



KAMALAYA WELLNESS SANCTUARY



feel life's potential



Kamalaya, derived from Sanskrit for “Lotus Realm”, embodies growth and spiritual awakening. Like a lotus rising from murky waters towards the light, it symbolises transformation and human potential, reflecting the essence of Kamalaya’s name, philosophy and purpose.

KAMALAYA BRAND PILLARS

THE PLACE

Embrace the **Healing Power of Nature** through our land, the sacred meditative case and lush tropical landscapes. The steep hills and winding paths encourage natural movement, supporting physical and emotional wellbeing. Here we return to our essence, one with nature.

THE PEOPLE

A **Community of Growth and Transformation**, Kamalaya is shaped by the diverse individuals who bring it to life – guests, our hosts, healers, teachers and practitioners from around the world. This rich exchange creates an environment where learning, healing and transformation flourish.

THE HOLISTIC WELLNESS

Rediscover the **Body's Innate Healing Wisdom** rooted in functional medicine, Kamalaya's wellness philosophy address root causes, not just symptoms. By building longevity foundations and activating the body's self-healing potential.

Kamalaya is less than 45 minutes by car from Samui Airport.

Over 40 return flights fly daily from Bangkok via Bangkok Airways.

Direct return flights daily from Singapore, Hong Kong, Cambodia and Phuket.

Guaranteed connection and luggage checked through to end destination with Bangkok Airways via Bangkok.





- A Reception
- B Library
- C Alchemy Tea Lounge
- D Soma Restaurant
- E Kamala Boutique & Gallery
- R Amrita Cafe
- M Arjan Cave
- LP Lap Pool
- P Leisure Pool

- W1 Wellness Reception
- W2 Treatment Rooms
- W3 Om Steam Cavern
- W4 Elixir Bar
- W5 Vishranti Relax Area
- W6 Clinic
- W7 Massage Complex
- W8 Treatment Rooms
- W9 Leela Steam Cavern
- W10 Longevity House
- W11 Cognitive House

- S Suites 25-34
- SS Superior Suites 61-76
- H1 Hillside 01-09
- H2 Hillside 10-14
- H3 Hillside 15-24
- F Shakti Fitness Centre
- F2 Padma Fitness I
- F3 Padma Fitness II
- Y1 Yoga Pavillion
- Y2 Prana Sala I
- Y3 Prana Sala II
- Y4 Yantra Hall
- T1 Temple
- T2 Meditation Kutir





Kamalaya spreads over 20 acres of idyllic tropical land, with a secluded beachfront surrounded by coral reefs and stunning views overlooking the Gulf of Thailand.



At the heart of Kamalaya is a century-old cave that once served Buddhist monks as a place of meditation and spiritual retreat.



Remarkably, over 40% of Kamalaya's esteemed guests choose to return, often extending their stays to delve deeper into refining and enriching their wellness journey and cultivating enduring healthy lifestyle practices.



THE WELLNESS SANCTUARY

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. 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.





OVER 100 CERTIFIED WELLNESS PROFESSIONALS INCLUDE:

- Functional Medicine Doctor
- Registered Nurses
- Naturopathic Practitioners
- Nutritionists
- Neurofeedback Specialists
- TCM Practitioners
- Thai Traditional Medicine Therapists
- Ayurvedic Therapists
- Physiotherapists
- Osteopath
- Fitness & Movement Specialists
- Life Enhancement Mentors
- Qualified Yoga Teachers
- Meditation and Breathwork Specialists
- Visiting Practitioners

KAMALAYA WELLNESS CONCEPT

MOVEMENT, ALIGNMENT
& STRENGTH

DETOX
& GUT RENEWAL

RESTORE
& RECHARGE

LONGEVITY
& METABOLIC BALANCE

EMOTIONAL RESILIENCE
& BALANCE

Celebrated with multiple prestigious awards, the Kamalaya Wellness Sanctuary offers an unparalleled array of 19 meticulously curated wellness programs. Our programs seamlessly fuse the timeless wisdom of the East with cutting-edge insights and medical advancements from the West, ensuring a holistic approach that resonates with guests seeking genuine transformation and lasting wellbeing.

KAMALAYA WELLNESS PROGRAMS

PROGRAMS / NIGHTS	3	5	8	11	15	21
MOVEMENT, ALIGNMENT & STRENGTH						
Basic Optimal Fitness		75,074	104,104	152,437	225,778	296,079
Comprehensive Optimal Fitness			170,016	218,537	282,839	359,119
Structural Revival		82,419	110,978	152,343	205,063	
Personal Yoga Synergy	48,502	71,308	106,082		185,337	
DETOX & GUT RENEWAL						
Introduction to Detox	53,587	78,464				
Basic Detox			108,200	145,728	195,341	
Comprehensive Detox			137,154	200,953	291,620	388,897
Enriched Gut			135,991	181,368	249,813	343,983
RESTORE & RECHARGE						
Relax & Renew	47,419	68,012	98,360	125,884	176,392	
Asian Bliss		71,920	113,661	148,388	200,732	
Basic Balance & Revitalise			129,951	162,041	226,014	
Comprehensive Balance & Revitalise			155,939		302,825	382,400
LONGEVITY & METABOLIC BALANCE						
Radiant Bliss for Women's Health			131,851		235,211	335,595
Ideal Weight			132,823	168,067	251,060	337,180
Sleep Enhancement		98,011*	176,696	210,890	290,083	375,515
Resilience & Immunity			132,873	186,173	251,840	350,012
EMOTIONAL RESILIENCE & BALANCE						
Embracing Change		81,995	127,597		204,734	
Brain Enhancement			148,171	200,929	280,344	383,130
Wellbeing Sabbatical						245,656

The above rate for period: 1 April 2025 - 31 March 2026

**The 5-night Sleep Enhancement program is intended as an 'add on' to complement another wellness program or retreat.*



At Kamalaya Longevity House, we offer personalised diagnostic tests and regenerative therapies, including Hyperbaric Oxygen Therapy, Ozone Therapy and IV Infusions. These innovative therapies are part of our 7-nights or longer wellness programs, ensuring a deeply transformative and rejuvenating experience.



Our comprehensive health assessments include blood biomarkers, gut microbiome test, epigenetic profiling, heavy metal toxicity, cancer screening, women's health tests and in-house rapid screening tests. Available pre-arrival, during stay and post-departure at Kamalaya.



Cognitive House introduces a revolutionary array of therapies designed to enhance cognitive function and mental wellbeing including Neuro-Lymphatic Therapy, Neurofeedback, Neuromodulation Therapy and Transcranial Photobiomodulation Therapy, all crafted to unlock the powerful potential of the brain.



Launching in April 2025, Brain Enhancement wellness program will combine advanced IV infusions, the Kamalaya Essentials supplement line, fitness and movement practices, cognitive therapies and holistic activities designed to nurture mental clarity and optimise cognitive function.



The stunning 25-meter (82 ft) lap pool is ideal for individual training and group aqua classes. Kamalaya offers an assortment of over 40 holistic activities, classes and workshops weekly.



State-of-the-art fitness centre brings total fitness facilities to over 1,200 sqm (12,917 sqft), open daily 07.00 - 20.00. Cardio, free weights and machine equipment, as well as VO2 Max assessment and 3D body scan facilities, supplementary oxygen therapy, MOTR Pilates and freeFORM board pilates.



Padma I is dedicated to the Pilates movement with enhanced reformer machines.
Padma II is dedicated to functional fitness and personal training.



The Yoga Pavilion offers a variety of yoga classes including Hatha Yoga, Vinyasa Yoga, Ashtanga Inspired Yoga and Yin Yoga. Smaller Yoga Prana Salas available for intimate group classes and individual sessions.



Kamalaya offers exceptional dining experiences at Soma Restaurant, Amrita Café and Alchemy Tea Lounge in open-style interior settings with breathtaking views. The core of Kamalaya cuisine is the philosophy of “food as medicine”.



Kamalaya's award-winning cuisine is inspired by the wisdom of Asian healing traditions and based on the latest nutritional research, all dishes spark and arouse the senses while enhancing physical, mental and emotional wellbeing.



The 76 rooms, suites and villas, ranging from cosy Hillside Rooms and elegant Suites to spacious Villas and private Pool Villas, are situated amidst ancient, granite boulders, calming water streams and tropical vegetation.



Nature's restorative presence is felt through semi-open bathrooms, outdoor terraces and balconies, expansive windows and captivating views overlooking the gardens or Gulf of Thailand.





ROOM	UNIT	SIZE
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)

MULTI-AWARD-WINNING WELLNESS SANCTUARY

Kamalaya is honoured to have been recognised over the years by some of the most reputable industry groups and respected publications in the world as a leader in the wellness industry with over 80 awards.

Recent awards:

- 'Best Spa Retreat - Asia' at The Luxury Spa Edit Awards 2025 in the UK
- 'Exceptional Destination Spas and Wellness Retreats' within The goop List 2024 in the USA
- Hall of Fame as 'Worldwide Health & Wellness Destination' at the World Spa & Wellness Awards 2024 in the UK
- 'Best Global Holistic Haven' at The Luxury Spa Edit Awards 2024 in the UK
- 'Top 20 Best Wellness Experience 2024' within National Geographic's Best of The World List
- 'Top Producing Hotels & Resorts Partner' at the Virtuoso Awards 2024
- 'Healing Hideaway' at the Tatler Spa Awards 2023 in the UK
- 'Wellness Retreat of the Year 2023' at the Destination Deluxe Awards
- 'Hall of Fame and Thailand Tourism Gold Awards 2023' at the Thailand Tourism Awards
- 'Best Integrated Wellness Retreat' and 'Best Wellness Retreat' at the Spa & Wellness Awards 2023 in Australia



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