



BASIC BALANCE & REVITALISE

Prolonged stress can result in constant fatigue, low immunity, blood pressure issues and emotional states of apathy, despair and irritability. The Basic Balance & Revitalise program is Kamalaya’s mid-level stress and burnout program and is designed to calm the nervous system, replenish energy, and support recovery from burnout. A naturopath, Traditional Chinese Medicine practitioner and Life Enhancement Mentor will aid you in identifying and addressing stressors in your life and provide practical techniques to restore your mind-body balance. Energising and healing treatments include Ayurvedic massage, and bioresonance therapy. Herbal and nutritional supplements are incorporated to nourish the adrenal glands and soothe the nervous system.

Basic Balance & Revitalise wellness program inclusions	7 nights	9 nights	14 nights
Wellness Consultation	1	1	1
Wellness Program Exit & Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Nutritional Guidance and Naturopathic Lifestyle Consultation (90 min)	1	1	1
Stress Management Consultation (90 min)	1	1	1
Ozone Therapy (60 min)	1	1	1
Indian Head Massage (60 min)	2	2	2
Chi Nei Tsang (60 min)	2	2	2
Traditional Asian Hand Massage (45 min)	2	2	2
Traditional Asian Foot Massage (60 min)	2	2	3
Personal Meditation or Pranayama or Reiki (60 min)	2	2	3
Shirodhara (60 min)	1	1	3
Royal Ayurvedic Traditional Massage (60 min)	1	2	2
Vital Essence Oil Massage (90 min)	1	1	2
Holistic Acupressure Facial Massage (75 min)		1	1
Mid-Wellness Program Follow-up		1	1
Stress Management Consultation (60 min)			2
Physiotherapy Session (90 min)			1
Lower Body Tension Relief Massage (75 min)			1