



COMPREHENSIVE BALANCE & REVITALISE

Reconnecting with oneself and nourishing the mind and body are central to recovering from stress and at the heart of Kamalaya's most intensive stress and burnout program. The Comprehensive Balance & Revitalise program is recommended for anyone needing recuperation from physical and emotional stress and burnout. Deeply restorative, it deals holistically with the symptoms and underlying causes of adrenal burnout and addresses stress prevention and recovery from a mind, body and spirit perspective. Personal consultations in naturopathic lifestyle, nutrition and stress management will guide you towards embracing a healthier balance. Healing therapies combine with nutritional and herbal supplements and remedies to support your recovery.

Comprehensive Balance & Revitalise wellness program inclusions	7 nights	14 nights	21 nights
Wellness Consultation	1	1	1
Wellness Program Exit & Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Nutritional Guidance & Naturopathic Lifestyle Consultation (90 min)	1	1	1
Stress Management Consultation (90 min)	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1
Bioresonance (20 min)	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1
Herbal Supplements & Remedies (1 set)	1	1	1
Chi Nei Tsang (30 min)	2	2	2
Personal Meditation or Pranayama or Reiki (60 min)	2	4	3
Traditional Chinese Medicine Session (60 min)	1	3	3
Royal Ayurvedic Traditional Massage (60 min)	1	2	3
IV Vitamin Infusion (120 min)	1	2	3
Ozone Therapy (60 min)	1	2	3
Indian Head Massage (60 min)	1	2	3
Shirodhara (60 min)	1	2	2
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	2	2
Traditional Asian Hand Massage (45 min)	1	2	2
Hyperbaric Oxygen Therapy (60 min)	1	2	2
Stress Management Consultation (60 min)		2	3
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Holistic Acupressure Facial Massage (75 min)		1	1
Physiotherapy Session with 3D Full Body Scan (90 min)		1	1
Mid-Wellness Program Follow-up		1	1
Myofascial Release Therapy (90 min)			2
Revive & Awakening Facial (75 min)			1