

ISO 9001:2008



KAMALAYA (WELLNESS SANCTUARY & HOLISTIC SPA)

- 1 ASIAN BLISS
- 2 BALANCE & REVITALISE
- 3 COMPREHENSIVE DETOX & REJUVENATION PROGRAM
- 4 RELAX & RENEW



ASIAN BLISS (5-, 7- and 10-night programs available)

The program is a well-balanced blend of ancient healing practices including Ayurveda and Chinese, spa treatments and exercises. The course is designed to reduce mental and physical stress, boost your energy, strengthen the immune system and rejuvenate the body.

The package includes:

5 Night Program:

- Roundtrip airport transfer
- One initial wellness consultation
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Bioimpedance analysis
- Initial traditional Chinese medicine (1 x 75 min)
- Traditional Thai massage with herbal compress (1 x 90 min)
- Indian head massage (1 x 60 min)
- Traditional hand massage (1 x 45 min)
- Royal Ayurvedic massage (1 session)
- Use of steam cavern, swimming, plunge pools & fitness centre
- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya wellness gift pack
- Traditional Asian foot massage with warm herbal foot bath (1 x 90 min)
- Chi Nei Tsang massage (2 x 30 min)
- Traditional hand massage (1 x 60 min)
- Personal training sessions to choose from: yoga, meditation, Pranayama, Reiki (2 x 60 min)

7 Night Program:

- Roundtrip airport transfer
- Initial wellness consultation
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Bioimpedance analysis
- Initial traditional Chinese medicine (1 x 75 min)
- Traditional Thai massage with herbal compress

(1 x 90 min)

- Indian head massage (1 x 60 min)
- Traditional hand massage (1 x 45 min)
- Royal Ayurvedic massage (1 session)
- Use of steam cavern, swimming, plunge pools & fitness centre
- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya wellness gift pack
- Traditional Asian foot massage with warm herbal foot bath (1 x 90 min)
- Chi Nei Tsang massage (2 x 30 min)
- Kati Vasti treatment (1 x 60 min)
- Traditional Chinese Medicine (1 x 60 min)
- Lotus scrub and wrap (1 x 60 min)
- Personal training sessions to choose from: yoga, meditation, Pranayama, Reiki (2 x 60 min)
- One follow-up consultation

10 Night Program:

- Roundtrip airport transfer
- Initial wellness consultation
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Bioimpedance analysis
- Initial traditional Chinese medicine (1 x 75 min)
- Traditional Thai massage with herbal compress (1 x 90 min)
- Indian head massage (1 x 60 min)
- Traditional hand massage (1 x 45 min)
- Royal Ayurvedic massage (1 session)
- Use of steam cavern, swimming, plunge pools &

fitness centre

- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya wellness gift pack
- Traditional Asian foot massage with warm herbal foot bath (2 x 90 min)
- Chi Nei Tsang massage (2 x 30 min)
- Kati Vasti treatment (1 x 60 min)
- Traditional Chinese medicine (1 x 60 min)
- Shirodhara (1 x 60 min)
- Lotus scrub and wrap (1 x 60 min)
- Personal training sessions to choose from: yoga, meditation, Pranayama, Reiki (2 x 60 min)
- One follow-up consultation

The package does not include: accommodation, treatments not specified above, additionally recommended remedies.



SAYAMATRAVEL >>

BALANCE & REVITALISE (7- and 14-day packages available)

This program is designed to counteract the stresses of contemporary lifestyles and prevent adrenal burnout. Upon arrival you begin with a personal Balance and Revitalise Consultation and bio-impedance analysis to determine your 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 Anti-Stress management support you to achieve a more balanced approach to your life.

The package includes:

7 Day Program:

- Roundtrip airport transfer
 - Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
 - Initial wellness consultation
 - One follow-up consultation
 - Bioimpedance analysis
 - 1 nutritional guidance
 - 1 initial stress management consultation
 - 1 naturopathic lifestyle consultation
 - Use of steam cavern, swimming, plunge pools & fitness centre
 - Complimentary attendance to scheduled daily holistic fitness activities
 - Kamalaya wellness gift pack
 - Aromatherapy massage (1 x 90 min)
 - Indian head massage (2 x 60 min)
 - Traditional foot massage (2 x 60 min)
 - Chi Nei Tsang massage (2 x 60 min)
 - Traditional hand massage (2 x 45 min)
 - Royal Ayurvedic massage (1 x 60 min)
 - Shirodhara (1 x 60 min)
 - Individual class to choose from: meditation, pranayama, reiki (1 x 60 min)
- Bioimpedance analysis
 - 1 nutritional guidance
 - 1 initial stress management consultation
 - 1 naturopathic lifestyle consultation
 - Use of steam cavern, swimming, plunge pools & fitness centre
 - Complimentary attendance to scheduled daily holistic fitness activities
 - Kamalaya wellness gift pack
 - Balance & Rivitalise consultation (2 x 60 min)
 - Aromatherapy massage (2 x 90 min)
 - Indian head massage (3 x 60 min)
 - Traditional foot massage (3 x 60 min)
 - Chi Nei Tsang massage(3 x 60 min)
 - Traditional hand massage (3 x 45 min)
 - Royal Ayurvedic massage (2 x 60 min)
 - Shirodhara (3 x 60 min)
 - Individual class to choose from: meditation, pranayama, reiki (3 x 60 min)

14 Day Program:

- Roundtrip airport transfer
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Initial wellness consultation
- One follow-up consultation

The package does not include: accommodation, treatments not listed above, additionally recommended remedies.



COMPREHENSIVE DETOX & REJUVENATION PROGRAM (7-, 9- and 14- night packages available)

This program is a well-balanced combination of medical treatments and traditional healing practices. It is recommended for experienced detoxes rather than first-timers. With herbal remedies and supplements and a complete program of daily therapies, including regular Colon Hydrotherapy sessions, this program is designed to optimize the detoxification process in every way. In addition to standard detox therapies, further treatments from both Eastern and Western medical traditions are combined to enhance wellbeing on all levels.

The package includes:

7 Night Program:

- Roundtrip airport transfer
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Initial wellness consultation
- Body bioimpedance analysis
- Nutritional guidance
- Herbs, dietary supplements
- Aromatherapy massage (1 x 90 min)
- Thai massage (1 x 90 min)
- Use of steam cavern, swimming, plunge pools & fitness centre
- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya wellness gift pack
- Chi Nei Tsang massage (3 x 30 min)
- Far infrared sauna (6 x 30 min)
- Colon hydrotherapy (3 x 60 min)
- Lymphatic Drainage Therapy (3 x 90 min)
- Oriental detoxifying scrub and wrap (1 x 60 min)

9 Night Program:

- Roundtrip airport transfer
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Initial wellness consultation
- Bioimpedance analysis
- Nutritional guidance
- Herbs, dietary supplements
- Aromatherapy massage (1 x 90 min)
- Thai massage (1 x 90 min)

The package does not include: accommodation, treatments not specified above and additionally recommended remedies.

- Use of steam cavern, swimming, plunge pools & fitness centre
- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya wellness gift pack
- Chi Nei Tsang massage (4 x 30 min)
- Far infrared sauna (8 x 30 min)
- Colon hydrotherapy (3 x 60 min)
- Lymphatic Drainage Therapy (3 x 90 min)
- Oriental detoxifying scrub and wrap (2 x 60 min)
- Traditional foot massage (1 x 60 min)
- Facial massage (1 x 60 min)
- Personal fitness training (1 x 60 min)

14 Night Program:

- Roundtrip airport transfer
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Initial wellness consultation
- Bioimpedance analysis
- Nutritional guidance
- Herbs, dietary supplements
- Aromatherapy massage (1 x 90 min)
- Thai massage (1 x 90 min)
- Use of steam cavern, swimming, plunge pools & fitness centre
- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya wellness gift pack
- Chi Nei Tsang massage (4 x 30 min)
- Chi Nei Tsang massage (4 x 60 min)

- Far infrared sauna (3 x 30 min)
- Colon hydrotherapy (4 x 60 min)
- Lymphatic drainage therapy (5 x 90 min)
- Oriental detoxifying scrub and wrap (2 x 60 min)
- Traditional foot massage (1 x 60 min)
- Facial massage (1 x 60 min)
- Indian head massage (1 x 60 min)
- Personal fitness training (1 x 60 min)



RELAX & RENEW (3-, 5-, 7- and n 9-day packages available)

This program was designed as a retreat from the hectic pace of modern life, to help you replenish your energy, recover balance and lift your spirits. Traditional healing practices and a wide range of therapies are aimed to reduce stress, relieve physical tension and boost your immune system. Optional complementary and alternative medicine treatments and private sessions may be recommended on the basis of the initial wellness consultation. This program is ideal for those seeking gentle, relaxing wellness holidays.

The package includes:

3 Day Program:

- Roundtrip airport transfer
- Initial wellness consultation
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Bioimpedance analysis
- Use of steam cavern, swimming, plunge pools & fitness centre
- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya wellness gift pack
- Aromatherapy massage (1 x 60 min)
- Traditional hand massage (1 x 30 min)
- Traditional foot massage (1 x 60 min)
- Thai massage (1 x 90 min)
- Indian head massage (1 x 60 min)
- Lotus scrub and wrap (1 x 60 min)
- Chi Nei Tsang massage (1 x 30 min)

5 Day Program:

- Roundtrip airport transfer
- Initial wellness consultation
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Bioimpedance analysis
- Use of steam cavern, swimming, plunge pools & fitness centre
- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya wellness gift pack
- Aromatherapy massage (2 x 60 min)
- Traditional hand massage (1 x 30 min)
- Traditional foot massage (1 x 60 min)
- Thai massage (1 x 90 min)

- Indian head massage (1 x 60 min)
- Lotus scrub and wrap (1 x 60 min)
- Chi Nei Tsang massage (2 x 30 min)
- Far infrared sauna (1 x 30 min)

7 Day Program:

- Roundtrip airport transfers
- Initial wellness consultation
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Bioimpedance analysis
- Use of steam cavern, swimming, plunge pools & fitness centre
- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya gift pack
- Aromatherapy massage (2 x 60 min)
- Traditional hand massage (2 x 30 min)
- Traditional foot massage (2 x 60 min)
- Thai massage (1 x 90) min
- Indian head massage (1 x 60 min)
- Lotus scrub and wrap (1 x 60 min)
- Chi Nei Tsang massage (2 x 30 min)
- Far infrared sauna (1 x 30 min)
- Follow-up consultation

9 Day Program:

- Roundtrip airport transfer
- Initial wellness consultation
- Full board (3 meals per day, all beverages excluding imported drinks and alcohol)
- Bioimpedance analysis
- Use of steam cavern, swimming, plunge pools & fitness centre

- Complimentary attendance to scheduled daily holistic fitness activities
- Kamalaya wellness gift pack
- Aromatherapy massage (2 x 60 min)
- Traditional hand massage (2 x 30 min)
- Traditional foot massage (2 x 60 min)
- Thai massage (2 x 90 min)
- Lotus scrub and wrap (1 x 60 min)
- Chi Nei Tsang massage (2 x 30 min)
- Far infrared sauna (1 x 30 min)
- Holistic fitness activities (60 min)
- Follow-up consultation

The package does not include: accommodation, treatments not specified above, additionally recommended remedies.

