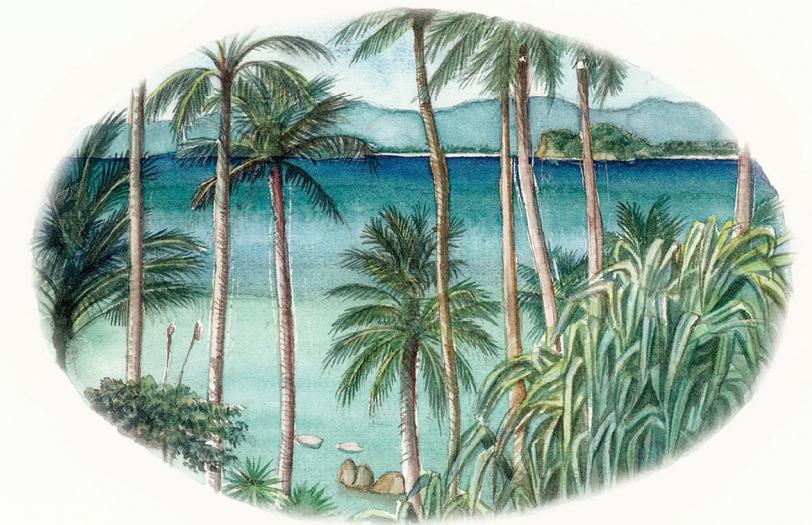


A Reception
 B Library
 C Alchemy Tea Lounge
 D Soma Restaurant
 E Kamala Boutique & Gallery
 R Amrita Café
 M Arjan Cave
 LP Lap Pool
 P Leisure Pool

S Suites 25-34
 SS Superior Suites 61-76
 H1 Hillside 01-09
 H2 Hillside 10-14
 H3 Hillside 15-24
 F Shakti Fitness Centre
 F2 Padma Fitness I
 F3 Padma Fitness II
 W1 Wellness Reception
 W2 Treatment Rooms
 W3 Om Steam Cavern
 W4 Elixir Bar
 W5 Vishranti Relax Area
 W6 Clinic
 W7 Massage Complex
 W8 Treatment Rooms
 W9 Leela Steam Cavern
 W10 Longevity House
 W11 Cognitive House
 Y1 Yoga Pavillion
 Y2 Prana Sala I
 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



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. Wildbeta 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

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

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

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