



KAMALAYA WELLNESS SANCTUARY & HOLISTIC SPA

feel life's potential



Feel life's potential

Kamalaya Koh Samui is a multi-award winning Wellness Sanctuary and Holistic Spa ideally located amid a tropical landscape on the southern coastline of Koh Samui, Thailand.

Kamalaya offers a synergistic wellness experience to help people reconnect to life's potential and achieve optimal wellbeing.

The cuisine, the service style, the environment and even the architecture are designed to support and enhance the wellness therapies and services. The land itself is a powerful part of the journey, giving guests a direct experience of the healing power of nature.

Kamalaya translates as Lotus (Kamal) Realm (alaya) in the ancient language of Sanskrit, symbolising the unfolding of the human spirit.

Background

Kamalaya was conceived and founded by John and Karina Stewart. John visited Koh Samui in 2000, where he discovered a piece of land that immediately captivated him with its strong energy. He was especially drawn by a cave that once served as a place of meditation and retreat by Buddhist monks, and with this discovery he knew that he had found the ideal home for Kamalaya.

Since opening in November 2005, Kamalaya has been offering enriching holistic wellness programs which combine healing therapies from East and West, in a breathtakingly beautiful natural environment.

Vision

To bring together diverse traditions and cultures in a nurturing, healing environment from which people can explore and embrace life's potential.





Location

Kamalaya has a beautiful beachfront location, overlooking the pristine southern coastline of Koh Samui, Thailand. The resort is 45 minutes (approx 25 km) from Koh Samui Airport, which has direct flights from Bangkok, Hong Kong, Singapore and Phuket, amongst others.



General Facilities

Kamala Boutique - A variety of local handicrafts, inspirational books, Asian artworks, resort wear, gift items and essentials.

Art Gallery - Exhibition of international art - painting, photography, sculptures and prints.

Library and TV Lounge - with internet facilities.

Swimming - Two ocean-view swimming pools; a lap pool and a leisure pool.



Place

With lush tropical vegetation, ancient boulders, cascading streams, 250 meters of idyllic private beach and a cave once used by Buddhist monks as a place of meditative retreat, Kamalaya's nature and setting is an integral part of each guest's experience.

ACCOMMODATION

There are 76 rooms in total, all immersed in the beauty of nature and styled with elegant interiors and modern comforts.

Accommodation	Units	Size	Beds
Hillside	8	35sqm	DBL/Twin
Hillside Garden View	10	35sqm	DBL/Twin
Hillside Sea View	6	35sqm	DBL/Twin
Rocktop Suite	1	56sqm	Twin
Villa Garden View	5	75sqm	DBL
Superior Suite Garden View	5	65sqm	DBL/Twin
Suite Sea View	10	65sqm	DBL/Twin
Villa Sea View	15	75sqm	DBL/Twin
Superior Suite Sea View	8	65sqm	DBL/Twin
Garden Pool Suite	1	112sqm	DBL/Twin
Plunge Pool Villa	1	126sqm	DBL
Penthouse Pool Suite (1 BR)	1	142sqm	DBL/Twin
Beachfront Pool Villa (1 BR)	1	172sqm	DBL
Rocktop Pool Villa (1 BR)	1	250sqm	DBL
Penthouse Pool Suite (2 BR)	1	207sqm	DBL/Twin
Beachfront Pool Villa (2 BR)	1	215sqm	DBL
Rocktop Pool Villa (2 BR)	1	306sqm	DBL

OTHER FACILITIES

All venues are equipped with state-of-the-art audiovisual and recording technology.

Rooms	Capacity	Size
Yantra Hall	100 person	200sqm
Mandala Room	80 person	120sqm
Video Room	30 person	80sqm

DINING AT KAMALAYA

Kamalaya's dining outlets Soma Restaurant, Amrita Café, and The Alchemy Tea Lounge, all offer refreshment in open style interior settings with breathtaking views.



S O M A

Sanskrit for 'food of the gods', Soma is close to the main facilities and overlooks Kamalaya valley, offering spectacular views of the coast and outlying islands. Intimate tables are arranged throughout the two-level venue, in addition to a 'community table' where guests may dine together.

Breakfast – 7am to 11am
Dinner – 6pm to 10.30pm

90 person



A M R I T A C A F É

Translates from Sanskrit as 'divine nectar', and is located by the swimming pools at the edge of flowering lotus ponds, overlooking the sea.

Lunch, Snacks and
Beverages (midday to 4pm)

60 person



T H E A L C H E M Y T E A L O U N G E

Located above Soma Restaurant, The Alchemy Tea Lounge offers light snacks and a diverse range of elixirs, juices, medicinal herbal teas and infusions, and wine and beer for those guests not on detox. With comfortable couches and breathtaking views, especially during sunset, it is a great venue for guests to gather throughout the afternoon and into the evening.

2pm to 11pm

40 person

Healthy Inspired Cuisine

At Kamalaya, the cuisine is an integral component of our holistic health concept. The menus reflect Kamalaya's philosophy of healthy living and the celebration of different cultures, featuring fresh and healthy dishes with enough sumptuous twist to satisfy the most discerning palates.

Co-created by Karina Stewart, Kamalaya's Co-founder and a doctor of Traditional Chinese Medicine, and the Kamalaya Chef, Kamalaya's healthy cuisine is influenced by Karina's wealth of knowledge in functional medicine and cellular detoxification. It is based on principles of Asian healing traditions, as well as the latest nutritional research.

The healthy, inspired cuisine is a fusion of Eastern and Western culinary traditions and menus include extensive vegetarian options as well as fresh seafood, poultry and lamb dishes. There are separate menus for those on Detox or Ideal Weight programs. Fresh juices, signature tonics, herbal teas and wines are also served.



WELLNESS SANCTUARY AND HOLISTIC SPA

Integrating the beauty of the surrounding environment into its design, the Wellness Sanctuary features open air treatment spaces as well as deluxe air-conditioned suites. There are over 50 certified wellness professionals at Kamalaya, including naturopaths, doctors of Chinese medicine, western medical doctors, registered nurses, nutritionists, life transformation experts, Ayurvedic and Thai therapists, fitness specialists and yoga, meditation and pranayama teachers.



PROGRAMS

Healthy Lifestyle	Optimal Fitness <ul style="list-style-type: none">- Basic Optimal Fitness- Comprehensive Optimal Fitness- Structural Revival- Personal Yoga Synergy		Ideal Weight
			Sleep Enhancement
Detox & Reset	Detox <ul style="list-style-type: none">- Introduction to Detox- Basic Detox- Comprehensive Detox		Enriched Gut
Stress & Burnout	Asian Bliss	Balance & Revitalize <ul style="list-style-type: none">- Basic Balance & Revitalize- Comprehensive Balance & Revitalize	Sleep Enhancement
			Relax & Renew
Cultivating Heart, Body, Mind & Spirit	Embracing Change & Emotional Harmony		Resilience & Immunity
Taste of Kamalaya (3 days)	Relax & Renew	Introduction to Detox	Personal Yoga Synergy

FACILITIES

Name	No of Rooms	Details
BIA and General Consultation Room	7	Indoor with A/C
TCM Rooms (Consultations and Treatments)	7	Indoor with A/C
Ayurvedic Rooms for Shirodhara	2	Indoor with A/C
Thyroid Assessment Room	1	Indoor with A/C
Foot Massage Station	4	Includes manicure and pedicures
General Treatment Room	25 Rooms 16 Single / 9 Double	3 Double Rooms have a Private Steam Room
Colonic Room	3	Private
Swimming Pool	5	1 Lap pool (25m) 4 Leisure / Plunge pools
Steam Room	2	Communal
Far Infrared Sauna	2	Private
Prana Sala	2	10 person capacity
Yoga Pavilion	1	30 person capacity
Shakti Fitness Centre	1	With latest equipment for cardio and resistance training
Padma Fitness	2	Pilates Reformer Studio +Functional Fitness Studio

WELLNESS MENU

The Wellness Sanctuary and Holistic Spa integrates ancient and contemporary holistic medicine and healing traditions with a menu of over 70 services.

Guests can embark on an individual wellness program, choose à la carte services or supplement a program with extra à la carte treatments.

Holistic Activity Schedule

Each week there is a different schedule of group holistic activities at Kamalaya. Daily activities include yoga, Tai Chi, Qi Gong, pranayama, meditation, Pilates, fitball and beach power walk.

Most activities are complimentary for all guests, whether on a program or not. However, there is a supplement for some activities such as the cooking class and the temple tour.



Kamalaya Wellness Sanctuary & Holistic Spa

102/9 Moo 3, Laem Set Road, Na-Muang, Koh Samui, Suratthani 84140 Thailand

Tel. +66 (0) 77 429 800

Fax. +66 (0) 77 429 899

reservations@kamalaya.com

info@kamalaya.com

www.kamalaya.com