



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.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	8	11	15
Wellness Consultation	1	1	1
Wellness Program Departure Review	1	1	1
Body Bio-Impedance Analysis	1	1	1
Nutritional Guidance & Naturopathic Lifestyle Consultation (90 min)	1	1	1
Stress Management Consultation (90 min)	1	1	1
Ozone Therapy (45-60 min)	1	1	1
Brain Stimulation Therapy (60 min)	1	1	2
Vital Essence Oil Massage (90 min)	1	1	2
Shirodhara (60 min)	1	1	2
Royal Ayurvedic Traditional Massage (60 min)	1	2	2
Indian Head Massage (60 min)	1	1	2
Chi Nei Tsang (Taoist Abdominal Massage) (60 min)	1	1	2
Traditional Asian Hand Massage (45 min)	2	2	2
Traditional Asian Foot Massage (60 min)	2	2	2
Personal Meditation or Personal Pranayama or Reiki (60 min)	2	2	3
Neuromodulation Therapy (60 min)	1	1	2
Initial TCM Treatment with Consultation (75 min)	1	1	1
Homeopathic Consultation (includes herbs) (75 min)		1	1
Holistic Acupressure Facial Massage (75 min)		1	1
IV Therapy (Sleep & Tranquillity) (60-90 min)		1	1
Physiotherapy Session with Assessment (90 min)			1
Lower Body Tension Relief Massage (75 min)			1
Wellness Program Progress Review		1	1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	8	11	15
PACKAGE PRICE (THB)	122,234	153,896	210,173