



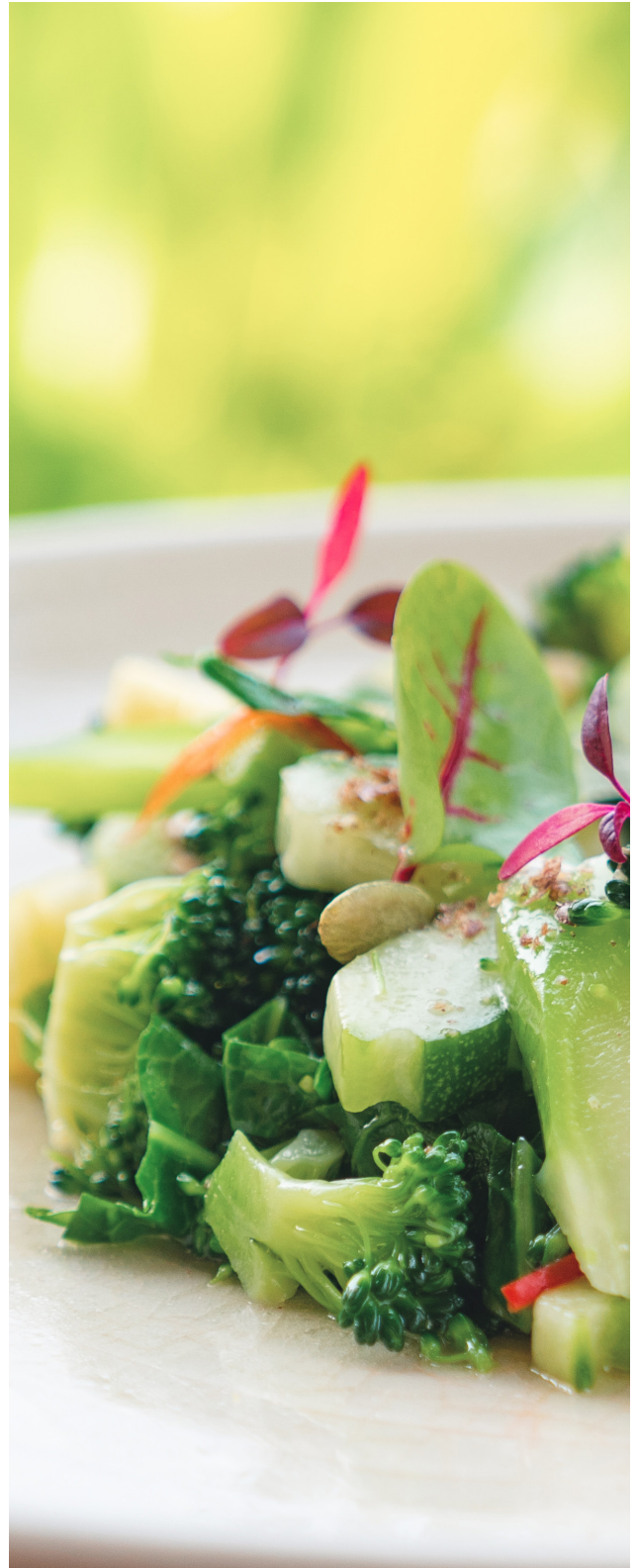
KAMALAYA CUISINE... ARTFULLY BLENDING NUTRITIOUS WITH DELICIOUS

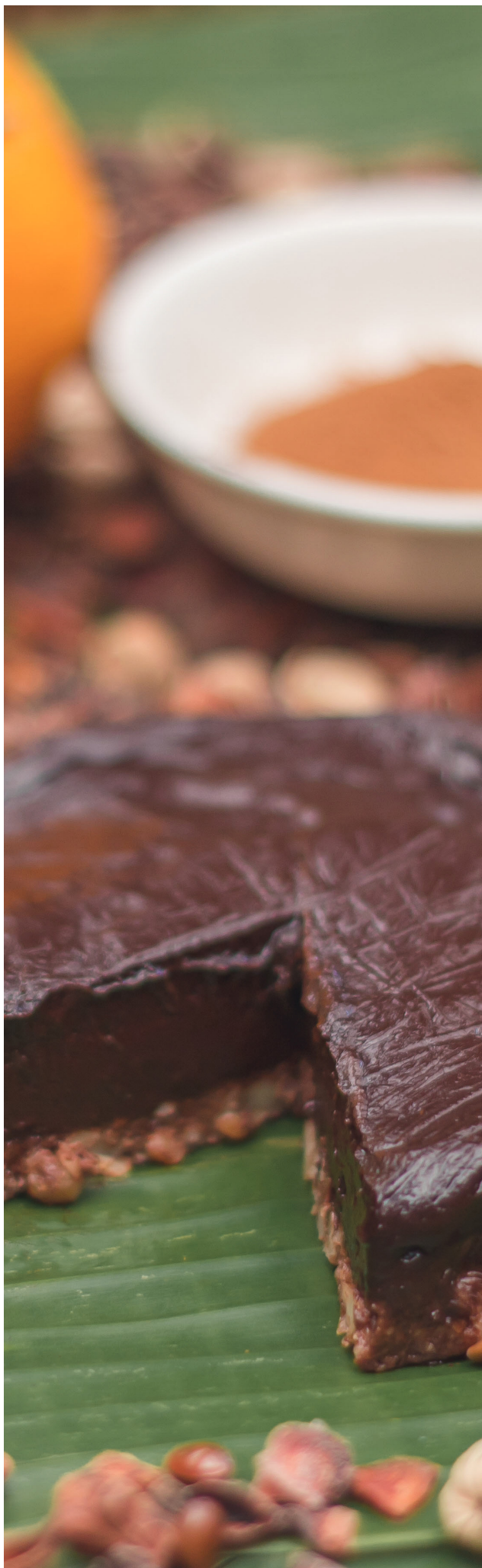
When Hippocrates proffered the sage advice to “let food be thy medicine”, “thy” was not confronted with preservative laden pre-packaged meals and a microwave to cook them in, and fast food was most likely an apple plucked from a tree rather than a drive-through burger and fries. Sadly, these days food is just as likely to be thy poison as thy medicine, but it doesn’t need to be that way.

The ageless principles that Hippocrates espoused remain the key to living a healthier more vibrant life. Hippocrates is not alone in recognising the link between food and healing. Current research proves his wisdom and some of the oldest Asian healing philosophies, such as Ayurveda and Traditional

Chinese Medicine, have always looked to food as the medicine of choice. As the ancient Ayurveda saying goes, “When diet is wrong medicine is of no use. When diet is correct medicine is of no need.”

Food is not just about maintaining health; a change in diet can bring about a change in health. Founded on principles of time-tested holistic healing traditions, Kamalaya Koh Samui offers artful and inspired cuisine that is healing in function and tantalising in form. Merging culinary traditions of East and West and using fresh, tropical and, as much as possible, organic produce, the menus include extensive vegetarian options as well as seafood, poultry and lamb dishes. The food changes with the seasons, as it should, and different months bring different delights. Fresh juices, signature tonics and herbal teas are bursting with nutrients, medicinal properties and taste-bud tempting goodness,





and the delicious Detox Cuisine dispels the myth that ridding your body of toxins means depriving yourself of sensory pleasure.

Co-created by Karina Stewart, Kamalaya's Co-founder, Chief Wellness Director and a doctor of Traditional Chinese Medicine, and Chef Kai Mueller, Kamalaya Cuisine is an integral component of this wellness sanctuary's holistic health concept. Kamalaya's healthy, inspired cuisine is influenced by Karina's wealth of knowledge in functional medicine and cellular detoxification, and brought to vibrant life through Kai's passion for using local ingredients and cooking methods in healthy and innovative ways.

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 gourmet palates. Kamalaya Cuisine is based on principles of Asian healing traditions as well as the latest nutritional research, and Chef Kai creates with flavour in mind and health at heart.

Kamalaya Cuisine favours fad-free over fat-free; a sensible approach to dining that aims to educate and inspire guests to develop a more thoughtful and enriching relationship with food. Purists may be alarmed to find some richer dishes on the menu, like Chocolate Soufflé, but Kamalaya recognises that human nature sometimes seeks indulgence. The menu includes a smattering of more indulgent dishes to replicate the real world and illustrate the wisdom of balance and moderation.

When it comes to healthy eating, the quest for perfection can be our greatest downfall because it often leads to an all or nothing mentality where one chocolate seems little different to the entire box. Kamalaya's philosophy is pragmatic and realistic and seeks to inspire rather than dictate, and Chef Kai's masterful interpretation of food as medicine serves up health with a generous helping of culinary flair.

PRINCIPLES FOR KAMALAYA CUISINE

- Emphasis on high quality, fresh ingredients, organic wherever possible.
- Serve foods close to their natural state, without additives, preservatives, artificial flavourings, MSG and food colouring.
 - Abundant use of fresh herbs and spices for taste, health and medicinal properties.
- Cooking methods to enhance flavours, support vibrant health and maintain nutritional values.
- Egg, bake, steam, grill, sauté and stir fry. No microwaves, no deep frying and no overcooking.
 - Low sugar.
 - Low sodium.
- Low fat. Only healthy, cold-pressed oils – such as extra virgin olive oil, virgin coconut oil, rice, sesame, sunflower and other virgin nut and seed oils - used in moderation. Avoid unhealthy trans-fats and saturated fats.
 - Detox Cuisine features only low allergenic, low inflammatory, low Glycaemic, vegetarian dishes.
 - Fresh juices, including plenty of green juice options, and herbal teas and tonics that promote healing.
- No pork or beef in respect of major religious traditions in Asia. Additionally, this has health benefits by avoiding high fat meats.
 - Low dairy – goat's yoghurt and goat's cheese used as healthy alternatives.
- Avoid sprouted foods such as alfalfa sprouts. Some grains and seeds are sprouted for use in rawfood dishes, but always served fresh and never stored.
 - No calorie information provided. Instead, a sensible approach to wellness with healthy cuisine principles is advocated.

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