



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.

| WELLNESS PROGRAM INCLUSIONS / NIGHTS | 5 | 7 | 14 |
|--|---------------|----------------|----------------|
| Wellness Consultation | 1 | 1 | 1 |
| Wellness Program Departure 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 |
| Initial TCM Consultation including Treatment (75 min) | 1 | 1 | 1 |
| Mindfulness in a Cup of Tea | 1 | 1 | 1 |
| Chi Nei Tsang (30 min) | 1 | 1 | 2 |
| Indian Head Massage (60 min) | 1 | 1 | 2 |
| Traditional Chinese Medicine Session (60 min) | 1 | 2 | 4 |
| Traditional Asian Hand Massage (30 min) | 2 | 2 | 4 |
| Embracing Change Session (60 min) | 2 | 3 | 5 |
| Homeopathy or Bach Flower Consultation with Remedies (90 min) | | 1 | 1 |
| Kamalaya Signature Treatment: Three Treasures (90 min) | | 1 | 2 |
| Shirodhara (60 min) | | 1 | 2 |
| Wellness Program Progress Review | | | 1 |
| PACKAGE PRICE (THB) | 83,133 | 124,224 | 203,047 |