



WELLNESS & HOLISTIC PRACTITIONER

ANISH KUMAR VISHWAKARMA

Anish is an experienced mind and body healer, certified TCM (*Traditional Chinese Medicine*) practitioner with focus on alternative medicines and holistic therapy with over seven years of experience in the field. Anish work focuses on helping others find balance and inner pace through lifelong physical, mental, emotional, and spiritual health.

TRADITIONAL CHINESE MEDICINE

ACUPUNCTURE TREATMENT

60 minutes/USD 235

This therapy derived from ancient Chinese medicine. Fine needles are inserted at certain sites in the body for therapeutic or preventative purposes. By doing this, the Acupuncturist seeks to re-establish the free flow of Qi to restore balance and trigger the body's natural healing response.

ELECTRO ACUPUNCTURE

60 minutes/USD 250

A modern variation of acupuncture using a small amount of electricity to enhance the precision and stimulation on acupuncture points. A benefit of using electroacupuncture is that it can cover larger areas of your body than traditional acupuncture. This ability makes this type of acupuncture more accurate than others.

CUPPING THERAPY

45 minutes/USD 200

People have used cupping for thousands of years to ease back pain, neck pain, headaches, and other problems. The suction effect of the negative pressure created by cupping increases the blood circulation to the area, relieving muscle tension and sedating the nervous system. Cupping has different modalities, and the suction power can be controlled to avoid bruising or according to personal preference.

AURICULAR THERAPY

30 minutes/USD 170

A form of alternative medicine based on the idea that the ear is a micro system, which reflects the entire body. The treatment will start with a consultation followed by application of magnetic seed on the auricle points (*outer part of ear*) to help diagnose and treat body pain.

HOLISTIC HEALING THERAPY

REIKI HEALING

45 minutes/USD 180

Reiki therapy is based on an Eastern belief that vital energy flows through your body. This safe, gentle, non-invasive therapy involves a practitioner to gently touch or places hands just above your body to help guide this energy in a way that promotes relaxation, balance, and healing.

TAI CHI

60 minutes

Series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant slow and evenly paced motion. Our class follows the Yang Style which is the most widely practiced form of Tai Chi. Regular practice of Tai Chi can improve general health and promotes serenity through gentle movements – connecting the mind and body.

- Private Class USD 120
- Couple's Session USD 200
- Small group class (*maximum 4 guests*) USD 375

All prices are in US dollars and inclusive of 10% service charge and 12% GST. For further information or bookings, please contact the Anantara Spa on ext. 3045 or on the Anantara app.



balance

WELLNESS BY ANANTARA