and prints.
- Library and TV Lounge with internet facilities.
- Swimming - Two ocean-view swimming pools; a lap pool and a leisure pool



## Kamalaya FAQ

### How can I get to Koh Samui?

Thai Airways and Bangkok Airways fly to Koh Samui from Bangkok. Please visit [www.thaiair.com](http://www.thaiair.com) and [www.bangkokair.com](http://www.bangkokair.com) for their current flight schedule and airfares.

It is also possible to fly direct to Samui from a number of international destinations, including:

- Singapore with Bangkok Airways or Silk Air ([www.silkair.com](http://www.silkair.com))
- Hong Kong with Bangkok Airways
- Kuala Lumpur with Bangkok Airways and Firefly ([www.fireflyz.com](http://www.fireflyz.com))

Additionally, Bangkok Airways runs regular flights to Samui from Phuket, from which there are flights to many other international locations.

### What time is check-in and check-out?

Check-in is at 14.00 and check-out is at 12.00.

### What is the dress code?

Casual & relaxed.

### I am coming to Kamalaya alone – do you cater for solo travelers?

Yes, we welcome solo travelers and in fact many of our guests come alone. We have a community table at dinner, which is a great way to meet others, if guests choose to do so.

### Do I have to decide on a wellness program before coming to Kamalaya?

No. All guests start their stay at Kamalaya with a Wellness Consultation with one of our Naturopaths, during which the guest will be advised on the best program to suit their needs after discussing their health profile and wellness goals. Guests may book a program at this point, and they are also free to change their pre-booked program after this consultation.

### Do you allow children at Kamalaya?

The facilities and services at Kamalaya are designed for adults who seek the time, place and expertise to improve their wellbeing. Kamalaya is not recommended for children and there are no child concessions available and no special facilities or services offered. However, Kamalaya intends to provide the possibility for parents who would like to do a wellness program and bring their child. Therefore the following policy applies:

1. For every room booked there must be one adult with a pre-booked wellness program for the duration of their stay.
2. Maximum 1 child sharing room with their parents is permitted.
3. Children below the age of 16 may not participate in any wellness activities or treatments and are not allowed into the wellness centre or its facilities; this includes the Fitness Centre and Lap pool.
4. Children are not allowed to use the Leisure swimming pool (located at Amrita Café) between midday and 4pm.
5. Children aged 8 to 16 are required to book an 'extra bed' at an additional cost.
6. Children below the age of 8 can stay free of charge on the sofa bed of a Villa when sharing with their parents.
7. Children below the age of 6 may share a bed with parents free of charge and are entitled to 50% discount on all meal rates; children will be served half portions from the regular menus. Children aged 6 and over will pay full meal rates.
8. Baby cots for children below the age of 2 are free of charge (upon availability).
9. Children are only permitted to stay in the stand-alone Villa accommodation categories (including pool and beachfront villas).

### Is it possible to do half-board?

All meals are included when you do a Wellness program. However, if you decide not to do a program, it is possible to purchase meal packages, which can include breakfast and lunch, breakfast and dinner or all three meals, or to sign as you go.