



KAMALAYA
KOH SAMUI



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|-----------------------------|-------------------------|--------------------------|
| A Reception | W1 Wellness Reception | S Suites 25-34 |
| B Library | W2 Treatment Rooms | SS Superior Suites 61-76 |
| C Alchemy Tea Lounge | W3 Om Steam Cavern | H1 Hillside 01-09 |
| D Soma Restaurant | W4 Elixir Bar | H2 Hillside 10-14 |
| E Kamala Boutique & Gallery | W5 Vishranti Relax Area | H3 Hillside 15-24 |
| R Amrita Café | W6 Clinic | F Shakti Fitness Centre |
| M Arjan Cave | W7 Massage Complex | F2 Padma Fitness I |
| LP Lap Pool | W8 Treatment Rooms | F3 Padma Fitness II |
| P Leisure Pool | W9 Leela Steam Cavern | Y1 Yoga Pavillion |
| | W10 Longevity House | Y2 Prana Sala I |
| | W11 Cognitive House | Y3 Prana Sala II |
| | | Y4 Yantra Hall |
| | | T1 Temple |
| | | T2 Meditation Kutir |



GUEST INFORMATION

Front Desk	Ext. 0	
Wellness Reception	Ext. 1700	
Soma Restaurant	Breakfast	07.00 - 10.30
	Dinner	18.00 - 22.30
Amrita Café	Lunch	12.00 - 17.00
Alchemy Tea Lounge		14.00 - 23.00
Wellness Sanctuary		08.00 - 20.00
Shakti Fitness Centre		07.00 - 20.00
Kamala Boutique		10.00 - 19.00
Library / TV lounge / Internet		07.00 - 23.00

Digital Detox

To contribute to the serenity and contemplation, we kindly ask you not to use electronic devices in the communal areas. If you wish to carry them with you, please keep them in a silent setting and refrain from using them for communication purposes until you return to your room.

Guided Tour of Kamalaya

There are scheduled guided tours of Kamalaya throughout the week, please refer to the holistic activity schedule for details. Alternatively, feel welcome to speak to one of our front desk hosts and they will be happy to orient you to the facilities at Kamalaya.

Arjan Cave

Kamalaya's facilities and accommodations encircle a centuries-old cave, once used by Buddhist monks as a place for meditation and spiritual retreat. The Arjan Cave is always open and you are welcome to enter this sacred space for quiet contemplation. Please cover your knees and shoulders and take off your shoes when entering the cave.

The Community Table

A place to share stories and relax in the company of others while dining at Kamalaya for breakfast or dinner at our Soma restaurant - the table seats 12 guests and there is no need to book, simply show up and take a seat.

Smoking

For safety reasons and out of consideration for other guests, we ask that you refrain from smoking in your room. Smoking is not permitted in restaurants or public areas. You may smoke on your balcony or in the designated area in the car park at the main entrance. Please consider the comfort of your fellow guests and understand that if anyone is affected by your smoking, you may be asked to stop.

KAMALAYA HERBAL WALK



Embark on a herbal walk tour to explore the hidden treasures of Thai herbal medicine. Stroll through our map route, pausing along the way to discover the flourishing array of herbs thriving in this magnificent area.

1. Jasmine
2. Paper Flower, Bougainvillea
3. Andrographis, King of Bitter
4. Oyster Plant
5. Ya-Nang
6. Laurel Clock Vine
7. Cinnamon
8. Clove
9. Thai Cardamom
10. Sweet Osmanthus
11. Galangal
12. Plai
13. Ginger
14. Tree Jasmine, Indian Cork Tree
15. Lemongrass
16. Citronella Grass
17. Bael
18. Crinum Lily, Spider Lily
19. Indian Trumpet
20. Kaffir Lime
21. Fingerroot
22. Wildbetel Leafbush
23. Dwarf Ylang-Ylang
24. Long Pepper, Indian Long Pepper
25. Hairy Basil
26. Holy Basil
27. Roselle
28. Lime
29. Mulberry
30. Sweet Basil
31. Pandan
32. Thai Olive, Indian Hog Plum
33. Crepe Ginger, Malay Ginger

KOH SAMUI MAP



USEFUL THAI PHRASES

Basic

Hello	Sawasdee Krub (male) / Ka (female)
How are you?	Sabai Dee Mai?
Fine	Sabai Dee Krub (male) / Ka (female)
Thank you	Kob Khun Krub (male) / Ka (female)
Never mind	Mai Pen Rai
What is your name?	Khun Cheu A Rai?
My name is ...	Phom (male) / Chan (female) Cheu ...
Nice to meet you	Yin Dee Tee Dai Ruu Jak
Sorry / Excuse me	Kor Thod

Transport

I want to go ...	Yaak Pai ...
Where is ...?	... Yoo Tee Nai?
Turn left	Leow Sai
Turn right	Leow Kwua
Go straight	Trong Pai
Stop here	Yood Tee Nee
Slow down	Cha Cha
Be careful	Ra Wang

Places

Airport	Sa Naam Bin
Bus station	Sa Tha Nee Rod Bus
Embassy	Sa Thaan Tood
Hotel	Rong Raem
Hospital	Rong Pa Ya Baan
Market	Ta Lard
Police station	Sa Tha Nee Tam Ruad
Post office	Prai Sa Nee
Toilet	Hong Naam

Food & Drink

Could I have ...?	Kor ... Krub (male) / Ka (female)
Chicken	Gai
Fish	Pla
Prawn	Goong
Beef	Neua
Spicy prawn soup	Tom Yum Goong
Chicken and coconut soup	Tom Kha Kai
Fried rice	Kao Pad