



Wellness Sanctuary & Holistic Spa



feel life 's potential

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How to Spa

General Information

During your stay at Kamalaya, you are given complimentary use of Shakti Fitness Centre and the Spa Zone, comprised of the Om Steam Cavern, Plunge Pools, Elixir Bar and the spa relaxation areas.

Location

The Wellness Sanctuary is situated beside the Monk's Cave. Telephone extension 1700

Reservations

Treatments are available from 09:00 to 19:00

Reservations can be made in person or by dialling extension 1700 between 8:00 and 20:00 daily.

Leela Steam, Om Steam Cavern & Plunge Pools

Open daily from 08:30 to 20:00

As these facilities are unisex, please wear a bathing suit or use the sarong provided in your locker.

Shakti Fitness Centre

Open daily from 07:00 to 20:00

Please note that appropriate clothes and sports shoes should be worn. Shakti Fitness Centre is unsupervised; however Personal Training sessions can be booked at Wellness Reception.

Spa Information

Please feel free to wear the bathrobes provided in your room to the Wellness Sanctuary. We encourage you to leave valuables in the safe provided in your room. To ensure you receive the full treatment time, please arrive at the Wellness Reception at least 15 minutes prior to your scheduled appointment to allow time for tea and changing if necessary.

Special Consideration for Medical Conditions

Please make sure our Wellness Receptionists and Hosts are advised of any medical conditions including pregnancy that could cause complications. Guests who have any medical conditions are advised to consult a Doctor or Naturopath before signing up for a treatment.

Cancellation Policy

A fifty percent (50%) cancellation fee will be charged to your account for cancellations with less than four hours notice. The full fee will be charged for a no-show. For treatments with Visiting Practitioners, the full fee will be charged for no-show and cancellation with less than four hours notice.

Children

Children below the age of 16 may not participate in any wellness activities or treatments and are not permitted access to the Wellness Sanctuary or its facilities.

Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) is the contemporary version of China's 3,000 year-old medical system originating in Taoist philosophy. This ancient healing tradition is based on the recognition that there is a natural energy that resonates with the rhythms and cycles of life to which we are all connected. It is a comprehensive theoretical system based on the knowledge that vibrant health on all levels is the direct manifestation of a life lived in harmony with the principles of nature. The cycles, rhythms, and principles of nature are thought to be fully expressed within the human body in the form of the Five Elements. Therapies and treatments used include well- established techniques such as acupuncture, herbal medicine, massage, nutrition, Qi Gong and forms of Chinese internal practices (breath, visualisation and movement) for cultivating Qi or vital energy and directing it towards the healing of self and others.

Initial Consultation

Your consultation begins with diagnosis, using TCM techniques such as pulse and tongue assessment to help determine the most appropriate treatment program. Our TCM Doctor will then prescribe a series of treatments to suit your condition utilising the appropriate Traditional Chinese Medicine modalities from the list below. This initial consultation session also includes treatment.

75 min

All subsequent TCM services offered can be scheduled for either for 60 min or 90 min

Acupuncture

An Oriental healing system based on ancient knowledge and Taoist understanding of energy principles and anatomy. In Chinese Medicine, energy is believed to flow along pathways called meridians, and it should flow in a free and unobstructed way, much like your bloodstream. If there is a blockage, then disease may result. Acupuncture aims to restore the flow of vital energy in the body for healing and revitalisation. Minuscule, hair-thin sterile needles are used on specific points (acupuncture points) in order to re-establish the flow of energy and thereby correct imbalances, restore health, and bring about enhanced states of physical, emotional and mental wellbeing. Acupuncture facilitates and supports the body's innate ability to heal itself and preventively, to maintain optimal levels of wellness and vitality.

Acupuncture for Facial Rejuvenation

Based on the ancient wisdom of China and using the finest acupuncture needles, this therapy stimulates and tones facial muscles as well as enhances circulation to revitalise and rejuvenate the face. For best results, treatments every other day are recommended.

Moxibustion

Moxibustion involves the burning of Mugwort or 'ai ye'. The heat is applied to specific points and areas of the body to invigorate the circulation of Qi. This ancient technique increases blood circulation and vital energy while promoting the healing of various disorders and enhancing immunity and overall health.

Cupping

An ancient healing technique using glass or bamboo cups to release blockages and improve circulation in specific areas of the body (neck, shoulders, upper and lower back, thighs). The cups are either stationary or can be used as a moving cup massage. This stimulates the movement of stagnant Qi and blood to the surface, allowing for the flow of new, healthy Qi and blood to the desired area. Cupping is recommended where there is body stiffness, muscular pain, or where increased circulation is desired.

Chinese Herbal Medicine

With over 300 herbs listed in the Chinese Materia Medica, Chinese herbal medicine is the world's largest organized system of herbal medicine. Chinese herbs can help restore balance of yin and yang by means of their stimulating, releasing, astringing, harmonising, tonifying, calming, and/or detoxifying actions. A Chinese herbal remedy will consist of several herbs acting synergistically to treat the conditions presented. These remedies are more gentle and natural than conventional medicines. Our TCM practitioners will formulate a customised blend of herbs to address your symptoms and root imbalances and help bring you back into harmony. The herbs are particularly effective with chronic problems as well as the more acute versions of the common cold and flu.

Naturopathic Medicine

Naturopathic Medicine combines the healing traditions of ancient India, China, and Europe with Western herbal medicine and modern scientific principles and technology. Naturopathic treatments include herbal medicine, nutrition and detoxification, flower remedies and homeopathy. Naturopathy draws on a wide array of natural healing intervention and diagnostic techniques to promote optimal health and to treat as well as prevent disease.

Wellness Consultation

An initial Wellness Consultation is included with every Kamalaya stay. During this orientation, one of our Holistic Consultants will talk with you about your wellness concerns and goals and then advise you on the best treatment plan to maximise the benefit of your stay.

45 min

Wellness Follow-up Consultation

Many of our scheduled Wellness Programs include a follow-up consultation. You may choose to see one of our Holistic Consultants to review the progress of your program.

30 min



Naturopathic Consultation

Our ancestors knew the healing power of plants. In modern times, methods have been devised to extract the healing compounds from medicinal plants. Naturopaths utilise herbs for short or long term treatment to support, heal, nourish, stimulate, or strengthen the body or body systems. A wide range of acute or chronic ailments can be addressed. The use of medicinal herbs promotes self-healing, greater wellbeing and prevention of disease. During a Naturopathic Consultation the practitioner looks at the person as a whole, reviewing signs and symptoms of all body systems, lifestyle and a brief review of diet. Treatment may include an individualised liquid herbal extract preparation, nutritional supplements, and ways to optimise diet and lifestyle may also be discussed.

60 min

Nutritional Guidance

Healthy eating is an integral part of Naturopathy. The Naturopath will discuss your nutritional goals and look at current dietary patterns. Beneficial for people who already follow a 'healthy diet' as well as those who have little or no nutritional knowledge, this session gives plenty of easy to implement take-home advice and takes an educational look at how foods work in the body. Individualised nutritional advice will be provided for any specific health conditions. Kamalaya emphasises wholesome food, as dietary habits play an important role in preventative and curative aspects of health. Nutrition plays a major role in restoring and maintaining health by supplying necessary nutrients to body cells for energy production, tissue repair, hormone production and proper organ function.

60 min

Homeopathy

Based on the principle 'Let Like be Cured with Like', homeopathy 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' homeopathic prescriptions are also available. These are easy to use, and 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.

75 min



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. Flower essences work quickly and profoundly, addressing psychological, spiritual and physical states to bring about harmony. When emotional balance is restored by the flower essences true healing can occur. Dr. Bach 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 your passion for life. During a flower remedy consultation your emotional and physical state will be discussed, allowing the practitioner to design a remedy formulated specifically to meet your needs.

60 min

Far Infrared Sauna

Far Infrared Therapy provides deeply penetrating heat while maintaining a comfortable air temperature of 42-45 degrees Celsius. Use of the Far Infrared Sauna has many therapeutic benefits; it stimulates circulation and boosts immunity, increases metabolism and the burning of calories, and promotes detoxification to purify the body. It may also reduce heavy metal accumulation. Far Infrared Therapy deep-cleanses the skin, reduces cellulite, and slows down the ageing process because it promotes skin cell regeneration and unburdens the body of toxins. Various skin conditions may be treated and joint or muscular inflammation reduced. The Far Infrared Sauna promotes deep muscle relaxation to banish tension and stress and a feeling of wellbeing is achieved. Please arrive at Wellness Reception with sufficient time before this treatment to drink the necessary water for hydration purposes. The cold plunge pool should be avoided immediately after this treatment.

30 min

Colon Hydrotherapy

Colon Hydrotherapy is a key treatment in any detoxification program, using warm water to gently cleanse the entire large colon. Colon Hydrotherapy aids in the removal of plaque and waste matter that may have accumulated over many years, creating blockages and sluggishness in our digestive system. Removal of this plaque enhances liver function and detoxification, improves lymphatic and capillary function and allows nutrients to be absorbed more efficiently. This therapy can improve ailments associated with a poorly functioning liver, including headaches, fatigue, irritability, skin conditions and many common allergies. It is also beneficial for increasing energy and reducing digestive symptoms such as bloating, gas, constipation and flatulence. Cleansing the colon is also said to bring clarity of mind. Using state-of-the-art, FDA-approved equipment that is safe and hygienic, Colon Hydrotherapy is performed by a highly trained nurse or medical therapist. The water is heated to a comfortable body temperature and any noxious chemicals or contaminants are removed by the filtration system. A series of 3-5 treatments may be required for a full cleanse. A herbal implant may be prescribed for you during this treatment to maximise its health benefits. Chi Nei Tsang abdominal massage is recommended before each session for best results. *Please see Wellness Reception for further information on Colon Hydrotherapy treatment including preparation and after care.*

60 min

Diagnostics

Body Bioimpedance Analysis (BIA)

BIA is a method of measuring several key health markers including levels of hydration, the ratio of body fat against lean muscle mass, and cellular vitality. This helps to determine a realistic measure of your health and wellbeing. This information is useful for setting goals for weight management and fitness, and for making appropriate recommendations to achieve a better body balance to improve overall health and prevent illness. Body Bioimpedance Analysis gives valuable information on cellular health, metabolism and toxicity to help create naturopathic, nutrition, or exercise programs suited to your individual needs.

30 min

Bioresonance Energy Treatment

An excellent treatment to restore the body's energy systems and reduce the effects of jet lag. The Bioresonance Energy System produces a gentle pulsating energy field, stimulating the body's cells to activate various physiological processes. The gentle pulses are identical to the natural energy fields the human body produces during exercise. Bioresonance harmonises the body's energy and stimulates meridian pathways where energy seems depleted. Therapeutically, it helps to boost energy and performance, increase metabolism for weight loss, improve circulation and regulate blood pressure. Bioresonance stimulates healing and reduces pain. It is used to improve digestion and enhance detoxification, to stimulate the immune system, and to increase wellbeing by promoting restful sleep and relaxation. For a deeper relaxation effect, light and sound therapy are combined with the use of LED spectacles and headphones. More than one treatment may be recommended for optimum results.

20 min

Conventional Medicine

Medical Doctor Consultation

Appointments are available with a Medical Doctor for any health concerns or individual needs, including women's health checks and general annual health checks.

Comprehensive Check-up Packages

Various comprehensive check-up packages are available through Kamalaya in cooperation with Bangkok Samui Hospital. For a complete list, please enquire at reception or consult with our team of nurses.

Blood & Urine Analysis

Blood and urine testing services are available through Kamalaya in cooperation with Bangkok Samui Hospital. For a complete list, please enquire at reception or consult with our team of nurses.

Additional Services

Custom formulated herbal and homeopathic remedies and supplements can be recommended by our Holistic Medical Practitioners.



Mental & Emotional Healing

Discovering the power of the mind can help you to create beneficial life changes in many areas. Whether you are embarking on a program as part of a new beginning, or simply taking some time out to recharge and re-energise, taking care of the mind, emotions and thought processes is a vital part of an integrative approach to a more balanced lifestyle. Mental and emotional healing can play a big part in supporting changes in your life, including physical changes. Our therapists can help to guide you and will provide stress management strategies and healing modalities to suit your individual needs.

Stress Management

Ultimately caused by imbalance, stress is the body's attempt to regain balance. Ongoing stress causes a prolonged physiological response that results in every system within the body being affected, sometimes without you being aware; circulatory, respiratory, nervous, digestive, immune and hormonal systems are all at risk. Poorly managed stress can have serious consequences and may manifest physically, mentally and emotionally. After assessing your lifestyle and key stressors, your goals will be discussed, followed by the recommendation of practical tools and techniques to better manage the effects of stress in your life. These strategies may help you to feel more in control of situations, feel calm, think clearly and cope better in times of stress. With daily practice, you may be able to manage potential stressful situations in a proactive as well as reactive manner.

90 min

Mind-Body Balance

"Balance is the key to a healthy life". The Mind-Body Balance sessions are aimed at bringing this balance in our emotional and mental realms which in turn affects the physical realm. Your practitioner may assess you for signs and symptoms of mood/emotional imbalances, anger, anxiety and excessive worrying which may manifest as physical exhaustion, weight gain, eating disorders and insomnia. Through a process of counseling, yoga nidra, pranayama and meditative practices your personal mentor will help you find this inner balance.

60 min

Personal Mentoring

Personal mentoring sessions create a holistic healing experience that affects the physical body and brings balance to the emotional and spiritual realms. These sessions focus on helping you become free of conflicting and repetitive responses, rediscover your core strengths and values, establish greater love and connection in relationships, heal past emotions and discover a wonderful new way to get the best from life. Your Personal Mentor will take you through a process of healing using profound insights, powerful practices and ancient techniques of divine energy transfer.

60 min or 90 min



Meditation

Meditation restores a state of balance and peace and leads us to greater levels of physical, mental, emotional and spiritual wellbeing. Learn tailor-made meditation techniques to suit your particular needs, goals and level of experience. With regular practice you will experience profound shifts and enhanced feelings of peace and happiness.

60 min or 90 min

Pranayama

Pranayama is a system of yogic breathing techniques designed to maximise the flow of prana (vital life force). A private session will guide you in various techniques to control and regulate the breath, helping to calm the mind, balance emotions and reduce stress and anxiety. Your session will be tailored to your specific needs and level of experience.

60 min or 90 min

Ayurveda Therapy

Ayurveda, the 'Science of Life', is a holistic system of natural medicine that is first described around 3,500 BC in the Vedic texts of ancient India. It promotes living an existence that is balanced and in harmony with all aspects of life - the physical, emotional, mental, and spiritual. Enjoy a relaxing Ayurveda treatment with one of our Ayurvedic therapy specialists. Please note: it is recommended that on the day of your treatment, you refrain from showering and using the Steam Cavern until after your treatment has concluded. Allowing time for proper rest afterwards is highly recommended by our specialists.

Royal Ayurvedic Traditional Massage

A traditional Indian massage using a combination of soothing and symmetrical long strokes to regulate the circulatory and nervous systems of the body. This detoxifying therapy uses warm herbal curative oil to leave you feeling refreshed, balanced and rejuvenated. The oils are generously poured over the entire body and then vigorously massaged into the skin. This traditional Indian massage detoxifies your body and revitalises your spirit. A steam bath is recommended following this massage.

60 min or 90 min

Marma Point Massage

Marma points are energy pathways where the body and mind communicate. Working on 107 energy points throughout your body to release toxins and relieve stress and tension, a Marma Point Massage will leave you in a state of complete harmony and bliss. A cleansing and harmonising therapy, it is a combination of energy balancing along with a subtle and circular stimulation of the Marma points. This therapy will leave you with a long lasting sense of calm and rejuvenates your entire body.

90 min

Shirodhara

Shirodhara therapy works through to the deepest levels of one's being. 'Shiro' translates from Sanskrit as head, and 'dhara,' as flow. A stream of warm, medicated oil is poured continuously on the forehead which helps to connect and energise the 'nadis', various channels that sustain our lives - from the circulation of fluids on the physical level to the subtle currents running through the meridians, chakras and auras. Using technical skill and intuition, this specialised treatment helps to improve blood supply, thereby increasing the flow of nutrients and oxygen, relieving tension, and promoting a clear pathway for nerve impulses to balance the nervous system and restore vitality. Shirodhara is recommended for sinus congestion, insomnia, and for clarity of mind. It is highly recommended that you avoid the sun for several hours after your treatment.

60 min

Kati Vasti

Kati refers to the lower back in Sanskrit. This treatment focuses specifically on treating discomfort relating to the back, such as chronic tension, a prolapsed disk or sciatica. Kati Vasti also benefits hypertension, cardiac related conditions and fertility. Psychological imbalances relating to fear, shock and the feeling of lack of support in life correlate to this area of the body in Traditional Chinese Medicine. A medicinal paste is applied in a ring around the affected area, and warm Ayurvedic oil is poured in its centre. The oil is kept within the ring for 30 minutes. This application is followed by back massage and steam with hot towels for a deeply nourishing and supportive experience. It is highly recommended that you avoid the sun for several hours after your treatment.

60 min

Also available with warm herbal compress 90 min

Pathaganjaly (massage using the feet)

This full body massage is performed with the client reclined on the floor. Heated oil is applied and massaged into the muscles by the therapist's hands and feet. 'Patha' is Sanskrit for feet and refers to the therapist's use of the feet to massage the client by carefully and skillfully walking on the body. This relaxing treatment promotes the release of tension, improves muscle flexibility, alleviates back pain and enhances circulation. Pathaganjaly allows for a strong application of pressure, especially recommended for those with well-developed or tight muscles or anyone who prefers a strong pressure massage.

90 min



Holistic & Therapeutic Body Treatments

Kamalaya Signature Treatment: Three Treasures

According to ancient Taoist theory, the body has three main energy centres – the ‘Three Dantian’ – where our life force or vital energy ‘Qi’ is gathered, stored and distributed throughout the entire body. Each Dantian is associated with particular physical, emotional and psychological functions and each is brimming with a specific type of energy. Collectively, the Dantian are referred to as the ‘Three Treasures’. This treatment combines healing methods selected for their ability to activate, harmonise and balance the ‘Three Treasures’ in order to restore the flow of vital energy for healing and revitalisation. These include techniques from Tui Na massage, Reiki and crystal healing as well as aromatherapy using Kamalaya’s bespoke ‘Three Treasures’ oil blends created specifically for this treatment. As well as supporting the individual function of each energy centre, it promotes an enhanced balance and harmony of the mind, body, emotions and spirit and creates an overall feeling of peace and integral alignment.

90 min

Chi Nei Tsang (Taoist Abdominal Massage)

Chi Nei Tsang is excellent for a diversity of health imbalances from digestive problems to nervous tension and stress. It promotes circulation and therefore health of the internal organs, while also balancing the nervous system to release stress and facilitate healing. Based on the Taoist theory that refers to the ‘gut’ as a ‘second brain’, this treatment releases stored emotional and psychological tension and stress thereby promoting healing on an emotional level. A series of treatments is most beneficial. Chi Nei Tsang is especially recommended for all detoxification, stress release and weight balancing programs.

30 min or 60 min

Lymphatic Drainage Therapy

This is a detoxifying treatment, using gentle rhythmic strokes and soft pumping movements to encourage the movement of lymphatic fluid without the firm pressure techniques of a regular massage. The lymphatic system acts as a transportation network for the immune system and also as a filter for harmful toxins. By encouraging the movement of lymph fluid to localised lymph nodes your body is supported in efficiently eliminating waste products. Lymphatic drainage may be particularly beneficial in addressing water retention, detoxification and weight loss. This gentle and soothing treatment is also recommended to calm the nervous system and restore sleep. For maximum benefits, two or more treatments are recommended.

90 min

Reiki

Reiki, a Japanese word meaning ‘Universal Life Energy’ is a therapy in which the Reiki healer is a channel or conduit for the energy. Reiki is an extremely effective technique for stress release and total relaxation. A sense of peace, vitality, and joy combined with the extremely pleasant feeling of security are common experiences. Reiki accelerates the body’s natural healing power and opens the mind, body and spirit in order to restore balance on an emotional and mental level. It is a nurturing energy that harmonises the mind, body and soul.

60 min

Indian Head Massage

Based on the ancient healing system of Ayurveda, this massage treatment is received in a seated position to relieve tension and blockages from your shoulders, neck, back and scalp. Using deep thumb and finger pressure, you will experience improved circulation to the head, the release of emotional and physical tension, and an enhanced state of relaxation and mental clarity.

60 min

Traditional Asian Hand Massage

Inspired by Korean hand acupuncture, this highly effective treatment opens the energy channels of your chest, lungs, and heart centre thereby facilitating the release of accumulated emotional stress and old emotional patterns (particularly those associated with sadness and grief). Profoundly effective for opening your heart centre and facilitating the flow of joy, love, and bliss, this treatment has a deeply balancing effect on your psyche. It also soothes the nerves in the arms and hands and helps reduce tension associated with desk work.

45 min

Traditional Asian Foot Massage with Herbal Foot Soak

Kamalaya's Asian Foot Massage with Herbal Soak is a nourishing treatment which begins with a warm foot soak infused with locally sourced fresh and dried herbs renowned for their therapeutic properties. These herbs help to reduce muscle tension & stress, induce better sleep, inhibit arthritis, reduce inflammation and improve overall blood circulation. To ensure optimum benefits, the water temperature in the foot bath is set as close to 43 degrees as is comfortable. This allows the warmth to gradually penetrate and move up the legs and deeper into the body, bringing with it a welcome sense of calm and rejuvenation. A traditional Asian Hand Massage is then performed to open the energy channels of the chest and related organs, as well as opening the lungs for deeper breathing and the release of accumulated stress and emotions. Following this, a Traditional Asian Foot Massage works on specific pressure points to systematically activate nerve reflexes, thereby stimulating all of the body's organs and tissues to improve overall function and wellbeing.

90 min

Traditional Asian Foot Massage

Ancient Chinese theory of approximately 5000 years ago observed that feet are miniature maps of your entire body, with specific points on the feet corresponding to all major body parts and organs. This treatment uses specific pressure points to systematically activate the nerve reflexes, thereby stimulating all body organs and tissues to improve overall function and wellbeing. Effective for calming the mind, relieving headaches and inducing deep and restful sleep.

60 min or 90 min



Traditional Thai Massage

Thai massage is based on the discovery of ten invisible energy lines called Sen, which run along the body. Your journey begins with a masterful combination of Thai stretching techniques and deep tissue pressure point massage. This stimulates the blood flow, releases toxins, and allows the body to naturally heal itself and restore suppleness. Daily Thai Massage can help accelerate the pace of the detoxification process and reduce any discomfort. This treatment is available with or without the use of a hot herbal compress. The hot herbal compress, which is an ancient Thai healing tradition, uses a potent blend of herbs that are designed to open energy pathways directly affecting the brain. This can help to clear mental fog, soothe and calm the mind.

60 min / 90 min or 120 min

Traditional Thai Herbal Compress Massage

The use of herbal heated compresses is a traditional Thai therapy which dates back to ancient times, when it was the secret healing technique of Buddhist monks and local herbal healers. Thai Herbal Compress involves special poultices made of herbs and spices that are wrapped in muslin and steam heated. Steam heating allows the release of natural essential oils and aromas from the herbs and spices to help promote deep relaxation, reduced stress and fatigue, increased physical wellbeing, enhanced alignment and postural integrity of the body, improved circulation of blood and lymph and the stimulation of the internal organs.

90 min or 120 min

Vital Essence Oil Massage

Kamalaya's unique Vital Essence Oil Massage combines Asian knowledge of energy principles with the science of aromatherapy to create the perfect synergy between East and West. This magical and harmonising experience is a simple and effective way to let go of tensions, improve your health, balance your emotions and enhance your life. One of our Five Element essential oils will be selected to suit your body's constitution: Water, Wood (Air), Fire, Earth, and Metal (Ether).

60 min or 90 min

Upper Body Tension Relief

This deep tissue massage focuses on releasing tension and discomfort in the areas most commonly affected by lifestyle and stress. Modern lifestyles which include long hours sitting at a computer and frequent travel on planes and cars promote poor posture and limited or repetitive movement. This leads to an imbalance in our natural flow of movement causing restricted blood flow, blocked energy circulation and even shallow breathing which often manifests as tension, fatigue and pain. Overworked areas such as back, neck and shoulder muscles tend to contract causing tightness and pain. By working deep into the layers of muscles and connective tissue with slow but very firm strokes, this massage effectively relieves tension and contractions in those areas and guides the body back to its natural state of balance. This treatment may also help to relieve headaches and stress.

75 min

16

**Lower Body Tension relief**

With a specific focus on addressing the lower back and legs which are much affected by modern sedentary lifestyles, this treatment provides an intensive release of tension and stress using a variety of therapeutic and remedial techniques. This massage treatment improves blood circulation, alleviates anxiety and brings about a state of deep relief and relaxation. Potent active ingredients that penetrate into the tissue and strengthen muscles and joints are used together with techniques that will dissolve any tension in the body.

75 min

Traditional Thai Therapeutic Treatment

Traditional Thai Therapeutic Treatment is also known as 'medical massage' and is based on the Royal Thai style, 'Rajasamnak' which was historically only used to treat the Thai aristocracy and the Royal Family. Furthermore, the theory behind Traditional Thai Therapeutic Treatment is also based on the medical inscriptions and illustrations displayed at Wat Pho temple in Bangkok. This temple is renowned for its prestigious massage school which utilises ancient pressure point techniques. These therapeutic points and energy pathways known as Sen, are based on the principle of energy flow where applying massage techniques at precise anatomical locations produces specific therapeutic effects.

60 min/90 min



Nurturing Body Treatments

Oriental Herbal Detoxifying Body Scrub & Wrap

Oriental herbs are used to gently exfoliate the body in order to improve overall circulation. This is followed by an invigorating body wrap using Thai White Mud, which has long been used by Thai women for cleansing and brightening the skin. The addition of aromatic Thai herbs, each specially selected for its beauty and health-enhancing properties, warms and stimulates the body to enhance circulation. This treatment is recommended for water retention, sluggish circulation, muscular problems and detoxification.

75 min

Lotus Seed Scrub

A unique selection of lotus seeds are used to exfoliate the body and remove dead skin, while the power of lotus aromatherapy helps to relax the mind and awaken your inner spirituality. Recommended for dry, sensitive, dehydrated, and/or sunburned skin.

45 min

Lotus Blossom Wrap

Treat yourself to the Lotus Blossom Wrap to replenish, hydrate and heal the skin while you enjoy a 20-minute scalp massage. The power of lotus aromatherapy helps to relax the mind and awaken your inner spirituality. Recommended for dry, sensitive, dehydrated, and/or sunburned skin.

45 min

Lotus Scrub & Wrap

Combining the exfoliating benefits of our Lotus Seed Scrub and the replenishing and healing properties of Lotus Blossom Wrap for a rejuvenating mind-body experience.

75 min

Aloe Vera Wrap

Aloe Vera aids in the gentle removal of dead skin cells improving the skin's ability to hydrate itself. With its anti-inflammatory qualities, this cooling and soothing leave-on wrap is perfect for skin overexposed to the sun or to ease itchiness from skin irritations and insect bites. Suitable for even the most sensitive skin.

45 min



Facial Treatments

Our skin care products are 100% chemical free, luxurious and effective. Utilising natural ingredients from the earth and sea, they only include extracts and essential oils of the highest grade. Please note that our Facials do not include extractions.

Holistic Acupressure Facial Massage

The fruit of a collaboration between our Thai medicine practitioner and cranio-sacral therapist, this deeply relaxing treatment uses traditional Thai meridian principles to slow down a hyperactive mind and restore inner calm. The face is gently prepared with coconut oil before acupressure points on the face, neck and ears are stimulated using fingertips and heated herbal compresses packed with nourishing Thai medicinal powders. The massage technique promotes lymphatic drainage for a detoxing effect that leaves you with a clear head, radiant glow and a soothed soul.

75 min

Pure Radiance Facial

We will take your skin on a journey of total renewal. Experience deep relaxation as you enjoy aromatic warm facial compresses that soften and exfoliate followed by a nurturing face mask, rich in herbal extracts to purify and hydrate the skin. This facial experience is tailored to your skin's needs and is enhanced with the addition of a Facial Massage. The luxurious Plants Essence Synergies will leave your skin feeling revitalised and refreshed.

75 min

Restorative & Purifying Facial

This ultimate facial indulgence is tailored to your skin and is designed to purify, deeply cleanse and nourish. A relaxing Rose Quartz Crystal facial massage will maximize penetration of the natural healing products into the skin. A gentle face mask nourishes and hydrates the skin to bring back the forgotten elasticity, leaving you looking fresh and revitalized followed by a hand massage to complete this restorative experience.

75 min

Nail Care

Spa Manicure *60 min...* With nail polish – *90 min*

Spa Pedicure *60 min...* With nail polish – *90 min*

Waxing

Waxing bikini lines – *60 min*

Waxing legs – *90 min*

Waxing half legs – *60 min*

Waxing underarms – *30 min*

Waxing arms – *60 min*

Waxing chest – *60 min*

Waxing back – *60 min*



Day Spa Packages

Enjoy a spa package in a private and magical setting with your friend or special partner. The following treatments are also available in private treatment rooms for individuals.

Heaven & Earth

Designed to create a state of total relaxation, Heaven & Earth begins with an Asian Foot Massage and Asian Hand Massage, followed by a herbal steam using the healing herbs of camphor, kaffir lime, turmeric and plai (from the ginger family). After your steam, you will enjoy a heavenly Indian Head Massage.

Asian Foot Massage / Asian Hand Massage / Indian Head Massage

120 min

Renewed Essence

A layering of treatments designed to strip away stress and accumulated armours in order to unveil your true essence. Combining oil lathering, herbal steam, body exfoliation and finishing with a 90-minute Vital Essence Oil Massage, this ultimate ritual will leave you in a blissful state of renewal.

Oil Lathering / Body Scrub / Vital Essence Oil Massage

150 min

Lotus Realm

Begin this indulgent treatment with a herbal steam, followed by Lotus Seed Scrub and the blissful Lotus Blossom Wrap. A 90-minute Vital Essence Oil Massage completes this nurturing experience.

Herbal Steam / Lotus Blossom Wrap / Vital Essence Oil Massage

180 min

Jewel of the Orient

Integrating the best of Eastern techniques, this Oriental ritual begins with a herbal steam to prepare the body, mind, and spirit for the deeper therapeutic treatments. The Oriental Herbal Detoxifying Body Scrub stimulates circulation while increasing antioxidant activity and vibrancy in the cells. The Vital Essence Oil Massage is combined with a hot herbal compress followed by a Pure Radiance Facial to create an experience of restoration and rejuvenation unlike any other.

Detoxifying Scrub / Vital Essence Oil Massage with Hot Herbal Compress / Pure Radiance Facial.

210 min



Physiotherapy

Initial Consultation (includes treatment)

90 min

Physiotherapy session

Physiotherapy helps to address reduced freedom of movement and function caused by postural imbalances, natural ageing and trauma. Our expert Physiotherapist will first evaluate your condition, taking into consideration alignment, posture, gait and any obvious restrictions of movement. As well as helping to relieve pain, Physiotherapy treatment also incorporates practical exercises to improve your range of motion, correct muscular imbalances, rehabilitate injuries and guide you on the path to recovery

60 min

Myofascial Release Therapy

Myofascial Release Therapy 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. The role of fascia within the body is to attach, stabilize, cover and separate our muscles and other internal organs. Inflammation, trauma, surgical procedures and structural imbalances can create restrictions in this connective tissue leading to pain and reduced motion. Myofascial Release Therapy is an effective treatment for carpal tunnel syndrome and can also be used to address ongoing back, shoulder and hip pain as well as other affected areas that contain soft tissue.

60 min

Revival Exercise

Our Physiotherapist will begin with a detailed analysis of your posture, muscles and gait to identify any imbalances. They will then create a customized program of Revival Exercises designed to strengthen the body and stabilise the joints. These Revival Exercises may incorporate Pilates exercises, stretching and other techniques to enhance core stability, improve muscular posture and correct structural imbalances.

60 min



Holistic Personal Fitness

Holistic Fitness Evaluation

A personal health & fitness evaluation can provide valuable feedback to help you set and define your wellness goals. One of our fitness professionals will measure your aerobic capacity, flexibility, balance and other key holistic fitness markers. This important data helps us provide you with a personalised program that ensures you gain the maximum benefit from your exercise and fitness sessions. The initial evaluation also includes a bespoke exercise prescription, so please wear suitable exercise attire.

60 min

Personal Training

Our Personal Fitness Trainers are available to help guide, motivate and inspire you to reach your fitness goals and provide professional training advice during your stay.

Private 60 min

Stretching

This important part of any fitness program is so often neglected. Our instructors will teach you how to stretch each part of the body using the correct technique for maximum results.

Private 60 min

Super Stretching

This treatment focuses on deep stretching of the muscles using a clear understanding of physiology and anatomy. The assisted stretches and strong pressure utilise aspects of Thai massage and yoga to help relieve muscular tension and promote healthy circulation. Super Stretching is ideal for warming up the body prior to exercising and is equally effective after yoga or exercise to warm down and improve muscle flexibility.

Private 60 min



Holistic Practices: Group or Private Classes

Most holistic fitness practices are available as group or private classes.

Qi Gong

Qi Gong, 'Vital Force - Energy Cultivation', is based on ancient Chinese wisdom that promotes states of vibrant health physically, mentally, and spiritually. Gentle movements, breathing practices and meditation are combined to increase vitality and bring about internal harmony.

Private 60 min

Tai Chi

Tai Chi is an ancient Chinese discipline to promote health, relaxation and meditation. Using gentle movements in combination with controlled breathing, Tai Chi is great for releasing tension, maintaining and enhancing muscle suppleness and tone, and promoting a heightened integration of body, mind, and spirit.

Private 60 min

Yoga

Yoga is a way of life based on ancient Indian philosophy; a way of integrating your whole being so that all aspects of your life work in harmony. Yoga is a complete system for living life and for conscious evolution, thus helping to create balance in your life whilst creating a flexible mind, body and soul. Physical postures, breath and meditation are the primary aspects of this practice. A variety of Yoga styles are taught at Kamalaya and our instructors will ensure that sessions are appropriate for your current level of experience and personal goals.

Private 60 min

Pilates (Mat or Reformer)

Progress through a series of exercises designed to use your core whilst strengthening and stretching your muscles through small movements that lead to big results. Pilates sessions may include mat-based exercises and/or guided movements on our Pilates Reformer machines.

Private 60 min

Spa Zone

Leela Steam & Om Steam Cavern

Refresh your body with the use of the Steam Cavern. This treatment is ideal before a massage or body treatment to open up the pores, stimulate and cleanse the skin, clear the lungs, promote circulation and relax the body. The Steam Cavern combines the elements of Fire and Water with the use of aromatic herbs to further awaken the senses.

Ambient Plunge Pools

Effective hydrotherapy works by using alternating hot and cool temperatures to exercise the cardiovascular system through dilation and contraction. Following wet (steam) heat treatments, it is recommended to take at least five slow breaths in the cold shower or cool plunge pool. *Please note that the cold shower, or cool plunge pool, should be avoided immediately after Far Infrared treatments.*

Wellness Package Terms and Conditions:

Please note that Kamalaya's Wellness Programs have been designed to help you reach your health goals in the most effective way. Any changes made to your program may compromise the efficacy of the program and the overall result.

- Guests wishing to change or eliminate specific treatments in confirmed packages may do so subject to availability of the therapy they wish to substitute.
- Kamalaya wellness packages carry a built-in 20% discount on all wellness and food and beverage services so cancellation of any packaged therapies will be credited at 80% of listed prices assuring that the credited amount is equivalent to the unused portion of the original package.
- Treatments selected in substitution will be charged at listed retail rate against which any credits can be applied.
- Credits against cancelled treatments may be used towards the purchase of treatments and services listed in the Kamalaya Wellness Sanctuary & Holistic Spa treatment menu except treatments or sessions with visiting practitioners.
- Credits against cancelled treatments cannot be redeemed for food and beverage, accommodation, purchases in the resort's retail shop or other resort services.
- Above conditions apply equally in the case of a contra-indication whereby Kamalaya's health practitioners advise against a certain treatment or service included in a wellness package.
- Any cancelled treatments that are later re-instated into the package will be charged at listed retail rate.
- For unused credits from cancelled treatments in confirmed packages, a wellness voucher will be issued which will be fully transferable and can be redeemed by any guest during their present or future stay at Kamalaya (within the validity date stated on the voucher) and the voucher will not be redeemable for cash or other substitutions, not replaceable if lost, destroyed, stolen or expired, and void if altered, photocopied, or reproduced.