



SLEEP ENHANCEMENT

Tools to calm the mind and create the ideal conditions for restful sleep are at the heart of this program. Guided by Naturopaths, Traditional Chinese Medicine Practitioners, and Life Enhancement Mentors, you will address emotional and mental barriers to sleep. Kamalaya's signature treatments, including Traditional Asian Foot Massage with Herbal Foot Soak and Shirodhara, promote circulation, relieve tension, and balance energy, fostering deeper sleep and enhanced wellbeing.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	8	11	15	21
Wellness Consultation	1	1	1	1	1
Wellness Program Departure Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Naturopathic Lifestyle Consultation (60 min)	1	1	1	1	1
Initial TCM Treatment with Consultation (75 min)	1	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1	1
Herbal Supplements & Remedies (daily set)	5	8	11	15	21
Brain Stimulation Therapy (60 min)	2	2	3	4	4
Neuromodulation Therapy (60 min)	2	2	2	3	4
Traditional Chinese Medicine Session (60 min)	1	2	2	3	4
Shirodhara (60 min)	1	1	1	2	4
Personal Meditation or Pranayama or Reiki or Yoga Session (60 min)	1	2	2	2	3
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	2	2	2	2
Mind-Body Balance (60 min)	2	2	2	2	3
Kati Vasti (60 min)		1	1	1	1
Ozone Therapy (45-60 min)		1	1	2	2
Kamalaya Signature Treatment: Three Treasures (90 min)		1	1	2	3
Indian Head Massage (60 min)		1	1	2	2
Hyperbaric Oxygen Therapy (75 min)		1	2	2	2
IV Therapy (Sleep & Tranquillity) (60-90 min)		1	2	2	3
Homoeopathy or Bach Flower Consultation with Remedies (75 min)		1	1	1	1
Craniosacral Therapy (60 min)		1	1	2	2
Chi Nei Tsang (Taoist Abdominal Massage) (30 min)		2	2	3	3
G6PD Enzyme Test			1	1	1
Bioresonance Therapy (20 min)			2	3	4
Initial Traditional Thai Therapeutic Consultation & Treatment (90 min)				1	1
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1	2
Wellness Program Progress Review			1	1	1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	5	8	11	15	21
PACKAGE PRICE (THB)	93,800*	169,292	200,011	274,460	354,919

*The 5-night program is intended as an 'add on' to complement another wellness program or retreat.