



INTRODUCTION TO DETOX

Kamalaya’s approach to detox is aligned with Asian healing principles that see fasting as potentially depleting, preferring a nourishing and nurturing form of the deeply cleansing process. The Introduction to Detox program is ideal if you are new to detoxification, have limited time or seeking a seasonal reboot. It features Kamalaya’s low-inflammatory plant-based detox cuisine and a series of soothing and gentle treatments to safely eliminate toxins. Therapeutic Lymphatic Drainage, Chi Nei Tsang and Far Infrared Therapy support the organs in the process of eliminating toxins while also improving circulation, digestion and optimal weight; cleansing the body, mind and spirit.

WELLNESS PROGRAM INCLUSIONS / NIGHTS	3	5
Wellness Consultation	1	1
Wellness Program Departure Review	1	1
Body Bio-Impedance Analysis	1	1
Vital Essence Oil Massage (90 min)	1	1
Traditional Asian Hand Massage (60 min)	1	1
Traditional Asian Foot Massage (60 min)	1	1
Far Infrared Sauna (30 min)	2	4
Therapeutic Lymphatic Drainage (90 min)	1	2
Chi Nei Tsang (Taoist Abdominal Massage) (60 min)	2	1
Chi Nei Tsang (Taoist Abdominal Massage) (30 min)		2
Oriental Herbal Detoxifying Scrub & Wrap (75 min)		1
Traditional Asian Hand Massage (30 min)		1
Two Kamalaya meals per night of stay (lunch and dinner), and the Afternoon High Tea	3	5
PACKAGE PRICE (THB)	51,892	75,317