



KAMALAYA KOH SAMUI... 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.

Since opening in November 2005, Kamalaya has been offering a holistic wellness experience that integrates healing therapies from East and West, a breathtakingly beautiful natural environment, inspired healthy cuisine and customised wellness programs and retreats.

The intention at Kamalaya is to provide a seamless experience for guests, with no boundaries so they can experience wellness beyond their treatment at the Wellness Centre. The holistic wellness services are at the core of the Kamalaya experience and accommodation and other facilities are natural extensions and expressions of the concept and vision.

Kamalaya's focus is not on individual services, but on how the different treatments, therapies, activities, environmental aspects, cuisine and people come together to create an integrated and synergistic wellness experience. The principle of synergy is an essential part of the Kamalaya concept and is at the heart of the alchemistic Kamalaya experience.

Kamalaya translates as 'Lotus Realm', an enduring symbol of the unfolding of the human spirit. Taking a unique approach to complete wellbeing and personal fulfilment, Kamalaya transcends the usual spa experience to offer opportunities for self discovery and life enhancement through diverse traditions of healing and holistic lifestyle concepts.





Kamalaya's flexible and humanistic approach is aimed at accommodating each guest's personal goals, whether that is to simply find a tranquil healing hideaway with contemporary comforts or participate in a structured wellness program or inspiring retreat.

Kamalaya's regular programs include medically-based detoxification programs and others to address issues from stress relief and burnout to weight management and sleep imbalances. For those who are uncertain about what they need, a Kamalaya Wellness practitioner will craft a personalised program. Kamalaya also hosts seminars, events and special retreats by world renowned teachers in a wide range of inspiring topics.

Kamalaya integrates holistic medicine traditions from East and West to offer a menu of over 70 therapies and treatments. In addition to massages and body treatments, the menu includes Ayurvedic therapies, Traditional Chinese Medicine, Naturopathy, Homeopathy, emotional healing and other holistic services. Optional daily classes are open to all guests in holistic fitness practices that range from Pilates, yoga, chi gong and meditation to core fitness classes and cardio workouts. The opportunity for personal one-on-one sessions is also available.

Kamalaya's Shakti Fitness Centre, herbal steam cavern, relaxation and swimming pools offer additional facilities for nurturing body, mind and spirit, while the art gallery hosts exhibitions of contemporary artists.

The healthy, inspired cuisine is a fusion of Eastern and Western culinary traditions based on fresh, tropical produce. Using locally sourced organic produce as much as possible, menus include extensive vegan and vegetarian options as well as fresh seafood, poultry and lamb dishes. Fresh juices, signature tonics and herbal teas are also served, along with customised meals for those undertaking detox programs or with special dietary requirements.

The services and facilities at Kamalaya are bound together by a welcoming community spirit and supported by the invigorating energies of nature, art and healthy cuisine. In this inspiring environment, guests are introduced to a powerful holistic blend through which they can explore life's potential.

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

The execution stage of the project began in 2004. The Stewarts commissioned Australian architectural artist Robert Powell to translate their vision into a reality with a brief to maintain the integrity of the land. The overall architectural concept of Kamalaya is a reflection of its wellness concept: that a connection to nature is a vital, nurturing element integral to one's overall health and wellbeing. The beauty of the surrounding nature with ancient boulders, lush vegetation and a pristine coastline, is integrated into the simple elegance of Kamalaya's architecture and design. The 75 unique accommodation options range from cosy Hillside Rooms to ocean view Suites, spacious Villas and Penthouse Suites, including some with private pools.

For many people, our modern, fast-paced world has disconnected them from their own powerful source of healing potential. At Kamalaya, being reconnected to that source can be a profoundly transformational experience.

Kamalaya is a member of Healing Hotels of the World.

For bookings, enquiries and further information contact info@kamalaya.com, telephone +66 77 429 800 or visit www.kamalaya.com.

"The idea behind Kamalaya is that by the time you leave, you'll be happy, healthy and relaxed, but internally you'll have something to take away with you. All the other spas out there had better sit up and take notice, because this is where the industry needs to be." Tiffany Darke, of The Sunday Times UK.

"It's the blueprint of what the next generation of spas will be - visit, chill and fall in love." Jo Foley, Spa Writer, UK

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