



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 Progress 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 |
| Price in THB | 116,190 | 135,388 | 204,947 |