



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
Stress Management Session (90 min)	1	1	1
Initial TCM Treatment (including consultation) (75 min)	1	1	1
Bioresonance Therapy (20 min)	1	1	1
Vital Essence Oil Massage (90 min)	1	1	1
Chi Nei Tsang (Taoist Abdominal Massage) (30 min)	2	2	2
Herbal Supplements & Remedies (daily set)	8	15	21
Meditation or Pranayama (60 min)	2	3	3
Subsequent TCM Treatment (60 min)	1	3	3
Royal Ayurvedic Traditional Massage (60 min)	1	2	3
IV Therapy (Energy & Endurance) (60-90 min)	1	2	3
Brain Stimulation Therapy (60 min)	1	2	2
Neuromodulation Therapy (60 min)	1	2	2
Traditional Asian Foot Massage with Herbal 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
Therapeutic Head Massage (60 min)	1	2	2
Stress Management Session (60 min)		2	3
Kamalaya Signature Treatment: Three Treasures (90 min)		1	2
Homoeopathic or Bach Flower Consultation (including remedies) (75 min)		1	1
Ozone Therapy (45-60 min)		1	1
Holistic Acupressure Facial Massage (75 min)		1	1
Physiotherapy Session with 3D Body Scan Assessment (90 min)		1	1
Myofascial Release Therapy (60 min)			2
Anti-Ageing Renewal Facial (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	15	21
PACKAGE PRICE (THB)	150,850	292,184	368,817