



Healthy Lifestyle. Ideal Weight



## Kamalaya Ideal Weight

Designed to help identify areas of physical imbalance and related emotional or mental patterns, this structured program guides people towards achieving their optimal weight and maintaining balance inside and out. This is not a 'fad' diet designed for rapid weight loss, but a healthy lifestyle approach for long-term weight management and improved wellbeing. 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, infrared sauna and personal fitness training.

### Standard inclusions for all Ideal Weight 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 Holistic Fitness Evaluation
- 1 x 60 mins Nutritional Guidance
- 1 x 75 mins Traditional Chinese Medicine
- 1 x 60 mins Traditional Asian Foot Massage
- 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:

- 3 x 60 mins Personal Training Session
- 1 x 60 mins Traditional Chinese Medicine
- 6 x 30 mins Far Infrared Sauna
- 3 x 60 mins Chi Nei Tsang
- 1 x 75 mins Oriental Detoxifying Scrub and Wrap
- 1 x 90 mins Lymphatic Drainage Therapy

### 9 nights package additional inclusions:

- 4 x 60 mins Personal Training Session
- 2 x 60 mins Traditional Chinese Medicine
- 8 x 30 mins Far Infrared Sauna
- 3 x 60 mins Chi Nei Tsang
- 2 x 75 mins Oriental Detoxifying Scrub and Wrap
- 2 x 90 mins Lymphatic Drainage Therapy
- 1 x mid-Wellness Consultation

### 14 nights package additional inclusions:

- 6 x 60 mins Personal Training session
- 3 x 60 mins Traditional Chinese Medicine
- 13 x 30 mins Far Infrared Sauna
- 5 x 60 mins Chi Nei Tsang
- 2 x 75 mins Oriental Detoxifying Scrub and Wrap
- 2 x 90 mins Lymphatic Drainage Therapy
- 1 x 90 mins Vital Essence Oil Massage
- 1 x 60 mins Indian Head Massage
- 1 x 75 mins Sodashi Pure Radiance Facial
- 1 x mid-Wellness Consultation