

Koh Samui

KAMALAYA WELLNESS SANCTUARY & HOLISTIC SPA

THAILAND • 8, 11 & 15 NIGHTS



SUN & SAND

ADULTS-ONLY **Luxury**

What's included

- ✓ Hillside Garden View room
- ✓ Breakfast, lunch and dinner each day
- ✓ All non-alcoholic local drinks
- ✓ Use of resort facilities
- ✓ Relax & Renew treatments
- ✓ Kamalaya Host support throughout
- ✓ ATOL-bonded flights from Gatwick only
- ✓ Transfers (approx 45 mins)

Holiday

This award-winning retreat offers you an opportunity to de-stress, rediscover your former self or discover a whole new you! At first glance, this is a relaxing tropical holiday: take a second look and it has the potential to change your life. The adults-only haven is popular with single travellers who are supported by Kamalaya staff on our behalf and host sociable meals around one large table.

Our package is based on a Relax & Renew programme including massages and holistic treatments as well as full board during your stay. Optional packages focus on fitness, weight, yoga, sleep, emotional renewal or even gut health: all are detailed on our website.

Hotel

Kamalaya occupies a magical spot on Koh Samui's south coast. The golden beach is dotted with boulders and terraces climb through lush greenery to a candlelit cave where Buddhist monks once meditated. You'll find a superb fitness centre, yoga pavilion, 2 pools, lily ponds and quiet corners. Soma Restaurant at the top of the resort serves delicious fresh food to suit your dietary needs, as well as sea views. Amrita Café and Alchemy Tea Lounge provide light lunches, healthy juices and delicious treats.

Your room

76 rooms and suites are set across various terraces (this is not a resort for people with mobility issues). Prices are based on Hillside Garden Rooms with a king-sized bed or twins, typically with a garden view. Rooms have air-con, fridge, safe, hairdryer and music system. Yoga mat is available on request. Restful décor features local artwork. Upgrades to suites (with outdoor shower) and villas may be possible at a supplement.

Where & what

Therapies at Kamalaya include Ayurvedic treatments, traditional Chinese medicine, nutritional guidance, naturopathy, homeopathy, detox scrubs and a host of different massages (see panel). Group classes range from meditation and yoga to Tai Chi, HIIT circuit training and aqua aerobics.

Snorkelling, cycling and cultural tours are optional activities, and for sightseeing, a must-do is the Big Buddha Temple at Wat Phra Yai. The island has a string of beaches around its 50km coastline and a mountainous interior.

Scheduled flights are via Bangkok to Samui airport. Note that return flights are overnight: 7 nights at the resort + flight home = 8 night holiday.



"This is a paradise. The natural beauty of the resort, the simple luxury of the hotel and the 'whole person' approach creates a very special atmosphere."
Colum McLornan, Friendship Travel

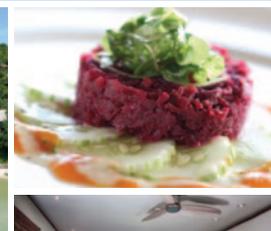


7 night Relax & Renew Package stay includes:

- ✓ 2 Wellness consultations
- ✓ Body bio-impedance analysis
- ✓ 10 Massages including Asian, Thai, Taoist (for hands, head, feet, and body)
- ✓ 1 Lotus scrub and wrap
- ✓ 1 Radiance facial
- ✓ 1 Infrared sauna
- ✓ Wellness gift pack
- ✓ Group classes subject to weekly schedule
- ✓ Access to steam cavern, pools and fitness centre

Other programmes (at a supplement)

- ✓ Detox Rejuvenation
- ✓ Ideal Weight
- ✓ Optimal Fitness
- ✓ De-stress Asian Bliss
- ✓ Yoga Synergy
- ✓ Balance & Revitalise
- ✓ Embracing Change
- ✓ Sleep Enhancement
- ✓ Enriched Gut



Prices in £ sterling start from £3925

Departure dates	Depart UK	8 nights	11 nights	15 nights
01 Sep - 15 Dec 20	Any day	3925	4725	6690
09 Jan - 30 Mar 21	Any day	4235	5125	7295
01 Apr - 30 Sep 21	Any	4025	4825	7050

Christmas/NY prices on request. Book early for lowest price: flight costs can increase

Room upgrades

Garden view room from £20 per night. Sea view room from £70 per night.