



EMBRACING CHANGE & EMOTIONAL HARMONY

Our emotional balance is tested when we choose to change ingrained patterns of behaviour and embark on a new life journey. The Embracing Change program is for anyone experiencing a life change or life challenging situation, as well as for targeting behaviours such as emotionally driven eating habits, relationship issues, work difficulties, anxiety, and grief. Our Life Enhancement Mentors guide you in identifying emotional habits and together with Traditional Chinese Medicine and Asian healing therapies work synergistically to support you in letting go in order to heal. This program offers an experience of self-discovery and growth and equips you with the tools to continue your journey at home.

Embracing Change and Emotional Harmony wellness program inclusions	5 nights	7 nights	14 nights
Wellness Consultation	1	1	1
Wellness Program Exit & Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Embracing Change Session (90 min)	1	1	1
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	1	1	1
Vital Essence Oil Massage or Traditional Thai Massage (90 min)	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1
Embracing Change Session (60 min)	2	3	5
Traditional Asian Hand Massage (30 min)	2	2	4
Traditional Chinese Medicine Session (60 min)	1	2	4
Chi Nei Tsang (30 min)	1	1	2
Indian Head Massage (60 min)	1	1	2
IV Vitamin Infusion (120 min)	1	1	2
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Shirodhara (60 min)		1	2
Homoeopathy or Bach Flower Remedies (90 min)		1	1