



EMBRACING CHANGE

Our emotional balance is tested when we choose to change ingrained patterns of behaviour and embark on a new life journey. Embracing Change is for anyone experiencing a life change or life challenging situation, as well as for targeting behaviours such as emotionally driven eating habits, relationship issues, work difficulties, anxiety, and grief. Our Life Enhancement Mentors guide you in identifying emotional habits and together with Traditional Chinese Medicine and Asian healing therapies work synergistically to support you in letting go in order to heal. This program offers an experience of self-discovery and growth and provides you with the tools to continue your journey at home.

| WELLNESS PROGRAM INCLUSIONS / NIGHTS                                                | 5      | 8       | 15      |
|-------------------------------------------------------------------------------------|--------|---------|---------|
| Wellness Consultation                                                               | 1      | 1       | 1       |
| Wellness Program Departure Review                                                   | 1      | 1       | 1       |
| Body Bio-Impedance Analysis                                                         | 1      | 1       | 1       |
| Embracing Change Session (90 min)                                                   | 1      | 1       | 1       |
| Traditional Asian Foot Massage with Herbal Foot Soak (90 min)                       | 1      | 1       | 1       |
| Vital Essence Oil Massage or Traditional Thai Massage (90 min)                      | 1      | 1       | 1       |
| Initial TCM Treatment (including consultation) (75 min)                             | 1      | 1       | 1       |
| Chi Nei Tsang (Taoist Abdominal Massage) (30 min)                                   | 1      | 1       | 1       |
| Embracing Change Session (60 min)                                                   | 2      | 3       | 5       |
| Subsequent TCM Treatment (60 min)                                                   | 1      | 2       | 4       |
| Traditional Asian Hand Massage (30 min)                                             | 2      | 2       | 3       |
| Therapeutic Head Massage (60 min)                                                   | 1      | 1       | 2       |
| Royal Ayurvedic Traditional Massage (60 min)                                        | 1      | 1       | 2       |
| Kamalaya Signature Treatment: Three Treasures (90 min)                              |        | 1       | 2       |
| Shirodhara (60 min)                                                                 |        | 1       | 2       |
| Homoeopathic or Bach Flower Consultation (including remedies) (75 min)              |        | 1       | 1       |
| Reiki (60 min)                                                                      |        |         | 1       |
| Wellness Program Progress Review                                                    |        | 1       | 1       |
| Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea | 5      | 8       | 15      |
| PACKAGE PRICE (THB)                                                                 | 85,204 | 127,499 | 207,888 |