



Shambhalife is a ketogenic weight loss, detox and functional nutrition program.

We are located at Shambhala beach resort on the island of Koh Chang, (Trad province) in Thailand.

With its absolute beachfront location, the resort offers unparalleled, direct access to a 2 km long, sandy, private beach and several swimming pools.

We are a lifestyle-focused resort and believe that weight loss can be a fun, enjoyable and delicious experience.

Our weight loss program focuses on a HiLiLoCaaP dietary program (Hi Lipid, Low Carbohydrate, adequate Protein) which has its roots in the ketogenic diet. We pair this with several other techniques to maximize weight loss with as little as possible discomfort and almost no hunger or cravings.

Our unique combination of ketogenic nutrition, fasting, moderate exercise, natural supplementation and lifestyle hacks makes the program ideal for reducing primarily body fat.

The program will keep you feeling great, long after you leave our shores. We will teach you how to keep feeling great and keep your weight in check back home.

Weight loss and detox while chilling at the beach



### **Shambhala Beach Resort**

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*Where lifestyle meets beach front*







## Lose weight and get in shape with the Shambhalife personalized plan.

Our weight loss program does not require you to work out like in a boot camp. Simply join us for a daily scenic morning walk along the beach.

It is not often that a weight loss retreat puts its culinary dining at center stage. Well, we are different: at Shambhala, it is all about the great food experience. All our delicious dishes are freshly prepared and home-cooked.

We meticulously design and calculate our menus to ensure just the right macronutrient ratios and calorie count for every individual for every course at every meal.

Enjoying ample, healthy, real food makes our weight loss program really feel like the wonderful healthy tropical holiday experience it is, making you feel you want to come back over and over again for healthy nutrition or just a relaxing holiday.



## Shambhalife is the first dedicated ketogenic beach-front holiday and weight loss retreat in Thailand

At Shambhala beach resort, all rooms are new, modern and fully equipped with amenities, such as hot water, air conditioning, minibar fridge, flat screen TV and free high speed internet.

While the weight loss program is also available to participants not staying with us, we do recommend guests to stay at one of our three amazing accommodation wings which suit most needs and budgets.



To ensure that your stay with us really feels like a tropical holiday, enjoyable lifestyle components are tightly integrated into the program at every level. Our keto program will make you lose substantial weight (body fat) while enjoying your holiday without being hungry.

More technically, the whole experience will detox your entire body through rapid fluid exchange, the elimination of toxins in adipose tissue and detoxing at a cellular level.

For those who want to learn more about keto, low carb and healthy nutrition in general, how to continue the program at home and how to keep the weight off after the retreat, we provide optional theory lessons and discussion after lunch on most days.