



Press Release

Enter the spirit of possibility...

Thailand's first Wellness Sanctuary and Holistic Spa, Kamalaya was founded on the tropical island of Koh Samui in November 2005. Offering holistic medicine and complementary therapies from the East and West, its key concept is to promote holistic wellness - harmony in mind, body and spirit. To quote founders John and Karina Stewart, it was created "to bring together diverse cultural traditions of healing and spirituality in a nurturing environment from which people can explore life's infinite potential."

The beauty of its surrounding nature, with ancient boulders, lush vegetation and a pristine coastline, is integrated into the simple elegance of Kamalaya's architecture and design, including sixty unique accommodation options. At the heart of Kamalaya is a cave, once used as a place of meditation and spiritual retreat by Buddhist monks, that adds a special energy.

Regular programs include medically-based Detox & Rejuvenation, Relax and Renew, for those recovering from stress and burnout, along with yoga and a host of others to help guests to recover their ideal physical, emotional and spiritual balance.

Kamalaya has its own 7 day signature retreats, Essential Detox and Yoga Synergy held every month as well as hosted retreats with internationally renowned teachers in yoga, health, spirituality, the arts and other inspiring topics. Inspired by sacred geometry, its Yantra Hall was designed to host events of all kinds, and is equipped with advanced audio-visual technology. It is also an ideal venue for corporate workshops and conferences.

Kamalaya has received many visitors, both guests and media from near and far. Tiffany Darke, of The Sunday Times UK, says: "The idea behind Kamalaya is that by the time you leave, you'll be happy, healthy and relaxed, but internally you'll have something to take away with you. All the other spas out there had better sit up and take notice, because this is where the industry needs to be."

For more information please visit www.kamalaya.com