

Kamalaya, Koh Samui, Thailand - Detox Retreat

Have you usually been looking for paradise? Well, it exists. Kamalaya in Koh Samui, Thailand is nothing lacking perfection. Kamalaya is not any ordinary luxury retreat, nor could it be your average well-being destination. It is really a creation so unique, you will find no comparable counterparts. It is no surprise that Kamalaya has recently won 2 awards for "Best Welcome Retreat" and "Best Destination Spa" in Asia.

Kamalaya is a wellness sanctuary and holistic spa situated in a tropical landscape on the coastline of southern Koh Samui. Built around a sacred Monk's Cave which is perceived as "the heart of Kamalaya," this retreat has a special energy that literally sucks you in. As one guest describes it, "Kamalaya is just a life-changing experience. You can't explain it. You've to live it." Kamalaya differs from other wellness retreats for a few key reasons. Firstly, its location is exclusive with varying views of nature including the beach, palm trees, streams and surrounding jungle. There is a genuine respect for the character in which it resides.

Individuals are special - not just the guests who invariably discover how exactly to reconnect with themselves - but also the staff. Kamalayan staff are meticulously courteous and helpful and address every guest by name. They're instructed to be themselves and not read from a script and the genuine warmth and personal service is most refreshing for such a premium resort. The all-encompassing approach to wellness is astounding. There's a synergy of programs designed to cater for all needs ranging from "Detox" to "Balance and Revitalise" to "Asian Bliss." Guests are invited to rediscover for their core essence with a vast array of holistic and traditional treatments and therapies.

You are able to enjoy daily yoga, Pilates and fitness classes incorporated with nurturing treatments made to soothe the human body and release your emotions. The set of therapies available is exhaustive and transcends ayurvedic, Traditional Chinese, Indian and Thai healing traditions.

Kamalaya boasts state of the art health and fitness equipment including a Far-Infrared sauna which burns 600 calories in a 30 minute sitting. There are many swimming pools, plunge pools and a breath-takingly serene Steam Cavern. Kamalaya cuisine is an integral component of the holistic wellness concept. Based on the latest nutritional research, the menu has been designed to nourish and detoxify the body, yet manages to keep diverse and deliciously sublime.

The cuisine maintains high principles with an emphasis on high quality, fresh ingredients served close for their natural state. There are individual Kamalaya touches apparent throughout your stay that will make you feel as if you are being looked after much more lovingly than anywhere you have been before. You could have your own personal personal yoga mat in your bedroom and are even encouraged to relax by painting a clear canvas. All guests are welcomed for their brilliant white spacious bedrooms with soothing meditation music.

These are individual sanctuaries; the villas have outdoor living space with daybeds and outdoor private bathrooms. Treat you to ultimately an exclusive pool villa overlooking the ocean with your own secluded bathing pool and you'll experience true paradise.

Kamalaya is the newest Eden - you won't find another place quite like it. Marvel in its majesty, revel in your rejuvenation and leave counting down the times until the next visit.

About the Author

Detoxity is dedicated to improving how you are feeling internally and also how you appear externally really natural way. [Thailand detox](#)

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