

## Kamalaya Sleep Enhancement Program

The focus of the Sleep Enhancement program is to re-establish healthy and restful sleep while addressing sleep issues and imbalances, not only during a guest's time at Kamalaya, but also for the long term back home. Sleep difficulties are addressed through a combination of core treatments and therapies drawing from naturopathy, Traditional Chinese Medicine, massage therapy and mind-body balance. Incorporating treatments such as Shirodhara and foot massage, this therapeutic and preventative program addresses life's stresses and strains, as well as body imbalances which deplete sleep quality and impact health. Available as a stand-alone 5, 7 or 9 night program and also as an add-on to some other programs.

### Standard inclusions for all Sleep Enhancement packages:

- 3 Kamalaya Cuisine meals per day
- All beverages, excluding imported drinks and alcohol
- Round trip airport transfers from Samui Airport
- 1 x Wellness Consultation
- 1 x follow-up Wellness Consultation
- 1 x Body Bio-impedance Analysis (BIA)
- 1 x 75 mins Initial Traditional Chinese Medicine
- 1 x 60 mins Naturopathic Lifestyle Consultation
- 1 x 60 mins Royal Ayurvedic Massage
- Herbal and nutrient remedies
- Use of Steam Cavern, swimming pool, plunge pools and Shakti Fitness Centre
- Complimentary attendance to scheduled daily holistic fitness activities
- 1 x Sleep Enhancement Wellness Gift Pack

### 5 nights package additional inclusions:

- 1 x 60 mins Traditional Chinese Medicine
- 2 x 60 mins Mind-Body Balance
- 1 x 60 mins Shirodhara
- 2 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 1 x 60 mins personal Meditation OR Pranayama OR Reiki OR Yoga session

### 7 nights package additional inclusions:

- 2 x 60 mins Traditional Chinese Medicine
- 2 x 60 mins Mind-Body Balance
- 2 x 60 mins Shirodhara
- 3 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 2 x 30 mins Chi Nei Tsang
- 1 x 60 mins Kati Vasti
- 1 x 60 mins Indian Head Massage
- 1 x 45 mins Hand Massage
- 2 x 60 mins personal Meditation OR personal Pranayama OR Reiki OR personal Yoga session

### 9 nights package additional inclusions:

- 2 x 60 mins Traditional Chinese Medicine
- 3 x 60 mins Mind-Body Balance
- 1 X 60 mins Kati Vasti
- 3 x 60 mins Shirodhara
- 3 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 2 x 30 mins Chi Nei Tsang
- 1 x 60 mins Indian Head Massage
- 2 x 60 mins personal Meditation OR personal Pranayama OR Reiki OR personal Yoga session
- 1 x mid-Wellness Consultation



Healthy Lifestyle. Sleep Enhancement



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## **5 night add-on Sleep Enhancement program**

The new 5 night add-on Sleep Enhancement program can be combined with any Healthy Lifestyle, Intro to Detox, Basic Detox, Relax & Renew or Yoga program.

## **5 night add-on package inclusions:**

- 1 x 75 mins Initial Traditional Chinese Medicine
- 1 x 60 mins Traditional Chinese Medicine
- 2 x 60 mins Mind-Body Balance
- 1 x 60 mins Naturopathic Lifestyle Consultation
- 1 x 90 mins Traditional Asian Foot Massage with warm herbal foot bath
- 1 x Sleep Enhancement gift pack



*feel life 's potential*