

S	Suites 25-34
SS	Superior Suites 61-76
H1	Hillside 01-09
H2	Hillside 10-14
Н3	Hillside 15-24

# F3 Padma Fitness II

# **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 and DVDs

We have a selection of DVDs available to borrow from the front desk in the lobby. A television with satellite connection is at your disposal in the library and a limited number of TV/DVD players are available upon request for use in your room. Please contact Guest Relations on Ext. 0 for assistance.

# 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.O.

# Koh Samui Map

### **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. 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 O 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.

# **Useful Thai Phrases**

# Basic

Hello How are you? Fine Thank you Never mind What's your name? My name is... Nice to meet you Sorry/excuse me

### Basic

I want to go... Where is....? Turn left Turn right Go straight Stop here Slow down Be careful

Sawasdee Krub (male)/Ka (female) Sabai dee mai? Sabai dee(Khrab (male)/Ka (female) Kob Khun(Khrab (male) /Ka (female) Mai bpen rai Khun cheu a rai? Phom (male)/Chan (female) cheu.... Yin dee tee dai ruu jak Kor thod

Yaak pai .... .... yoo tee nai? Leow sai Leow kwua Trong pai Yood tee nee Cha cha Ra wang

# 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.



### **Places**

Airport Bus station Embassy Hotel Hospital Market Police station Post office Toilet

# Food & Drink

Could I have....? Chicken Fish Prawn Vegetables Spicy prawn soup Chicken and coconut soup Fried rice

Sa naam bin Sa tha nee rod bus Sa thaan tood Rong raem Rong pa yaa baan Ta laad Sa tha nee tam ruad Bpri sa nee Hong naam

Kor... Khrap (m)/Ka (f) Gai Pla Gung Phak Tom Yum Gung Tom Kha Kai Kao Pad