



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. Comprehensive Balance & Revitalise 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	8	15	21
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
Initial Stress Management Consultation (90 min)	1	1	1
Initial TCM Treatment with Consultation (75 min)	1	1	1
Bioresonance Therapy (20 min)	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1
Herbal Supplements & Remedies (daily set)	8	15	21
Brain Stimulation Therapy (60 min)	1	2	2
Neuromodulation Therapy (60 min)	1	2	2
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 (75 min)	1	2	2
Shirodhara (60 min)	1	2	2
Indian Head Massage (60 min)	1	2	2
Royal Ayurvedic Traditional Massage (60 min)	1	2	3
IV Therapy (Energy & Endurance) (60-90 min)	1	2	3
Traditional Chinese Medicine Session (60 min)	1	3	3
Chi Nei Tsang (Taoist Abdominal Massage) (30 min)	2	2	2
Personal Meditation or Personal Pranayama or Reiki (60 min)	2	3	3
Homoeopathy or Bach Flower Consultation with Remedies (75 min)		1	1
G6PD Test		1	1
Ozone Therapy (45-60 min)		1	1
Holistic Acupressure Facial Massage (75 min)		1	1
Physiotherapy Session with 3D Full Body Scan Assessment (90 min)		1	1
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Stress Management Consultation (60 min)		2	3
The Anti-Ageing Revive & Awakening Facial (75 min)			1
Myofascial Release Therapy (60 min)			2
Wellness Program Progress Review		1	1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	8	15	21
PACKAGE PRICE (THB)	147,751	287,455	362,125