

Kamalaya, Koh Samui, Thailand - Detox Retreat

It is a creation so unique, you can find no comparable counterparts. It is no real surprise that Kamalaya has won 2 awards for "Best Welcome Retreat" and "Best Destination Spa" in Asia.

Kamalaya is really 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 center of Kamalaya," this retreat has a special energy that literally sucks you in. Together guest describes it, "Kamalaya is just a life-changing experience. You can't explain it. You've to call home it." Kamalaya differs from other wellness retreats for some key reasons. Firstly, its location is unique with varying views of nature like the beach, palm trees, streams and surrounding jungle. There is a real respect for the character where it resides.

The folks are special - not just the guests who invariably discover how exactly to reconnect with themselves - but in addition 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 the script and the genuine warmth and personal service is most refreshing for this type of premium resort. The all-encompassing method of wellness is astounding. There is a synergy of programs made to cater for many 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 can enjoy daily yoga, Pilates and fitness classes incorporated with nurturing treatments built to soothe the body and release your emotions. The listing 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 important element of the holistic wellness concept. On the basis of the latest nutritional research, the menu has been designed to nourish and detoxify the human body, yet manages to stay diverse and deliciously sublime.

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

They 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 sea with your own secluded bathing pool and you will experience true paradise.

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

Detoxity is dedicated to improving how you feel on the inside and also how you look on the outside really natural way.

About the Author

[Koh Samui Detox](#) is dedicated to improving how you feel on the inside and also how you look on the outside really natural way.

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