



# Healing

## KAMALAYA KOH SAMUI WELLNESS SANCTUARY & HOLISTIC SPA **WELLNESS FACTSHEET**

Like an intricately woven tapestry, the threads that comprise the Kamalaya fabric have been thoughtfully crafted to support authentic healing from the inside out. Flexible synergy is our signature and Kamalaya's extensive east-meets-west offerings span ancient to cutting-edge, providing the opportunity to ensure each wellness experience is unique and tailored for everyone.

Kamalaya's approach to wellness is flexible, it is neither prescriptive nor regimented, inclusive rather than exclusive, giving guests the freedom to co-create an enriching experience that organically reconnects them to the healer and visionary within. With an emphasis on personal wellbeing and inner health, guests begin their experience with a personal consultation that addresses their physical, emotional and spiritual needs.

Together with our wellness experts, guests create their journey. Even if they have already chosen a program beforehand, we can tailor it so that it is the best for them. It is a collaborative process because without personal choice people won't change. Our philosophy is to invite our guests to make better choices and to change their behaviour as we help them do that. We will walk right by them, but they will have to make that choice initially. That is why people come back again and again because they become proactive and engaged.

## WELLNESS EXPERTS & PRACTITIONERS



Our wellness sanctuary is supported by a wide selection of multi-disciplinary wellness experts and practitioners supported by qualified visiting practitioners and energy healers:

Functional Medicine Doctor	Bach Flower Remedies Experts	Massage Therapists
Traditional Chinese Medicine Doctors	Physiotherapists	Osteopath
	Life Enhancement Mentors	Reiki Practitioners
Registered Nurses	Pranayama Teachers	Holistic Spa Therapists
Naturopaths	Ayurvedic Therapists	Personal Trainers
Nutritionists	Thai Therapeutic Medicine Practitioners	Yoga and Pilates Instructors
Homeopathy Practitioners		Qi Gong and Tai Chi Masters

### ABOUT KAMALAYA MASSAGE THERAPISTS

All our massage therapists undergo a thorough training regime before being allowed to work with our guests. Therapists start with 150 hours of professional massage training. After this, all therapists train at Kamalaya's Wellness for Life Academy to learn our unique philosophy of holistic therapy, including its spiritual elements. The training curriculum includes hands-on training and practice with each of our massage treatments as well as the theory of anatomy and physiology. In addition, therapists experience Reiki attunement to help them maximise the use of their internal energy and natural empathy. Each therapist must then complete a series of case studies conducted by the academy and wellness management team.

Our team of academy trainers also gives yearly refresher skills training to ensure the treatments are conducted consistently emphasising their therapeutic benefits.

### ABOUT KAMALAYA WELLNESS FOR LIFE ACADEMY

Kamalaya Wellness for Life Academy is a dynamic training and development venue currently housed on-site. In this fertile learning ground, our wellness practitioners are trained to deliver our treatment protocols at industry-leading standards. Existing treatments are updated and developed, and new treatments are created in response to the latest science and in accordance with our guests' needs.

Kamalaya has comprehensive expansion plans on the horizon and the Kamalaya Wellness for Life Academy will evolve in alignment with this exciting development and growth. The academy will be relocated to a purpose-built space on adjacent land and, in addition to training practitioners for future Kamalaya Sanctuaries, will open commercially to an international audience, offering affiliated courses to external students from around the world. Over time, the courses offered will broaden as the Kamalaya Wellness for Life Academy becomes established as a unique venue for global thought leadership, offering symposia, innovation forums and specialist retreats.



## WELLNESS FACILITIES



Situated beside Arjan Monk's Cave, the Wellness Sanctuary reception is open daily from 08.00 to 20.00.

BIA & Consultation Rooms (Naturopaths and Functional Medicine Doctor)	3D Full Body Scan Room	Meditation & Personal Mentoring Room
	Foot Massage Stations	Herbal Steam Caverns
Traditional Chinese Medicine Rooms	Treatment Rooms: single and double (including indoor air-conditioned and open space outdoor salas)	Far Infrared Saunas
Ayurvedic Rooms		Thermal Plunge Pools
Shirodara Room	Colonic Rooms	Leisure Pool

## LONGEVITY HOUSE

Located near the Hillside Residences, this boutique facility offers contemporary supplementary therapies and treatments that are designed to support healthy ageing and a better quality of life. Longevity House services must be booked at the Wellness Reception which is open daily from 08.00 to 20.00.



IV Therapy Rooms	Hyperbaric Oxygen Therapy Room
Ozone Therapy Room	Pedi:Mani:Cure Studio by Bastien Gonzalez

## MEDICAL INSURANCE COVERAGE

Kamalaya's Wellness Sanctuary operates under a multi-speciality wellness clinic medical license governed by the Ministry of Public Health in Thailand. This means that guests with comprehensive medical insurance coverage may be able to reimburse some of the treatments and therapies including doctor consultations, physiotherapy, Thai Traditional Medicine (TTM), Traditional Chinese Medicine (TCM), ayurveda and supplement prescriptions that are available at Kamalaya. The ability to do this will largely depend on the type of medical insurance that guests maintain.

## DIAGNOSTICS & FUNCTIONAL ASSESSMENTS

Kamalaya Wellness Sanctuary offers a range of comprehensive diagnostic packages, screenings and health assessments. Starting with pre-arrival functional health testing in partnership with PAAR London. Before arriving at Kamalaya, guests have the option to choose a screening to match their wellness program. Testing kits are shipped to guests' homes up to nine weeks before departing for Thailand and results will be available on arrival at Kamalaya. Alternatively, guests can create their own wellbeing and longevity assessment during their stay by selecting individual tests.

When at Kamalaya, guests may opt for blood panel testing. The results of these tests provide additional health insight to assess guests' wellbeing, both during and after their stay.

At Kamalaya, we are passionate about supporting our guests on their path to lifelong wellness, thus longevity treatments and therapies are fundamentally essential to our wellness offering. High-Sensitivity Preventive Cancer Screening is crucial in uncovering the disease before cancer has developed or before symptoms have appeared. With a simple blood draw, this test provides early-detection insight that can help our guests be proactive about their health.

### FUNCTIONAL HEALTH TESTING WITH PAAR

Functional Health Assessments usually refer to health tests that help to gain a deeper understanding of health and predisposition to diseases by analysing an individual's DNA tissue to look at chromosomes, hormones or proteins. These tests usually involve examining a person's blood or stool, or other DNA tissues such as hair and saliva.

Wellness-oriented and results-focused, functional testing can identify any unmet needs that require correcting to improve imbalances in functions such as sleep, movement, nutrition, hydration, vitality, social connection, purpose or meaning to ultimately preserve future health.

The results of a functional assessment can also confirm or rule out a suspected condition or help to discover a person's chance of developing or passing on a genetic disorder. With thorough analysis, our wellness consultants at Kamalaya create the most optimised and personalised journey for the guest. Once imbalances in the system are identified, wellness programs and health treatments to balance them can be selected from our range of wellness offerings.

Alternatively, guests create their own wellbeing and longevity assessment during their stay by selecting individual tests available at Kamalaya Wellness Sanctuary.



### BLOOD PANEL TESTS WITH BANGKOK SAMUI HOSPITAL

If guests are interested in gaining a more comprehensive understanding of their current state of health, they may wish to consider blood panel testing. The results of these tests provide additional information that may be useful for our health practitioners or wellness consultants to consider when assessing guest's wellbeing, both during and after their stay at Kamalaya.

Our professional testing is carried out in association with Bangkok Samui Hospital, the leading private hospital on the island. After making a confirmed appointment with our nursing team, guests will be given any necessary instructions to follow. Our medical team will then carefully collect a small blood sample and inform guests of the expected arrival date of the results.

Available tests can provide information on hormone balance, vitamin and mineral deficiencies, autoimmune disorders, inflammation markers and mineral toxicity.





## HIGH-SENSITIVITY PREVENTIVE CANCER SCREENING

High-Sensitivity Preventive Cancer Screening is a comprehensive blood test that can detect if a person is in a high-risk or pre-cancerous state as well as identify already-formed solid tumours.

Before cancer develops, there are some early warning signs such as cell proliferation and disordered apoptosis (cell death). When cell proliferation occurs, certain tumour markers accumulate in the cells such as Apo10 and TKTL1. This process is common to all solid tumours, which allows the High-Sensitivity Preventive Cancer Screening to cover multiple organs for tumours in a single test.

To offer this life-changing service, Kamalaya has partnered with RV Lab in Thailand, a leading cancer screening provider in the country. Together our goal is to screen as many people as possible for tumours and cancer. With screening from the initial stages, we believe that our guests will have higher chances of recovery or can be treated completely.

Blood will be drawn on-site at Kamalaya and results will be available within five to seven days. Following this, a guest will have a post-assessment consultation with our medical doctor who will explain test results and offer support directing them to the best next steps according to their results.

This High-Sensitivity Preventive Cancer Screening only scans for solid tumours, other forms of cancer such as leukaemia (cancer of the blood) or myeloma (cancer of the bone) will not be detected. The test works with 97.5% accuracy.

## NATURAL KILLER (NK) CELLS TESTS & TREATMENT

Your immune system plays a vital role in your path to lifelong wellness. It protects your body from harmful substances, germs and cell changes that could make you ill. This is why it is often referred to as the body's first line of defence against tumour cells.

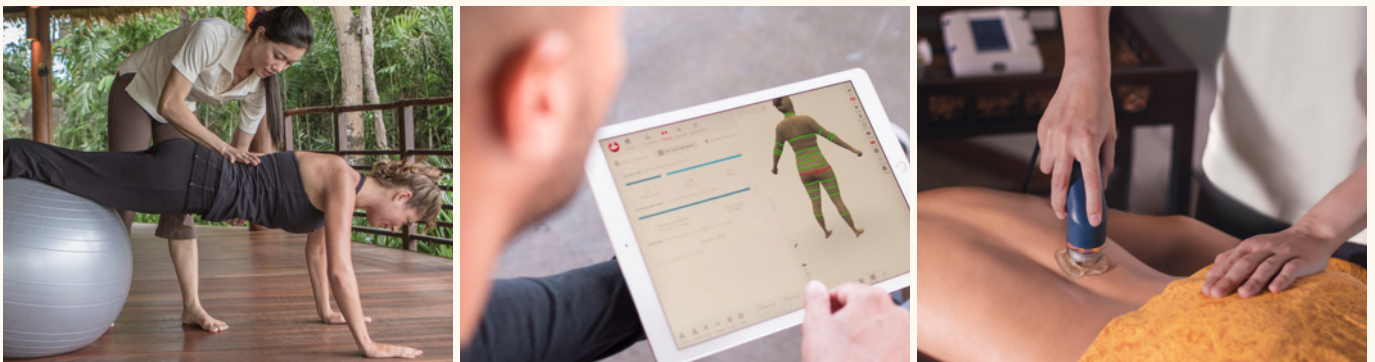
Every human body is equipped with an innate immune system, but our lifestyle choices can have a radical impact on the state of our immunity, reducing the count of Natural Killer (NK) cells. NK cell is a type of immune white blood cell with an important function to kill tumour cells and cells infected with a virus in our bodies. With NK Cell Tests & Treatment, Kamalaya provides you with an opportunity to assess the condition of your innate immune system condition and if required restore it.

NK cell count is the counting of the NK cells in the body to indicate the risk of getting cancer or being infected with various kinds of viruses. And NK activity is the ability of NK cells to be able to destroy the infected cells or cancer cells before they are multiplied. NK Cells Count & Activity Test can determine the number of NK cells count and activity in your body, providing a comprehensive and valuable insight into your body's ability to fight against cancer.

NK Cell Treatment is a method by which the autoimmunity is cultured, multiplied and stipulated in the laboratory to become a particular type of white blood cell, the NK cell, that can destroy cancer cells and cells infected with virus. This method is used when your NK cells count and activity is low and is cultivated from your blood sample. Once your blood sample is cultured to have high NK cells count and activity, it is injected back into your body. Immunotherapy helps to increase your body's ability to prevent illness, yield a better result in cancer treatment as well as avoid recurrence of illness.



Kamalaya's physiotherapy clinic boasts a team of expert physiotherapists who evaluate individual conditions, taking into consideration alignment, posture, gait and any obvious restrictions of movement to help with post-surgical rehabilitation improving patient outcomes and speeding up recovery time. Offering solutions for chronic neck and back pain, myofascial pain syndrome, osteoarthritis and tendinitis, the treatment also incorporates practical exercises to improve range of motion, correct muscular imbalances, rehabilitate injuries and guide our guests on the path to recovery.



Additionally, our physiotherapists might utilise ultrasound to deliver high-frequency mechanical vibration to facilitate healing at a cellular level or TR-Therapy which directly targets the hypertonic muscle fibres causing their rapid relaxation. Therapeutic ultrasound is often used to reduce pain and increase the circulation and mobility of soft tissues. The application of ultrasound is especially effective in the reduction of inflammation and the healing of injuries. While TR-Therapy brings instant therapeutic effects such as intense pain relief, muscle relaxation, oedema reduction and support for tissue regeneration and healing.

Our physiotherapists are also skilled in myofascial release therapy which focuses on releasing muscular shortness and tightness by using therapeutic massage and pressure point techniques on the thin layer of connective tissue or 'fascia' located beneath the skin.

At Kamalaya, we also offer a comprehensive 3D full body scan that assesses fitness level and alignment, measuring various metrics including Body Composition, Circumference Measurement, Postural Balance, Basal Metabolic Rate (BMR) represented in an avatar to easily track progress. An essential tool for fitness, weight rebalancing and structural alignment. A digital report will be analysed by our physiotherapists or fitness experts who will make the best recommendations on how to target guests' wellness goals. A follow-up scan can be done to track progress.

### KAMALAYA DIETARY SUPPLEMENTS

Kamalaya has carefully developed a range of powerful dietary supplements to support guests in their most frequently found health concerns. The highest pharmaceutical-grade herbs and nutraceuticals have been blended for perfect synergy and optimal results. Kamalaya's dietary supplements are therapeutically potent and available by prescription only.

### TRADITIONAL CHINESE HERBAL MEDICINE

With over more than two and a half millennia of history and over 300 herbs listed in the Chinese Materia Medica, Chinese Herbal Medicine is the world's largest organised system of herbal medicine. Chinese herbs can help restore the balance of yin and yang using their stimulating, releasing, astringing, harmonising, tonifying, calming and detoxifying actions.

Through a Chinese Herbal Medicine consultation, one of our TCM practitioners will use the traditional four ways of diagnosing - inquiry, touching, looking and olfactory sensation to define any imbalance in the synergy of body systems. Following an in-depth consultation, a customised blend of herbs is formulated to address guests' symptoms and root imbalances and help bring them back into harmony. A Chinese herbal remedy will consist of several herbs acting synergistically to treat the conditions presented.

### TRADITIONAL THAI MEDICINE

With roots stretching back thousands of years, the rich wisdom of Traditional Thai Medicine is a celebrated pillar of healthcare within Thailand, commonly practised in hospitals alongside modern Western medicine. Held closely to the hearts of Thai people, licenses to practice are only available to Thai nationals and we are proud to house this abundant therapeutic understanding, offered by some of the most gifted Traditional Thai Medicine practitioners in the world.

Viewing the body through a lens of elemental composition and energy flow along meridian channels or 'Sen', Traditional Thai Medicine comprises both internal medicine (herbs, diet) and external medicine (massage, bodywork). Our Wellness Sanctuary offers Traditional Thai Therapeutic Massage including Consultation and Lanna Abdominal Samunphrai Ron, a treatment in which fire and its elemental properties are used to circulate the medicinal benefits of Thai herbs throughout the body.

In addition to these formalised spa treatments, the influence of Traditional Thai Medicine is embraced and interwoven through Kamalaya as a whole. An introduction is available on our Thai Herbal Walk, which showcases the indigenous medicinal plants that grow on-site. The presence of Traditional Thai Medicine can also be felt through herbal compresses used in various treatments, herbal foot soaks and, of course, our wellness cuisine which utilises the potency of many traditional Thai herbs.

### BACH FLOWER REMEDIES

Flower essences were used in ancient Egypt as well as India, Asia, Europe, South America and by the Australian Aborigines. This system was rediscovered and popularised 80 years ago in England by the work of Dr. Edward Bach. He suggested that physical illness is actually a message from our higher self, calling for a change in our mental outlook and way of living. Positive qualities that reside deep inside us are brought forth and emotional blocks are removed by the essences. Their activation allows us to replace fear with courage, insecurity with self-confidence and hatred with love, thus renewing a passion for life. During a Bach flower remedy consultation, emotional and physical states are discussed, allowing the practitioner to design a remedy formulated specifically to meet each guest's needs.

### HOMOEOPATHY

Based on the principle 'Let Like be Cured with Like', homoeopathy uses minute doses of a substance to stimulate the body's vital force. This gentle yet powerful ancient healing art allows the body to balance and heal itself instead of fighting or suppressing symptoms. Prescribing a constitutional or 'complete' remedy can bring profound changes in acute or chronic ailments of a physical, mental or emotional nature. Physical, mental and emotional thoughts and feelings are discussed including fears, dreams, and aggravating and ameliorating factors. Acute or 'first-aid' homoeopathic prescriptions are also available. These are easy to use, safe and effective for children, the elderly, pregnant or breast-feeding women and even animals. They are also safe to use with other medications or herbal preparations.

## WELLNESS PROGRAMS

Founded on the belief that true wellbeing is multi-layered and revolves around three complementary pillars, Kamalaya's innovative wellness philosophy supports holistic healing from the inside out. With a holistic approach in mind, our wellness programs integrate ancient therapies with modern medicine. Eighteen results-oriented wellness programs fall into five distinct categories that address healthy lifestyle, detoxification, stress and burnout, mental and emotional wellbeing and longevity.

### HEALTHY LIFESTYLE

Programs in this category offer foundations for a healthy and sustainable lifestyle, from fitness, yoga and weight management, which can help kick-start a wellness routine or take guests to new levels of expertise, to postural revival that can alleviate chronic pain and sleep enhancement.

PROGRAM / NIGHTS	3	5	7	8	9	14	21
Basic Optimal Fitness		✓	✓		✓	✓	✓
Comprehensive Optimal Fitness			✓		✓	✓	✓
Personal Yoga Synergy	✓	✓	✓			✓	
Ideal Weight			✓		✓	✓	✓
Structural Revival		✓	✓		✓	✓	
Sleep Enhancement		✓	✓		✓	✓	✓

### DETOX & RESET

These research-based programs combine medical science with holistic therapies to reset all body systems and support the organs in the process of eliminating toxins while also improving circulation, digestion and optimal weight; cleansing the body, mind and spirit.

PROGRAM / NIGHTS	3	5	7	8	9	14	21
Introduction to Detox	✓	✓					
Basic Detox			✓		✓	✓	
Comprehensive Detox			✓		✓	✓	✓
Enriched Gut			✓		✓	✓	✓

### STRESS & BURNOUT

This category offers nurturing and restorative wellness programs to help guests re-experience life with vibrancy and new energy. Ideal as a retreat from the stresses of everyday life or as a recovery from burnout.

PROGRAM / NIGHTS	3	5	7	8	9	14	21
Asian Bliss		✓	✓		✓	✓	
Basic Balance & Revitalise			✓		✓	✓	
Comprehensive Balance & Revitalise			✓			✓	✓
Relax & Renew	✓	✓	✓		✓	✓	
Wellbeing Sabbatical							or more

### CULTIVATING HEART, BODY & SPIRIT

The programs in this category can help guests align with their inner strength, vitality and ability to centre during challenging times that affect immunity, mental and emotional states.

PROGRAM / NIGHTS	3	5	7	8	9	14	21
Embracing Change & Emotional Harmony		✓	✓			✓	
Resilience & Immunity			✓		✓	✓	✓

### LONGEVITY & REGENERATION

The programs in this category help guests embody their true life's potential and feel their innate healing capacity flourish.

PROGRAM / NIGHTS	3	5	7	8	9	14	21
Radiant Bliss for Women's Health				✓		✓	✓



## ANNUAL GROUP RETREATS



Kamalaya hosts annual group retreats hosted by our team of wellness and life-enhancement mentors as well as a yoga retreat facilitated by Simon Low, the principal of the Yoga Academy.

### **FINDING EMOTIONAL BALANCE & FREEDOM (6 DAYS)**

Ideal for someone looking for a greater connection and happiness with themselves and others. An intimate group of a maximum of 12 participants will explore emotional habits and learn to respond to life's challenges more effectively. Available once or twice a year.



### **YOGA FOR HEALTH & HEALING WITH SIMON LOW (4 DAYS)**

With a maximum of 12 participants, students will receive individualised attention informed by Simon's ongoing studies in Traditional Chinese Medicine, applied anatomy, pranayama, Oriental and contemporary energy practices, psychology and philosophy to expand and enrich their yoga practice. Available once a year.

### SHAKTI FITNESS CENTRE

Kamalaya's state-of-the-art fitness centre houses over 22 pieces of comprehensive fitness equipment. The fitness centre covers approximately 294 sqm with three areas comprising an upper area for cardio and stretching, two lower sections for weight and TRX resistance training as well as a consultation room for private personal training sessions. Open daily from 07.00 to 20.00.

### LAP POOL

Our 25m lap pool, located in front of the Shakti Fitness Centre and overlooking the Gulf of Thailand, is ideal for swimming and aqua fitness classes including Aqua Aerobics and Aqua Bikes. Open daily from 07.00 to 20.00.

### YOGA PAVILION

The hilltop Yoga Pavilion is perched atop Koh Samui's rugged coastline. This open-air, natural wood-floored space is perfect for yoga practice and for fostering a connection with nature. Nestled amidst giant, granite boulders and trees, the Yoga Pavilion draws in all elements of nature, offering a stunning panorama of the sea with outlying mountainous islands and the perfect sunset view. Its capacity for yoga classes is up to thirty people. Open daily from 07.00 to 20.00.

### PRANA SALAS (I AND II)

Located between the Yoga Pavilion and Yantra Hall, two smaller Prana Salas offer an intimate space for smaller yoga or other holistic activity classes with a capacity of up to seven people. Surrounded by a lush tropical garden, these open-air spaces with a natural wooden floor are perfect for relaxing morning practice in a group or by yourself. Open daily from 07.00 to 20.00.

### PADMA I FOR REFORMER PILATES

Padma I is a fully equipped Reformer Pilates studio that accommodates up to five guests at a time and features Reformer Pilates machines. This form of Pilates is generally more intense and more dynamic than mat-based Pilates as it adds resistance to the Pilates exercises via the use of the springs which form part of the machine. Open daily from 07.00 to 20.00.

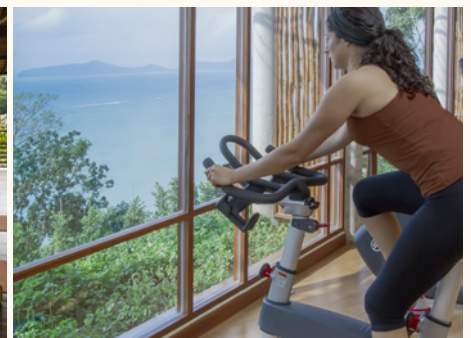
### PADMA II FOR FUNCTIONAL FITNESS

Padma II Functional Fitness studio offers free weights equipment as well as bars and steps for effective functional fitness training. Guests are welcome to train on their own or book a personal training session with one of our highly trained personal fitness coaches. Open daily from 07.00 to 20.00.

### DAILY HOLISTIC ACTIVITY CLASSES

Enhance your sense of wellbeing by attending one of our Holistic Activity Classes. Our expert team offers a range of classes throughout the week that you can join at your convenience. There are sessions suitable for all levels of fitness, age and experience, and most of them are complimentary. Classes include Yin Yoga, Hatha Yoga, Ashtanga Yoga, Flow Yoga, Power Yoga, Pranayama and Meditation, Pilates, Tai Chi and Qi Gong, Stretching, HIIT and Core, Muay Thai (Thai Boxing), Aqua Aerobics and Salsa Dancing.

We designed our activities to support the effectiveness of our wellness programs and to create a moment for our guests to reconnect with others through a shared experience. With exercises and practices to improve posture, increase fitness, cultivate vital energy and calm your mind, we encourage you to experiment and attend as many classes as you like during your stay. All guests receive a daily holistic activity schedule for easy navigation during their stay.





## HEALTHY CUISINE



We firmly believe in the body's natural healing ability and that every individual has the power to facilitate its unfolding. Just by choosing a healthy diet daily, we can make a huge difference in our overall health and wellbeing. Nutrition is a very powerful tool to support healing as well as re-establishing and maintaining vibrant health.



At Kamalaya we have created a colourful healthy menu that is based on principles derived from the ancient healing traditions of China and India, combined with current medical research. In line with that, we understand that food is most healing when it is close to its original state by using fresh, seasonal and organic produce, and avoiding processed foods, additives and preservatives altogether. Our cooking methods are gentle to preserve the wealth of vitamins, minerals and other nutrients that provide pure sources of natural medicine, vital for optimal health.

Our menu includes a wide variety of both detox and non-detox options. Kamalaya's signature Detox Cuisine is 100% plant-based, low inflammatory, alkaline, low allergenic and low glycaemic, based on research in naturopathy, functional medicine and TCM. It was carefully designed to minimise toxic intake, reduce strain on the digestive system and provide key nutrients to enhance cellular metabolism during our detoxification programs. To offer guests a choice, we also have our Healthy Inspired Cuisine which is predominately plant-based but with the option of adding lean meats such as poultry and ostrich, as well as fish and some seafood dishes.



*feel life's potential*

## CONTACT DETAILS

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