



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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	7	9	14	21
Wellness Consultation	1	1	1	1	1
Wellness Program Departure Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Naturopathic Lifestyle Consultation (60 min)	1	1	1	1	1
Initial TCM Consultation including Treatment (75 min)	1	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1	1
Herbal Supplements and Remedies (daily set)	5	7	9	14	21
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
Mind-Body Balance (60 min)	2	2	3	3	4
Kati Vasti (60 min)		1	1	1	1
Ozone Therapy (60 min)		1	1	2	2
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
IV Therapy (Sleep & Tranquillity) (90-120 min)		1	2	2	3
Traditional Asian Hand Massage (45 min)		1			
Chi Nei Tsang (30 min)		2	2	3	3
G6PD Enzyme Test			1	1	1
Wellness Program Progress Review			1	1	1
Bioresonance Therapy (20 min)			2	3	4
Initial Traditional Thai Therapeutic Treatment including Consultation (90 min)				1	1
Traditional Thai Therapeutic Treatment Subsequent Session (90 min)				1	2
PACKAGE PRICE (THB)	91,122*	157,665	183,579	260,969	349,278

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