



SLEEP ENHANCEMENT

Tools to calm the mind and create the ideal conditions for restful sleep are at the heart of this program. Guided by Naturopaths, Traditional Chinese Medicine Practitioners, and Life Enhancement Mentors, you will address emotional and mental barriers to sleep. Kamalaya’s signature treatments, including Traditional Asian Foot Massage with Herbal Foot Soak and Shirodhara, promote circulation, relieve tension, and balance energy, fostering deeper sleep and enhanced wellbeing.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	5	8	11	15	21
Wellness Consultation	1	1	1	1	1
Wellness Program Departure Review	1	1	1	1	1
Body Bio-Impedance Analysis	1	1	1	1	1
Naturopathic Consultation (excluding herbs) (60 min)	1	1	1	1	1
Initial TCM Treatment (including consultation) (75 min)	1	1	1	1	1
Royal Ayurvedic Traditional Massage (60 min)	1	1	1	1	1
Herbal Supplements & Remedies (daily set)	5	8	11	15	21
Brain Stimulation Therapy (60 min)	2	2	3	4	4
Neuromodulation Therapy (60 min)	2	2	2	3	4
Subsequent TCM Treatment (60 min)	1	2	2	3	4
Shirodhara (60 min)	1	1	1	2	4
Mind-Body Balance Session (60 min)	2	2	2	2	3
Meditation or Pranayama (60 min)	1	2	2	2	3
Traditional Asian Foot Massage with Herbal Soak (90 min)	1	2	2	2	2
Chi Nei Tsang (Taoist Abdominal Massage) (30 min)		2	2	3	3
IV Therapy (Sleep & Tranquillity) (60-90 min)		1	2	2	3
Kamalaya Signature Treatment: Three Treasures (90 min)		1	1	2	3
Hyperbaric Oxygen Therapy (75 min)		1	2	2	2
Therapeutic Head Massage (60 min)		1	1	2	2
Craniosacral Therapy (60 min)		1	1	2	2
Ozone Therapy (45-60 min)		1	1	2	2
Kati Vasti (60 min)		1	1	1	1
Homoeopathic or Bach Flower Consultation (including remedies) (75 min)		1	1	1	1
Bioresonance Therapy (20 min)			2	3	4
Subsequent Traditional Thai Therapeutic Treatment (90 min)				1	2
Initial Traditional Thai Therapeutic Treatment with Consultation (90 min)				1	1
Wellness Program Progress Review			1	1	2
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	5	8	11	15	21
PACKAGE PRICE (THB)	96,307*	173,653	204,766	281,184	364,125

*The 5-night program is intended as an ‘add on’ to complement another wellness program or retreat.