



**KAMALAYA**  
KOH SAMUI



- |                             |                         |                          |
|-----------------------------|-------------------------|--------------------------|
| A Reception                 | W1 Wellness Reception   | S Suites 25-34           |
| B Library                   | W2 Treatment Rooms      | SS Superior Suites 61-76 |
| C Alchemy Lounge            | W3 Om Steam Cavern      | H1 Hillside 01-09        |
| D Soma Restaurant           | W4 Elixir Bar           | H2 Hillside 10-14        |
| E Kamala Boutique & Gallery | W5 Vishranti Relax Area | H3 Hillside 15-24        |
| R Amrita Cafe               | W6 Clinic               | F Shakti Fitness Center  |
| M Monk's Cave               | W7 Massage Complex      | F2 Padma Fitness Studio  |
| LP Lap Pool                 | W8 Treatment Rooms      | Y1 Yoga Pavillion        |
| P Leisure Pools             | W9 Leela Steam Cavern   | Y2 Prana Sala            |
|                             |                         | Y3 Yantra Hall           |
|                             |                         | T Temple                 |



## Guest Information

Guest Relations:	Ext. 0
Wellness Reception:	Ext. 1700
Soma Restaurant	Breakfast from 07:00 - 11:00 Dinner from 18:00 - 22:30
Amrita Restaurant	Lunch from 12:00 - 18:00
Alchemy Tea Lounge	14:00 - 23:00
Wellness Sanctuary	08:00 - 20:00
Shakti Fitness Centre	07:00 - 20:00
Kamala Boutique & Gallery	08:30 - 20:30
Library/TV Lounge/Internet	07:00 - 23:00

### TV/DVD's and CD's

There is a DVD and CD collection to choose from at the front desk, located at the entrance of Kamalaya. A Television with satellite connection is available in the library and TV/DVD players are available on request for your room. Contact Guest Relations, Ext. 0.

### Kamalaya Tour

There are scheduled, guided tours of Kamalaya throughout the week, please see the Holistic Activity schedule for details of the tour this week. Alternatively our Guest Relations team will be happy to orientate you with the facilities at Kamalaya, to arrange please dial Ext.0.

### Mobile Phones & Electronic Devices

To promote a peaceful environment and in consideration of other guests, we would appreciate that you only make or receive calls in the privacy of your own accommodation and we ask you not to use electronic devices in the communal areas. If you wish to carry these items with you, please keep them on silent and refrain from using them for communication or business purposes until you return to your room.

### Smoking

For safety reasons and out of consideration for other guests, we ask that you refrain from smoking in your room. Smoking is not permitted in the restaurants or public areas. You may smoke in the sala next to the resort entrance, or in the designated area behind the beach attendant's building. Please consider the comfort of your fellow guests, and understand that if anyone is affected by your smoking, you may be asked to stop.

### Personal Safe

Each room is equipped with a personal safe. Please store your valuables within and have it LOCKED at all times.

## Kamalaya Pillow Menu

**Luxury Duck Down Pillow**  
**Ultra Soft Micro Fibre Pillow**  
**Cervicalopedic Pillow**  
**Neck Support Pillow**  
**Buckwheat Pillow**

If you have not chosen your pillow while making your reservation with us you may do so now. Kindly Dial 0 for your personal pillow choice. Kamalaya wishes you a restful sleep!

**Mattress Topper**  
**Bed Sheet**

Kamalaya uses medium firm mattresses developed with orthopedic surgeons to respond to body weight with increasing correct support. A topper will add an extra soft feel, allowing you to sleep in comfort and wake restfully.

## The Community Table

A place to share stories and relax in the company of others while dining at Kamalaya for breakfast or dinner at our Soma restaurant – the table seats many guests and there is no need to book, simply show up and take a seat.



## Koh Samui Map



## Useful Thai Phrases

### Basic

Hello	Sawasdee Krub (male)/Ka (female)
How are you?	Sabai dee mai?
Fine	Sabai dee(Khrab (male)/Ka (female)
Thank you	Kob Khun(Khrab (male) /Ka (female)
Never mind	Mai bpen rai
What's your name?	Khun cheu a rai?
My name is...	Phom (male)/Chan (female) cheu....
Nice to meet you	Yin dee tee dai ruu jak
Sorry/excuse me	Kor thod

### Basic

I want to go...	Yaak pai ....
Where is....?	.... yoo tee nai?
Turn left	Leow sai
Turn right	Leow kwua
Go straight	Trong pai
Stop here	Yood tee nee
Slow down	Cha cha
Be careful	Ra wang

### Places

Airport	Sa naam bin
Bus station	Sa tha nee rod bus
Embassy	Sa than tood
Hotel	Rong raem
Hospital	Rong pa yaa baan
Market	Ta laad
Police station	Sa tha nee tam ruad
Post office	Bpri sa nee
Toilet	Hong naam

### Food & Drink

Could I have.....?	Kor... Khrap (m)/Ka (f)
Chicken	Gai
Fish	Pla
Prawn	Gung
Vegetables	Phak
Spicy prawn soup	Tom Yum Gung
Chicken and coconut soup	Tom Kha Kai
Fried rice	Kao Pad