



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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	7	14	21
Wellness Consultation	1	1	1
Wellness Program Departure Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Nutritional Guidance and Naturopathic Lifestyle Consultation (90 min)	1	1	1
Initial Stress Management Consultation (90 min)	1	1	1
Initial TCM Consultation including Treatment (75 min)	1	1	1
Bioresonance Therapy (20 min)	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1
Herbal Supplements and Remedies (daily set)	7	14	21
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
Indian Head Massage (60 min)	1	2	3
Royal Ayurvedic Traditional Massage (60 min)	1	2	3
IV Therapy (Energy & Endurance) (90-120 min)	1	2	3
Shirodhara (60 min)	1	2	2
Traditional Chinese Medicine Session (60 min)	1	3	3
Chi Nei Tsang (30 min)	2	2	2
Personal Meditation or Personal Pranayama or Reiki (60 min)	2	4	3
G6PD Test		1	1
Ozone Therapy (60 min)		1	1
Holistic Acupressure Facial Massage (75 min)		1	1
Physiotherapy Session with 3D Full Body Scan Assessment (90 min)		1	1
Wellness Program Progress Review		1	1
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Stress Management Consultation (60 min)		2	3
The Anti-aging Revive & Awakening Facial (75 min)			1
Myofascial Release Therapy (90 min)			2
PACKAGE PRICE (THB)	140,608	280,188	365,132