



SLEEP ENHANCEMENT

Sleep is essential for a healthy lifestyle, and as important as physical exercise and a balanced diet. The Sleep Enhancement program provides the tools to calm a busy mind and create optimal conditions for quality sleep. Naturopaths, Traditional Chinese Medicine practitioners and Life Enhancement Mentors support you in identifying emotional and mental barriers to sleep offering techniques and treatments to calm the nervous system and promote healthy sleep patterns. Restorative treatments include Kamalaya's signature Traditional Asian Foot Massage with Herbal Foot Soak and Shirodhara, both of which serve to improve blood circulation, open energy channels and relieve tension to induce a better night's sleep.

Sleep Enhancement wellness program inclusions	5 nights*	7 nights	9 nights	14 nights	21 nights
Wellness Consultation	1	1	1	1	1
Wellness Program Exit & Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Herbal Supplements & Remedies (1 set)	1	1	1	1	1
Naturopathic Lifestyle Consultation (60 min)	1	1	1	1	1
Traditional Chinese Medicine Session (75 min)	1	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1	1
Mind-Body Balance (60 min)	2	2	3	3	4
Traditional Chinese Medicine Session (60 min)	1	2	2	3	4
Shirodhara (60 min)	1	2	2	3	4
Personal Meditation or Pranayama or Reiki or Yoga Session (60 min)	1	2	2	3	4
Traditional Asian Foot Massage with Herbal Foot Soak (90 min)	2	2	2	2	3
Chi Nei Tsang (30 min)		2	2	3	3
IV Vitamin Infusion (120 min)		1	2	2	3
Kamalaya Signature Treatment: Three Treasures (90 min)		1	1	2	3
Indian Head Massage (60 min)		1	1	2	3
Hyperbaric Oxygen Therapy (60 min)		1	2	2	2
Ozone Therapy (60 min)		1	1	2	2
Kati Vasti (60 min)		1	1	1	1
Traditional Asian Hand Massage (45 min)		1			
Bioresonance Treatment (20 min)			2	3	4
Mid-Wellness Program Follow-up			1	1	1
Traditional Thai Therapeutic Treatment (90 min)				2	3

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