

Stress and Burnout. Kamalaya Balance & Revitalise Basic



## Kamalaya Basic Balance & Revitalise

This program is designed to counteract the stresses of contemporary lifestyles and prevent adrenal burnout. Upon arrival guests begin with a personal Wellness Consultation and bio-impedance analysis to determine their specific health and wellness needs so that the program can be tailored for maximum effect and comfort. Restorative and healing treatments include Royal Ayurvedic Massage, Shirodhara, Vital Essence Oil Massage and more. Personal consultations in Naturopathic Lifestyle, Nutrition and Stress Management help our guests to achieve a more balanced approach to life. If required, additional medical tests are available (extra charges will apply).

### Standard inclusions for all

#### Balance & Revitalise Basic packages:

- 3 Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 1 x 60 mins Nutritional Guidance
- 1 x 90 mins Initial Stress Management Consultation
- 1 x 60 mins Naturopathic Lifestyle Consultation
- Use of Steam Cavern, swimming pool, plunge pools and Shakti Fitness Centre
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

### 7 nights package additional inclusions:

- 1 x 90 mins Vital Essence Oil Massage
- 2 x 60 mins Indian Head Massage
- 2 x 60 mins Traditional Asian Foot Massage
- 2 x 60 mins Chi Nei Tsang
- 1 x 45 mins Traditional Asian Hand Massage
- 1 x 60 mins Royal Ayurvedic Massage
- 1 x 60 mins Shirodhara
- 2 x 60 mins Meditation OR personal Pranayama OR Reiki session

### 14 nights package additional inclusions:

- 2 x 60 mins Stress Management
- 2 x 90 mins Vital Essence Oil Massage
- 3 x 60 mins Indian Head Massage
- 3 x 60 mins Traditional Asian Foot Massage
- 3 x 60 mins Chi Nei Tsang
- 3 x 45 mins Traditional Asian Hand Massage
- 2 x 60 mins Royal Ayurvedic Massage
- 3 x 60 mins Shirodhara
- 3 x 60 mins personal Meditation OR personal Pranayama OR Reiki session
- 1 x mid-Wellness Consultation



## Kamalaya Comprehensive Balance & Revitalise

The Comprehensive Balance & Revitalise program was created for those beginning to suffer from the affects of adrenal burnout. Deeply restorative and healing, this program deals holistically with the symptoms and underlying causes of adrenal burnout, and addresses stress prevention and recovery from a mind, body and spirit perspective. It also prepares you to make the best of future challenges and opportunities by helping you to maintain your balance during stress and change. Combining restorative therapies and nutrition with personal consultations in Naturopathic Lifestyle, Nutrition and Stress Management, the program also includes nutritional and herbal supplements and remedies to support your recovery.

### Standard inclusions for all

#### Balance & Revitalise Comprehensive packages:

- 3 Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfer from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis
- 2 x 30 mins Chi Nei Tsang
- 1 x 60 mins Nutritional Guidance
- 1 x 75 mins Initial Traditional Chinese Medicine
- 1 x 90 mins Initial Stress Management Consultation
- 1 x 60 mins Naturopathic Lifestyle Consultation
- 1 x 90 mins Vital Essence Oil Massage
- Herbal Supplement and Remedies
- Use of Steam Cavern, swimming pool, plunge pools and Shakti Fitness Centre
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Wellness gift pack

### 7 nights package additional inclusions:

- 1 x 60 mins Traditional Chinese Medicine
- 1 x 60 mins Royal Ayurvedic Massage
- 1 x 60 mins Shirodhara
- 1 x 60 mins Indian Head Massage
- 1 x 60 mins Traditional Asian Foot Massage
- 1 x 45 mins Traditional Asian Hand Massage
- 2 x 60 mins personal Meditation OR personal Pranayama OR Reiki session

### 14 nights package additional inclusions:

- 2 x 60 mins Stress Management
- 3 x 60 mins Traditional Chinese Medicine
- 2 x 60 mins Indian Head Massage
- 2 x 60 mins Traditional Asian Foot Massage
- 2 x 45 mins Traditional Asian Hand Massage
- 2 x 60 mins Royal Ayurvedic Massage
- 3 x 60 mins Shirodhara
- 5 x 60 mins personal Meditation OR personal Pranayama OR Reiki session
- 1 x mid-Wellness Consultation