



TANYA  SAMUI

Holistic Health Retreat

Tanya Samui: main retreat programs

...in the heart of holistic wellness on the tropical island of Samui

Key aspects of the detox program:



Comprehensive approach to cleansing

The detox program at Tanya Samui focuses on cleansing various organs, including liver, gallbladder, and intestines. Guests take 100% natural herbal supplements and juices that promote effective detoxification.



Physical Activity and Meditation

In addition to detoxification, the program includes yoga and meditation sessions that help reduce stress and improve overall well-being. These practices contribute not only to physical health but also to emotional balance.



Spiritual Development

Tanya Samui offers unique opportunities for interaction with real monks, spiritual mentors, and masters of Eastern practices, allowing participants to deepen their understanding of personal transformation. These encounters can serve as a source of inspiration and wisdom on the journey to self-discovery.

Conditions for recovery

The center is located in a picturesque setting within a well-maintained park and an entire architectural complex, creating the perfect atmosphere for recovery. The center's spaces are designed with the principles of "organic living" in mind, promoting harmony with nature.

The use of natural materials and open spaces helps create a comfortable environment for healing.



Main facilities:

5* luxury suites and villas



Public & Private pools



Beauty salon



Organic cosmetics



Relaxation areas



Detox café



Meditation halls



Massage salon



Tanya Samui Program: who will benefit the most?

This program is perfect for:



Prolonging your youth:

Tanya offers techniques aimed at rejuvenating the body and maintaining youthfulness



Strengthening your health:

Comprehensive detox programs help cleanse the body and restore vitality



Losing weight:

The program combines nutrition and fitness that reactivate weight loss



Relaxation and reset:

Tanya has everything you need to relax, recover, and feel rejuvenated



Growing level of mindfulness:

Yoga and meditation sessions will help you find inner peace and harmony

Tanya is perfect for those seeking to improve their health, achieve harmony, and bring positive changes into their lives

Why are guests choosing Tanya Samui Retreat?



Immune system strengthening that lasts long-term



Cleansing of both body and mind



Deep rest that leaves you feeling truly rejuvenated



Restoration of youth and skin radiance



Attaining mindfulness and inner peace



Harmony and balance that carry over into everyday life



Founder and Teacher - Khun Kob



Tanya Samui is a renowned destination for the Thai royal family and other notable figures, who have discovered and embraced the detox program for mind and body developed by the resort's founder, Khun Kob.

For over 15 years, Khun Kob has been helping people of all ages restore their health and overcome illnesses.

Today, her center hosts up to 800 people a day: some come for treatment, others for detox, and some simply come to relax in a luxurious setting.



The core secret of the program is Tanya Oil, developed by Khun Kob. It has been recognized by the Minister of Health and the Minister of Tourism of Thailand and was awarded a prestigious United Nations honor for its contribution to the development of humanity.



Principles of Tanya Samui

What are the basic features of the program and what results can you expect in just 6 days?



Comprehensive Body Detoxification

a diet based on fresh plant-based foods combined with detox methods helps the body cleanse and restore its energy.



Deep Toxin Cleansing

special nutrition and phytotherapy are aimed to support the liver and kidneys, leaving you with a sense of lightness.



Spa treatments for Youth and Beauty

relaxing massages and natural cosmetics smooth the skin and restore its radiance.



Preventive Health Approach

strengthening the immune system helps combat diseases often triggered by stress. This includes illnesses caused by a weakened immune system, such as certain types of cancer.



Tanya Oil: main power of the retreat

Tanya Oil is a unique adaptation of ancient Thai recipes with a modern scientific approach. It is perfectly suited for those seeking to improve their health and overall well-being. The oil possesses powerful detoxifying properties, helping to cleanse the body and restore energy.

By combining traditional wisdom with contemporary knowledge, Tanya Oil plays a vital role in supporting the body's natural healing processes, making it an essential element of the wellness programs at Tanya Samui.



Tanya Samui program: «Basic»

What's included in the program?

(Standard 5* category room)

- Accommodation in a retreat center surrounded by picturesque nature
- A personalized nutrition program based on fresh plant-based products and Ayurvedic principles
- Medical check-up and a schedule of recommended therapeutic and spa treatments at the center
- Personal meeting with the teacher, Khun Kob
- Set of dietary supplements and special Tanya Oil (the essential element of the detox)
- Set of coconut oil-based organic cosmetics
- Translator services from Thai to English during procedures



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|---------|-------------|
| 6 days | from 1100\$ |
| 8 days | from 1500\$ |
| 11 days | from 2100\$ |

BOOK YOUR STAY






*the prices for the Basic program from Dream Islands are fully in line with the price of purchasing the program directly at the Tanya Samui Holistic Health Retreat center

Tanya Samui program: «Full immersion»

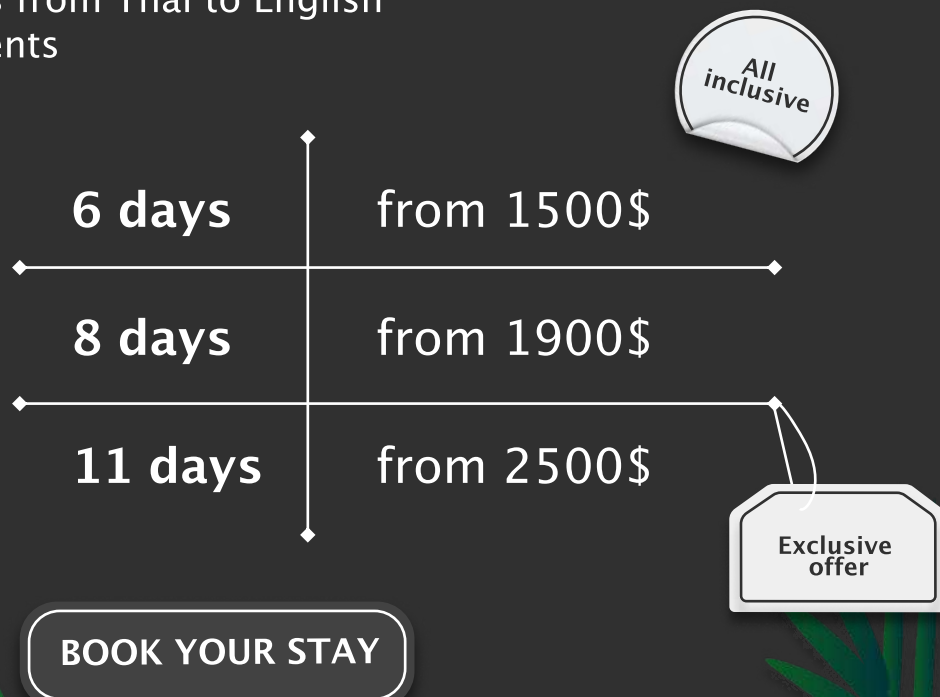
What's included in the program?

- Accommodation in the retreat center, surrounded by picturesque nature
- A personalized nutrition program based on fresh plant-based products and Ayurvedic principles
- Medical examination and a schedule of recommended healing and spa treatments at the center
- Personal meeting with the teacher, Khun Kob
- Set of dietary supplements and special Tanya Oil (the foundation of the detox program)
- Set of coconut oil-based organic cosmetics
- Translator services from Thai to English during the treatments

Additionally included:

-  **Massage sessions of your choice every 3 days**
-  **Participation in yoga practices for all levels**
-  **Individual or group meditation sessions with a mentor**
-  **Guided island tour of Samui**
-  **Private transfer to and from the airport**

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Reviews

**Victoria Shmeleva,
Head of Ginza Sky**



The Tanya Samui program exceeded all my expectations! The detox process was deep and effective. I feel a sense of lightness and energy that I had been missing in my everyday life.

The setting and atmosphere of the island helped me fully relax and immerse myself in the experience. I will definitely return and have already brought some oil with me to maintain the effects at home.

**Olga Pekarevskaya,
Founder of Maya Gemstones
and Ginza Prime**



Currently, Khun Kob hosts up to 800 people a day; some come for treatment, others for detox. I've witnessed her curing 3 people from cancer and how a person with Alzheimer's started walking again! I came to the island of Samui to undergo a detox program with oils and herbs. Fasting and drinking oil is certainly not easy, but the results are truly incredible!

I sincerely thank Khun Kob for giving people hope for life and restoring their health.

**Evgeny Buyev,
Founder of Backstage Crossfit**



Khun Kob provided me with an incredible detox experience. The results are truly remarkable — the feeling of lightness and energy lasts for at least 6 months.

The atmosphere on the island helped me fully recover and recharge for new achievements.

**Mark Semenov,
Entrepreneur**



I completed the program twice, each time for 8 days. The first time, my kidneys and liver were completely detoxed, and I was able to quit smoking. The second time, I reinforced the results — my tests were excellent, my body was clean, and the meditations with the Thai monk from the center in Basel helped me find more peace and mindfulness.

Meeting the monk, who was staying with Khun Kob, was a significant event for me.

Ready to experience lightness of body, clarity
of mind, and inner peace?


Over **10,000 people** who have completed the
recovery program at Tanya Samui confirm:
the body and mind transformation to discover
new joys of life begins on Samui!



Holistic Health Retreat

Need help with your choice?

Contact our consultant
to select the perfect retreat for you

 +66835288842 (UK)



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