



Discover

KAMALAYA WELLNESS SANCTUARY

FACTSHEET

Kamalaya extends a multi-award-winning wellness experience to help people embody their potential and achieve lifelong optimal wellbeing. Since its opening in November 2005, it delivers life-enriching holistic wellness programs which combine healing therapies from East and West, in a breathtakingly beautiful natural environment.

LOCATION

Located on a tropical hillside, the resort overlooks the pristine southern coastline of Koh Samui, just 45 minutes (25 km) from Koh Samui International Airport, which has direct flights from Bangkok, Singapore and Phuket, amongst others.

CONTACT DETAILS

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WELLNESS SANCTUARY

WELLNESS APPROACH & CONCEPT



Conceived as a serene sanctuary for contemplation, inspiration, immersion and transformation, Kamalaya’s tranquil setting gives you the time, space and freedom to rest your mind, open your heart, replenish your body and awaken your spirit in an idyllic setting. Our innovative wellness philosophy supports holistic healing from the inside out. Flexibility and fluidity lie at the core of our offerings and we invite you to listen to your intuition in your search for internal harmony. Rediscovering your equilibrium is a personal process, replenish and heal your physical, emotional, mental and spiritual energies at your own pace, in your own way.



There are over 90 wellness treatments and services on our menu, including a renewed focus on cognitive and neurological wellbeing at our newly launched Cognitive House. This dedicated space offers advanced therapies designed to enhance mental clarity, emotional balance, and brain performance -including Neurofeedback, Brain Stimulation Therapy, Cognitive Enhancement Meditation with Breathwork, and more.

Our wellness sanctuary is guided by a diverse team of multidisciplinary experts -from Thai therapists, registered nurses, TCM and functional medicine doctors to Ayurvedic specialists, naturopaths, meditation and lifestyle coaches, nutritionists, energy healers, certified fitness instructors, and spiritual life enhancement mentors - all here to support your journey back to health.

We also host year-round retreats and workshops, led by an extensive selection of visiting teachers, healers, and practitioners.

Guests can also enhance their sense of wellbeing by choosing from 19 results-oriented wellness programs that address healthy lifestyles and longevity, reset and detox, stress and burnout, as well as mental and emotional wellbeing. We believe all aspects of health are interconnected; so our programs include vital contributions from naturopaths, traditional Chinese medicine doctors, yoga teachers, fitness trainers, massage therapists, meditation and life enhancement mentors. Our expert team also offers a range of classes throughout the week that guests can join at their convenience. There are sessions suitable for all levels of fitness, age and experience. We designed our activities to support the effectiveness of our wellness programs and create a moment for our guests to reconnect with others through a shared experience.



WELLNESS PROGRAMS

MOVEMENT, ALIGNMENT & STRENGTH	DETOX & GUT RENEWAL	RESTORE & RECHARGE	LONGEVITY & METABOLIC BALANCE	EMOTIONAL RESILIENCE & BALANCE
<ul style="list-style-type: none">• Basic Optimal Fitness• Comprehensive Optimal Fitness• Structural Revival• Personal Yoga Synergy	<ul style="list-style-type: none">• Introduction to Detox• Basic Detox• Comprehensive Detox• Enriched Gut	<ul style="list-style-type: none">• Relax & Renew• Asian Bliss• Basic Balance & Revitalise• Comprehensive Balance & Revitalise	<ul style="list-style-type: none">• Radiant Bliss for Women’s Health• Ideal Weight• Sleep Enhancement• Resilience & Immunity	<ul style="list-style-type: none">• Embracing Change• Brain Enhancement• Wellbeing Sabbatical

RESTAURANTS & CUISINE

The foundation of good health begins with the food you eat, which is why healthful nutrition is such an integral part of the holistic healing journey at Kamalaya. The menus reflect our philosophy of healthy living and the celebration of different cultures, featuring fresh and healthy dishes with enough sumptuous twists to satisfy the most discerning palates.



SOMA RESTAURANT

Sanskrit for ‘food of the gods’, Soma is close to the main facilities and overlooks Kamalaya valley, offering spectacular views of the coast and outlying islands. Intimate tables are arranged throughout the two-level venue, in addition to a Community Table where guests may dine together.

Breakfast: 07.00 to 10.30
Dinner: 18.00 to 22.30



AMRITA CAFÉ

Sanskrit for ‘divine nectar’, Amrita Café offers informal dining nestled amidst lotus ponds adjacent to the leisure swimming pool. The sound of running water with private dining salas overlooking the beach creates a serene venue for fresh juices, inspired salads and healthy dishes during lunch time.

Lunch, Snacks and Beverages
12.00 to 17.00



ALCHEMY TEA LOUNGE

Located at the main reception, Alchemy Tea Lounge offers light snacks and a diverse range of elixirs, juices, medicinal herbal teas and infusions. With comfortable couches and breathtaking views, especially during sunset, this is a great venue for guests to gather throughout afternoon and in the evening.

Afternoon Tea
14.00 to 23.00

ACCOMMODATION

There are 76 rooms in total, all immersed in the beauty of nature and styled with elegant interiors offering tea-making facilities, a healthy mini bar and daily fresh fruits. Kamalaya cultivates digital detox, therefore rooms do not provide TVs, but come with complimentary WiFi.



ROOM TYPES	UNITS	SIZES
Hillside Rooms	24	35 sqm (377 sqft)
Suites	12	56 - 112 sqm (603 - 1,206 sqft)
Superior Suites	13	65 sqm (700 sqft)
Penthouse Suites	2	142 - 207 sqm (1,528 - 2,228 sqft)
Villas	20	75 sqm (807 sqft)
Pool Villas	5	126 - 306 sqm (1,356 - 3,294 sqft)

OTHER FACILITIES

KAMALA BOUTIQUE	A variety of local handicrafts, inspirational books, Asian artworks, resort wear, gift items and essentials.
GALLERY	Exhibition of international art including painting, photography, sculptures and prints.
LIBRARY & TV LOUNGE	Offering a selection of books, computer stations and internet facilities.
YANTRA HALL	Overlooking the sea, the Yantra Hall was conceived as an inspiring venue for special retreats and events.

