



## Spa Calendar

### 2010

27 Feb – 06 Mar

26 Jun – 03 Jul

25 Sep – 02 Oct

03 – 10 Apr

24 – 31 Jul

23 – 31 Oct

01 – 08 May

28 Aug – 4 Sep

20 – 27 Nov

## Kamalaya Koh Samui Thailand

### Essential Detox Retreat

Kamalaya's research-based Essential Detox Retreat is the ideal way to improve and reinvigorate your health and wellbeing. This retreat supports and accelerates your body's ability to eliminate toxins and accumulated waste, thereby promoting heightened states of wellbeing. Increase your energy and vitality, clear your mind, and create a foundation for optimum health and personal development.

The 7-night Essential Detox Retreat is based on the same successful principles as the individual Basic Detox & Rejuvenation program, with the added dynamic of a supportive group environment. This safe and effective program includes guidance, education, detox cuisine, herbal remedies, supplements and therapies. Special classes, talks and presentations are designed to support you during your detox and to give you the tools and inspiration to make healthier lifestyle choices when you return home.

#### Therapies

During the retreat there will be a Detox and Wellness Orientation, in addition to a program of daily therapies to optimize your detox process in every way. These include:

- 1 x Bio-Impedance analysis
- 3 x 30 min Chi Nei Tsang abdominal massages
- 1 x 60 min Colon Hydrotherapy
- 6 x 30 min Far infrared saunas
- 1 x 60 min Detox body scrub and wrap
- 1 x 90 min Lymphatic drainage massage
- 1 x 90 min Vital Essence oil massage

#### Classes

The following topics are covered in special classes, talks and presentations, with Kamalaya's in-house specialists.

- Cellular Detoxification
- Personal goals and intentions
- Group Life Coaching
- Activities to support detoxification in daily life
- Nutrition and cooking tips
- Emotional cleansing and mental purification

#### Package inclusions:

- Return Samui airport – Kamalaya transfers
- All meals, customised beverages and nutritional supplements, designed to support detoxification at the cellular level.
- Presentations and discussions
- Detox and Wellness orientation
- 1 x Individual Body Bio-Impedance Analysis (BIA)

- 3 x 30 minutes Chi Nei Tsang
- 6 x 30 minutes Far Infrared Sauna
- 1 x 60 minutes Colon Hydrotherapy
- 1 x 90 minutes Lymphatic Drainage Massage
- 1 x 60 minutes Detox Scrub & Wrap
- 1 x 90 minutes Vital Essence Oil Massage
- Use of Steam Cavern, swimming pool, plunge pools and Shakti Fitness Centre
- Complimentary attendance at scheduled daily holistic fitness activities
- Spa Travel wallet & documentation

Cost per person:	Single	Twin/Double
Hillside garden view	\$\$\$	\$\$\$
Hillside ocean view	\$\$\$	\$\$\$
Suite	\$\$\$\$	\$\$\$
Villa	\$\$\$\$	\$\$\$

\$ indicates approximate costing in Australian Dollars and is based on per person. Package is subject to seasonal or currency price increases. Extended and single package costings are available on application. All packages are non-refundable, subject to availability and conditions apply. Valid 31 October 2010

### Travel Request:

Call Spa Travel reservations on **1300 13 11 16** to speak with a qualified consultant who will attend to all your travel arrangements or contact your preferred travel agent.

### Price Guide:

**\$**1,000 - 2,000    **\$\$\$**2,001 - 3,000    **\$\$\$\$**3,001 - 4,000    **\$\$\$\$\$**4,001 - 5,000    **\$\$\$\$\$** 5,001+

**Kamalaya must receive a minimum of 3 or more participant bookings in order to proceed with a Kamalaya group retreat. If the minimum requirement is not reached by 14 days prior to retreat commencement date, we will offer an individualized program upon arrival. This will encompass similar content to your chosen retreat and will be offered at the same cost.**



Situated at the edge of a lagoon surrounded by lush tropical vegetation amidst large granite boulders, Kamalaya is the ideal setting for a detox retreat. Its superb facilities are nestled amongst rocks, trees and nature, with breathtaking views of the sea, islands, and mountains. The Monk's Cave, which once served Buddhist monks as a place of meditative retreat, further accentuates the special energy of this inspiring and beautiful place. The open-air, wood-floored Yoga Pavilion overlooks a pristine coastline and offers panoramic sunset views. The Yantra Hall, influenced by the principles of sacred geometry, is another ideal space for classes, as well as for presentations and creative activities. In addition to treatments included in your retreat, the Wellness Sanctuary and Holistic Spa offers an extensive menu of therapies to enhance your well-being on all levels. Optional holistic fitness classes are included with Kamalaya instructors in practices such as yoga, chi gong, tai chi, meditation and spirit dance.

### An explanation of the included Essential Detox treatments:

#### Far infra-red sauna (FIR):

This is not your usual sauna. Developed with the most current research and technology, the FIR increases metabolism, burns calories, detoxifies the body, promotes circulation and dissolves tension.

### **Chi Nei Tsang (Taoist Abdominal Massage)**

This Taoist Abdominal Massage releases physical and emotional stress. It is excellent to enhance digestive functions and promote circulation to the vital organs, thereby restoring health at the core.

### **Colon Hydrotherapy**

This treatment is administered by highly trained and qualified nurses and uses the latest equipment in colon therapy.

### **For all your Spa Travel reservation needs:**

Phone: 1300 13 11 16

Email: [Spa Travel Reservations](#)

[Kamalaya Koh Samui Facts](#)

All travel arrangements are non-refundable, subject to availability, conditions and cancellation fees apply. All prices are in Australian dollars and are subject to change. Whether travelling within Australia or overseas travel insurance is highly recommended, contact us or visit [www.SpaTravel.com.au](http://www.SpaTravel.com.au) and click into resources to access QBE travel insurance on line. Credit card payments may incur a transaction fee 1.2% visa, mastercard and 3% Amex. Travelling overseas visit [www.smarttraveller.gov.au](http://www.smarttraveller.gov.au) for updated information. If travelling to countries that may expose you to major illnesses or disease visit your preferred travel medical practitioner well in advance. Are you visiting a country that requires a visa? Lic No. 32425

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