



## FREQUENTLY ASKED QUESTIONS

### **What time is check-in and check-out?**

Check-in is at 2pm and check-out is at 12pm

### **What is the dress code?**

Casual & relaxed.

### **I am coming to Kamalaya alone – do you cater for solo travelers?**

Yes, we welcome solo travelers and in fact many of our guests come alone. We have a community table at dinner, which is a great way to meet others, if guests choose to do so.

### **Do I have to decide on a wellness program before coming to Kamalaya?**

No. All guests start their stay at Kamalaya with a Wellness Consultation with one of our Naturopaths, during which the guest will be advised on the best program to suit their needs after discussing their health profile and wellness goals. Guests may book a program at this point, and they are also free to change their pre-booked program after this consultation.

### **Do you allow children at Kamalaya?**

The facilities and services at Kamalaya are designed for adults who seek the time, place and expertise to improve their wellbeing. Kamalaya is not recommended for children and there are no child concessions available and no special facilities or services offered. However, Kamalaya intends to provide the possibility for parents who would like to do a wellness program and bring their child. Therefore the following policy applies:

1. For every room booked there must be one adult with a pre-booked wellness program for the duration of their stay.
2. Maximum 1 child sharing room with their parents is permitted.
3. Children below the age of 16 may not participate in any wellness activities or treatments and are not allowed into the wellness centre or its facilities; this includes the fitness centre and lap pool.
4. Children are not allowed to use the leisure swimming pool (located at Amrita Café) between midday and 4pm.
5. Children aged 8 to 16 are required to book an 'extra bed' at an additional cost.
6. Children below the age of 8 can stay free of charge on the sofa bed of a Villa when sharing with their parents.
7. Children below the age of 8 may share a bed with parents free of charge and are entitled to 50% discount on all meal rates; children will be served half portions from the regular menus. Children aged 8 and over will pay full meal rates.
8. Baby cots for children below the age of 2 are free of charge (upon availability).

### **Is it possible to do half-board?**

All meals are included when you do a wellness program. However, if you decide not to do a program, it is possible to purchase meal packages, which can include breakfast and lunch, breakfast and dinner or all three meals, or to sign as you go.