

KAMALAYA

CLOCKWISE FROM TOP:
KAMALAYA'S LUXURIOUS
TWO-BEDROOM
BEACHFRONT POOL VILLA,
OM STEAM CAVERN,
TREATMENT IN AN OPEN-
AIR SALA, KAMALAYA'S
PRIVATE BEACH



Kamalaya Wellness Sanctuary & Holistic Spa lies nestled between craggy cliffs and cartoon-blue seas in Thailand's Koh Samui. It seems like another world. One where getting away from it all and suspending reality isn't too difficult. In fact, it's actively encouraged. Here, a holistic approach to health takes into account your sleep pattern, nutrition and fitness level. But this is no gruelling bootcamp. You're in the lap of luxury after all, and emotional wellbeing is a paramount consideration as you are gently coaxed towards a better lifestyle. Choose from a range of holistic wellness programmes such as Detox or Stress & Burnout. Learn about good food in a healthy cooking class. There are fun watersports, plus yoga and pilates aplenty. And you'll find healing and meditation experts on hand to guide you towards zen-like calm. New this year is a shiny, state-of-the-art fitness centre with a 25-metre lap pool and a beautiful steam room. Wow. And then there are the treatments. From lymphatic-drainage

massages and brightening facials to body-buffing lotus scrubs, this is pure indulgence.

TO BOOK YOUR TRIP

Healing Holidays can arrange a seven-night Relax & Renew programme at Kamalaya from £2,249 per person sharing. This includes flights, transfers, accommodation in a Hillside room, full board, a wellness gift pack and all treatments as per the Relax & Renew programme.

TATLER OFFER:

Book a seven-night wellness programme and receive a complimentary £150 wellness voucher for each guest (one voucher per person to spend on anything except visiting practitioners), early check-in and late check-out subject to availability on the day.

Healing Holidays: 020 7529 8551
healingholidays.co.uk/tatlerspa

