



**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 Session (90 min)                                                  | 1       | 1       | 1       |
| Ozone Therapy (45-60 min)                                                           | 1       | 1       | 1       |
| Initial TCM Treatment (including consultation) (75 min)                             | 1       | 1       | 1       |
| Traditional Asian Hand Massage (45 min)                                             | 2       | 2       | 2       |
| Traditional Asian Foot Massage (60 min)                                             | 2       | 2       | 2       |
| Meditation or Pranayama (60 min)                                                    | 2       | 2       | 3       |
| Royal Ayurvedic Traditional Massage (60 min)                                        | 1       | 2       | 2       |
| Brain Stimulation Therapy (60 min)                                                  | 1       | 1       | 2       |
| Vital Essence Oil Massage (90 min)                                                  | 1       | 1       | 2       |
| Shirodhara (60 min)                                                                 | 1       | 1       | 2       |
| Neuromodulation Therapy (60 min)                                                    | 1       | 1       | 2       |
| Therapeutic Head Massage (60 min)                                                   | 1       | 1       | 2       |
| Chi Nei Tsang (Taoist Abdominal Massage) (60 min)                                   | 1       | 1       | 2       |
| Homeopathic Consultation (including remedies) (75 min)                              |         | 1       | 1       |
| Holistic Acupressure Facial Massage (75 min)                                        |         | 1       | 1       |
| IV Therapy (Sleep & Tranquillity) (60-90 min)                                       |         | 1       | 1       |
| Initial Physiotherapy Session with Assessment (90 min)                              |         |         | 1       |
| Lower Body Tension Relief Massage (75 min)                                          |         |         | 1       |
| Wellness Program Progress Review                                                    |         | 1       | 2       |
| Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea | 8       | 11      | 15      |
| PACKAGE PRICE (THB)                                                                 | 125,521 | 158,212 | 215,985 |