



Kamalaya Koh Samui Launches Sacred Renewal, a Lunar-Cycle Wellness Programme

Description

If your idea of a reset involves more than a long weekend and a spa voucher, Kamalaya Wellness Sanctuary in Koh Samui has just the thing. To mark its 21st anniversary, the multi-award-winning Thai retreat, an easy hop from Singapore, has launched Sacred Renewal, a new immersive programme inspired by ancient wisdom and the rhythms of the lunar cycle.



Kamalaya Wellness Sanctuary on the southern coast of Koh Samui. Image: Kamalaya

A programme built around the moon

Sacred Renewal draws on the full lunar cycle, encompassing Shukla Paksha, the waxing moon associated with clarity and expansion, and Krishna Paksha, the waning moon associated with release, purification and inward reflection. In classical yogic and Vedic philosophy, these phases form a complete sacred rhythm, balancing activation with integration. The programme can be booked and experienced during any phase of the lunar cycle.



Kamalaya blends Eastern healing traditions with Western wellness science. Image: Kamalaya

The five elements

At its heart, the programme is a return to spiritual foundations, with cleansing rituals, ancient healing practices, intuitive guidance and elemental work designed to restore harmony across body, mind and subtle energy. It draws on the philosophy of the Pancha Mahabhutas, the five elemental forces: Earth for grounding and stability, Water for emotional flow, Fire for purification and inner strength, Air for inspiration and lightness, and Ether for space and expanded awareness.



Holistic therapies form part of the immersive Sacred Renewal journey. Image: Kamalaya

One-on-one sessions span mindful movement, breath awareness, mantra, reflection and meditation, complemented by therapeutic modalities intended to clear stagnation and cultivate inner balance. The methodology is inspired by the Gurukula tradition, an ancient residential approach to spiritual learning, combined with contemporary insights from psychology and neuroscience.

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Sacred Renewal aligns practices with the phases of the lunar cycle. Image: Kamalaya

“At Kamalaya, our journey has never been shaped by passing influences, but by a deep reverence for ancient wisdom and the natural intelligence within each individual,” says Gopal Kumar, General Manager and Group Director of Wellness. “Sacred Renewal reflects this philosophy. It is not about striving for change, but about returning to fundamental rhythms of life.”



The programme takes inspiration from nature's rhythms. Image: Kamalaya

What it costs

Sacred Renewal is available from 1 October and is offered as an 8, 11 or 15-night programme, with the 8-night programme starting from THB120,633 (roughly S\$4,800), excluding accommodation. Kamalaya sits on the tranquil southern coast of Koh Samui and has picked up more than 100 international awards to date, so it is a natural pick for a longer-haul wellness escape.

Planning your own getaway? See our roundup of [new hotel staycations in Singapore](#) for a closer-to-home reset, plus our tips on [staying strong after 40](#) and the latest [MOH health updates](#).

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