

# Kamalaya

Wellness Sanctuary and Holistic Spa



*feel life's potential*





## Feel Life's Potential

Kamalaya translates as 'Lotus Realm', an enduring symbol for the unfolding of life's potential. Taking a unique approach to complete wellbeing and personal fulfilment, Kamalaya transcends the spa experience to deliver an empowering holistic lifestyle experience that aims to cultivate the seed of divine potential that exists within all of us.

Open your heart, rest your mind, nurture your body and engage your spirit.  
Connect with the power and wonder within.  
Come to Kamalaya to explore, discover, experience and learn.  
Come to feel life's potential.

“After achieving a high level of success but being disconnected for many years, I found my heart and reignited my spirit at Kamalaya.”

T. Harv Eker, Author of the #1 New York Times best selling book "Secrets of the Millionaire Mind"

## A Unique Wellness Journey

Kamalaya Koh Samui, Asia's inspiring holistic Wellness Sanctuary, boldly introduces you to a new style of wellness experience.

Kamalaya's integral wellness approach is a synergy of healing therapies from East and West, a sublimely beautiful natural environment, inspired healthy cuisine, holistic fitness practices, group retreats and individual wellness programs. Kamalaya is a place where wellness is restored, inspiration is abundant and magic moments bless each day. Not an image that can be painted with words; Kamalaya is a feeling that permeates your soul. More than a holiday, Kamalaya takes you on a joyful inward journey to health, happiness and fulfilment ... a journey that continues, even after you leave.

“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, The Sunday Times, UK



## Integral Wellness ... Holistic Health

Kamalaya provides a seamless experience, with no boundaries so you can encounter wellness beyond your treatments 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 our concept.

Integral wellness is the guiding principle behind every facet of your experience; an experience that aims for optimal wellbeing of body, mind and spirit. Kamalaya does more than give back some of what life takes away; it introduces you to a healthy lifestyle experience and reconnects you to the healer and visionary within.

“The kingdom is within and Kamalaya can help you get there.”

Mr. Renaud, December 2007

## The Perfect Synergy

The principle of synergy is at the heart of the alchemistic Kamalaya experience. The focus is not on individual services, but how the different treatments, therapies, activities, environment, cuisine and people come together to create a synergy of nurturing for your whole being.

Synergy is also the foundation of Kamalaya's Wellness Programs, a blend of authentic holistic medicine traditions, healing therapies, nutritious cuisine and support from health specialists and inspired teachers.

“Such a pleasant and easy stay. The days went by and the weight came off. Thank you for helping show me the way, spiritual and physical - And thanks to a very special, loving staff- every single last person, and I include the gardeners working in the sun through this tropic day. I look to return soon to paradise.” Oliver Stone, USA



## The Kamalaya Story

Inspired by passion and created with insightful vision, Kamalaya is an expression of two people's life experiences and their desire to serve and inspire others.

The story of Kamalaya began in 1982, in the far jungles of the Himalayas, when Kamalaya founders John and Karina Stewart first met. The idea for Kamalaya was inspired by the 16 years John spent devoted to a life of service and spiritual studies in a Himalayan community and Karina's 22 years in the study and practice of diverse Asian healing and spiritual traditions, including her background as a doctor of Traditional Chinese Medicine.

Intrigued by their vision and inspired by their commitment to creating a new business paradigm, Marc-Antoine Cornaz joined John and Karina in 2003, his hospitality management background providing fullness to the team.

All three remain an integral part of Kamalaya's evolution. Karina is the creative force behind Kamalaya's integral health programs and the inspiration for its ongoing evolution. John continues to guide the development of Kamalaya's vision and services in his role as Chairman, while Marc ensures that the original vision is delivered with authenticity, integrity and quality.

## The Concept. The Pillars

The foundation of the Kamalaya experience rests on three intertwining pillars, which create the platform from which you can reconnect with life's potential.

The Place ... connect with nature, the elements and the universal energies.

The People ... connect with a diversity of people, healers, teachers, hosts and guests.

The Holistic Wellness ... connect body, mind, spirit and heart.

**“Kamalaya unearthed in us our true focus, and as we walked back through the gates into the unnoticing world, a light remained with us that will never again lose its radiance. As I have pointed out already, this is a journey you must take.”**

Glenn Wallis, C-Holiday Magazine, August 2008



## The Place to Feel at Home

Flowing down a tropical hillside and overlooking the pristine coastline and outlying islands, Kamalaya's sixty accommodation options range from cosy Hillside Rooms to open Suites and spacious Villas.

Kamalaya integrates the surrounding landscape into the simple elegance of its architecture and design. Buildings are nestled amidst ancient, granite boulders, streams, and tropical vegetation, with existing rocks and trees as defining elements for many of the structures.

Asian textiles and carefully selected art pieces combine with modern amenities to create comfortable, serene and elegant interiors.

“... no words, however eloquent, and visuals, however glossy and picturesque, can capture the spirit of Kamalaya.”

Gunjan Prasad

## Recreation, Restoration and Inspiration

Like a self-contained village, Kamalaya has a range of facilities to engage you during your stay. The dining areas, Soma Restaurant, Amrita Café, and the Alchemy Tea Lounge, all offer refreshment in open-style interior settings with views that make a sumptuous addition to any meal. The extensive Wellness facilities include Shakti Fitness Centre, the herbal steam cavern, plunge pools, far infrared saunas, Elixir Bar, two yoga pavilions and, naturally, plentiful treatment suites, consultation rooms and open-air massage spaces.

There are two swimming pools; a lap pool and a leisure pool. The art gallery, which hosts exhibitions from some of the region's most inspirational artists, library and TV Lounge offer avenues for creative stimulation and contemplation, and the Monk's Cave is an inspiring place for reflection and meditation.

“I came to Kamalaya for Detox, I did not expect a complete soul overhaul as well. Everything you could possibly need to become your physical and mental best is available for you. Very special place ...” Anna Mathisen. March 2008



## Your Kamalaya Experience

True healing comes from acceptance, not resistance. That's why we take a refreshingly liberating humanistic approach to wellness. With the absence of strict controls and rigid rules, you are able to naturally let go and open up. What you do, and how much or little you do of it, is entirely your choice. Support, advice and inspiration are always on offer, but it is your innate wisdom that guides your experience. While many guests come with a purpose or goal in mind, neither are a pre-requisite. We remain flexible to your needs. We don't insist that you book a program; you can simply come for a relaxing, healthy holiday and enjoy the restorative environment and complimentary offerings like wellness consultation and daily holistic classes.

As the days go by, your mind clears, your eyes shine, your skin glows, your vitality increases and your heart opens to the spirit of possibility.

“It's the blueprint of what the next generation of spas will be - visit, chill and fall in love.”

Jo Foley, international spa writer.

## Kamalaya Lifestyle

For many, the sprint-paced, 'ASAP' world in which we live has disconnected us from each other, our own true and divine sense of self and the perfect simplicity of being present in our lives. At Kamalaya, being reconnected can be a sublimely life changing experience.

The Kamalaya lifestyle is relaxed, informal and heart-warmingly comfortable.

Pretence is lacking and acceptance and authenticity abound. 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.

Nature is an ever-present part of your Kamalaya experience, a sensory symphony that nourishes and nurtures. Beyond the improvements in health and wellbeing, the synergistic Kamalaya experience seems to effortlessly and spontaneously take people to unexpected levels of self discovery and awareness.

“Wonderful, warm, inviting atmosphere. More than just a regular holiday – life changing experience.”

Ms Killean, USA, July 2008



## Your Hosts

Breathtaking landscapes, serene spaces, healing therapies and uncomplicated luxury are supported by a service style that is relaxed, informal and full of heart and good intention. Uninhibited by rigid service scripts, your Kamalaya hosts are able to connect with you in a natural and spontaneous way. Essentially, the Kamalaya team concept is about the collective spirit of the group and how together we can enrich, inspire and support each other as well as the guests who visit.

“If I would have known how many pure smiles, loving eyes and helping hands I'll be meeting here, I would have brought 10 kilos of finest Swiss chocolate. I'd like to thank you in a thousand ways for all your attention, politeness and care. One can call it professional duty, but when professional and natural behaviour is melting together to that loving energy, which is represented and cultivated here on this place, it is also a gift of mercy.” Anna Mathisen. March 2008

## The Kamalaya Community

Kamalaya honours the sacredness of solitude and shares the joy of community. Our aim is to re-introduce balance. We offer you the time and space to be alone, as well as opportunities to connect with the uplifting spirit of community. From time to time, we host cultural, educational and artistic events that bring people together in a natural and joyful way. Every evening, you have the option of joining our Community Table for dinner, where the mood is always informal, relaxed and welcoming.

Recognising the merit of both me-time and we-time, you will never be pressured to participate. The door is always open for you to come and go as you please.

“When I look around Kamalaya, there is a presence of spirit almost, a ghost of good will, a unity that brings together all that travel here.”

Glenn Wallis, C-Holiday Magazine, August 2008



## The Wellness Sanctuary and Holistic Spa

Integrating the surrounding nature into its design, the Wellness Sanctuary features open air treatment spaces as well as air-conditioned suites. The team of health professionals and therapists includes Traditional Chinese Medicine doctors, Naturopaths, Homeopath, Indian Ayurveda therapists, registered nurses, nutritionists, energy healers, an allopathic doctor, sound healers, qualified fitness and yoga instructors and a dedicated team of gifted Thai therapists. You will also have access to a range of exceptional visiting teachers, healers and practitioners.

Kamalaya integrates holistic medicine traditions from East and West to offer a menu of over 70 therapies and treatments. Optional daily classes are open to all guests in holistic fitness practices that range from Pilates, yoga, chi gong and meditation to tai chi and core fitness classes.

Kamalaya's approach to wellness is grounded in medical research and the Wellness Programs, delivered by a team of multi-disciplinary practitioners, are designed for safety and efficacy.

## Kamalaya Cuisine

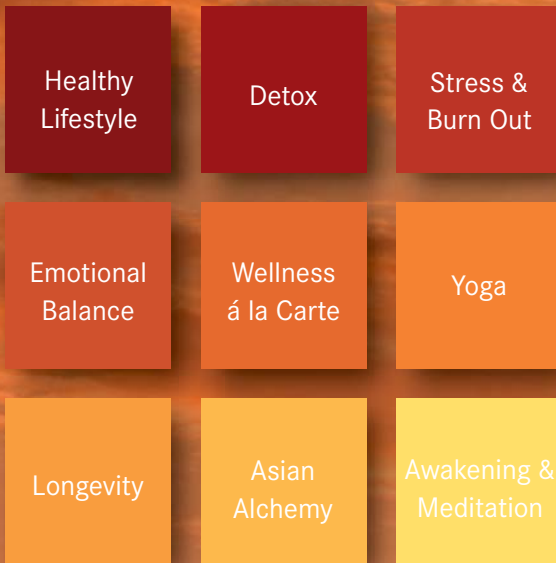
Kamalaya offers artful and inspired cuisine that is healing in function and tantalising in form. Merging culinary traditions of East and West and using fresh, tropical and, where possible, organic produce, the menus include extensive vegetarian options as well as seafood, poultry and lamb dishes. The food changes with the seasons, as it should, and different months bring different delights. Fresh juices, signature tonics, herbal teas and wines are also served, along with customised meals for those undertaking detox programs or with special dietary requirements.

“Each day something new unfolds - a flowering of peace and wellbeing. Graceful and gracious service - food was delicious and healthy. Ten stars.”

Ms. Olga Polunin, February 2008

“How can you ever get used to 'normal food' again?”

M. Hagdorn, Netherlands. April 2008



## Kamalaya Programs

All of the Kamalaya programs are essentially about promoting wellness on multiple levels; wellness of body, mind, spirit and emotions.

### Individual Wellness Programs

These can be started on any day you choose and can go for any duration you desire. We offer a range of programs to address different goals and each program begins with a consultation to discuss your individual needs. You also have the option of working with one of our health practitioners to design a program for your specific needs.

### Group Retreats

These programs start and end on particular dates and you share the experience with a group of other guests. Often, these programs include workshops and discussions, and the group dynamic adds a powerful ingredient to the mix of therapies and activities. We run regular detox retreats, and throughout the year invite visiting international teachers to facilitate group retreats in various inspirational topics and practices.

## Healthy Lifestyle

While these programs focus more on the physical as a solid foundation for a healthy and sustainable lifestyle, they still incorporate the holistic health benefits of the Kamalaya wellness experience.

They are intended to guide you towards achieving your optimal wellbeing and maintaining your balance within and without. These programs include options like Ideal Weight, which helps to identify areas of physical imbalance and related emotional patterns, and Optimal Fitness, a personalised program to help you achieve your fitness goals and establish a healthier lifestyle balance.

**"Never have I encountered such healing power and miraculous intent for health, as I have in Kamalaya. The land, combined with the highly skilled therapists make for miraculous success and more importantly, a habit changing lifestyle ... I lost 10 pounds in 3 weeks with hardly any exercise and effort at all! Laura Harring, Hollywood, November 2006**



## Detox

Kamalaya's Detox Programs and Retreats are research-based and combine medical science with holistic therapies. The outcome is a very safe, effective and powerfully rejuvenating experience. Toxins are effectively removed from the body with nutritional and herbal support to reduce side-effects and optimise the detoxification process.

Kamalaya's approach to detox is designed to support and enhance the body's ability to eliminate toxins and accumulated waste and rediscover its ideal balance. This helps to increase energy and vitality, creating a foundation for optimum health, longevity and personal growth. Kamalaya's team of emotional, energetic and spiritual healers is available to support you through any emotional detox effects.

## Stress & Burn Out

These programs are designed to address various levels of stress, from the gently nurturing Relax & Renew, to the joyfully rejuvenating Asian Bliss and the intensely restorative and healing Balance & Revitalise, which deals holistically with the symptoms and underlying causes of adrenal burnout.

A combination of nurturing therapies, nutrition, and personal guidance in a healing environment of inspiring natural beauty gives you the perfect remedy for recovering your optimal wellbeing and the inspiration to embrace the future with renewed vitality and purpose.

“Brilliant experience - a very natural, authentic ambience - a genuine retreat in harmony with the natural surroundings.”

F Gordon, United Kingdom. March 2008



## Emotional Balance

Emotional balance is a vital ingredient for personal wellbeing and the health of our relationships, including the essential one we have with our self.

Emotions are often linked to the element of water. Like water, emotions have a natural tendency toward movement and flow. Emotional balance isn't about suppressing the stream of our emotions, but instead it is about honouring the natural flow and accepting that what we feel is not who we are.

Kamalaya's team of in-house and visiting intuitive healers can work with you on energetic, emotional and spiritual levels to develop awareness, consciousness and self acceptance, attune heart and mind and release limiting beliefs to make you more emotionally available for life. With the release of emotional and energetic blockages, you will be free to experience life in its fullest expression.

“My experience at Kamalaya went far beyond my expectations. It opened my soul to creativity and love.”

Jacqueline Bayne, Vancouver, Canada and Phoenix, Arizona, October 2006

## Wellness à la Carte

If you're not looking for a structured program, or if you want to add to your chosen program, we have an extensive menu of holistic therapies and treatments to choose from, including private instruction in holistic fitness and meditation.

As well as massages and body treatments, you can experience Ayurveda therapies, Traditional Chinese Medicine, diagnostic procedures, Naturopathy, Homeopathy, emotional and spiritual healing and other holistic services such as cranio-sacral therapy and sound healing.

From time to time, we also have healers-in-residence; sometimes world-renowned and sometimes relatively unheard of, but always incredibly gifted.



## Yoga

The natural sanctuary of Kamalaya, with its inspiring landscapes, healthy cuisine and healing therapies, creates the perfect environment for your yoga practice. Kamalaya has a skilled team of in-house yoga instructors offering personal and group classes and regular programs in a variety of different yoga styles for both novice and advanced practitioners. Yoga venues include the semi-open hilltop Yoga Pavilion, the Yoga Sala, and the enclosed and stunningly located Yantra Hall.

The Personal Yoga Synergy program offers one-on-one teaching, complemented by Ayurveda and other wellness therapies. In addition, Kamalaya attracts world-renowned teachers to host yoga retreats throughout the year.

“Fantastic health retreat with extraordinary detox programs, treatments, super healthy food and yoga classes. Perfect place for a holistic body mind spirit healing with a personal touch.” Ms.A Bida, London, January 2008

## Longevity

While we may not be able to turn back the hands of time, we can help to diminish the tell-tale signs - both internally and externally - through holistic medicine, nutrition and lifestyle advice.

The goal is not only to have you looking and feeling better, but to give you the foundations for a longer, healthier and more vital life. Through the wisdom of ancient Asian life sciences, you can learn how to live your life based on synchronistic principles that support rejuvenation at the deepest levels.

“My energy has doubled and I feel 20 years younger. I'm so energized I'm even excited about returning to the office! Oh and although I had no intention of losing weight I carelessly seemed to have misplaced 10 lbs.”

Rob. Surrey UK January 07



## Asian Alchemy

The holistic healing traditions of Asia are well represented at Kamalaya. Traditional Chinese Medicine, the Indian system of Ayurveda, the traditions of Thai herbal healing and the philosophies and practices of Tibetan and Taoist culture come together to create a powerful synergistic healing force.

Asian Alchemy opens the door to a realm of profoundly healing and transformational experiences.



## Awakening & Meditation

Kamalaya was created around a Monks' Cave, and the accumulated energy from centuries of prayer and meditation lends a powerful meditative magic to the Kamalaya landscape.

You can join group meditation and pranayama classes, or arrange private sessions for a deeper experience. At Kamalaya, you can explore a variety of meditation styles to either develop a regular practice or to deepen your existing practice.

Throughout the year, we also run group retreats by visiting teachers in different styles of meditation and other techniques that can help you to connect with the divine depths of your being.

Kamalaya is located on the South Eastern side of the tropical island of Koh Samui.

The distance to the airport is about 25km, about a 45 minute drive.

Koh Samui is serviced by Bangkok Air and Thai Airways out of Bangkok.

Direct international flights are available from Hong Kong and Singapore with Bangkok Air, or from Kuala Lumpur with Berjaya Air.

### General Information about Kamalaya

DRESS: The dress code is casual, relaxed clothing for the tropics.

STAFF Languages: English, Thai, French, German, Spanish, Hindi.

SPA: Opening hours for the Spa are from 08.30 until 20.00 hrs.

29 treatment and therapy rooms.

ROOMS: 59 Rooms. Different categories to suit a variety of budgets.

24 Hillside Rooms, 10 Suites, 19 Sea View Villas, 2 Beachfront Villas, 1 Pool Villa, a 1-bdr Beachfront Pool Villa, a 2-bdr Beachfront Pool Villa and a 2-bdr Rocktop Villa.

All of Kamalaya's accommodation include the following:

air-conditioning; CD & stereo system; refrigerator; beverage & snack facilities;

personal safe; telephone & internet connection; hair dryer, yoga mat.

INTERNET: Computer with internet in the Library. Wifi is also available in all rooms, with pre-paid cards available from Reception.

Kamalaya brings an uncoupling from the thinking mind

It opens a space for commitment

Resistances drop away

An awakefulness blossoms in the stillness

Preferences and judgements fade

Our diamond consciousness is released;  
and therefore love flows

Nicholas, London. June 2008

