



RESIDENT HOLISTIC THERAPIST

SHYAM K.C.

*Ayurveda and Yoga expert, Sound Healing Master,
Certified Massage Therapist and Reflexologist*



balance
WELLNESS BY ANANTARA

Originally from the Himalayas in Nepal, Shyam belongs to the tradition where Ayurveda, Yoga and Sound healing has been practiced for many generations. He has studied and gained valuable work experience on Ayurveda Panchakarma and Yoga from Wellness Hospital and Research center Nepal and completed a Diploma in Massage and reflexology from CIBTAC International Education Board, London, UK. As a point of interest, Shyam studied Acupuncture because he was fascinated in finding out how various parts of the body were interconnected. He has also trained and achieved certification on Oncology massage and wellness care for cancer recovery by Wellness for Cancer, USA.

Several years of practice and experience in the holistic health and natural healing field has seen him develop a unique, modality: healing harmony of body and mind.

AYURVEDIC MARMA AND CRYSTAL HEALING FACIAL

60 mins/USD 200

Treatment focusing on facial pressure points using special massage technique to relax the muscle, fascia, connective tissue combined with destressing Head, neck and décolletage massage. Also, powerful healing crystals will help to bring the sense of physical and emotional balance.

YOGABHYANGA MASSAGE

90 mins/USD 350
120 mins/USD 420

An Intensive massage based on traditional Ayurveda and assisted yoga stretch to gain strength on limbs, organs, and other body parts. This full body massage with some therapeutic technique revitalises the body on all levels including muscles, circulatory system, and skeletal structure.

ELAKIZHI

90mins/USD 350

Stimulating and rejuvenating treatment using poultice filled with fresh herbal leaves, powders, and spices. Warmed in medicated oils, the poultice is used to massage the entire body to improve circulation and to get relief from joint pain muscle cramp and stress.

REFLEXOLOGY

60 mins/USD 220

Reflexology is type of therapy that uses gentle pressure on specific points along the feet to help you feel better. The theory is that this eases stress, and that helps your body work better.

AYURVEDIC REBALANCING MASSAGE AND SOUND HEALING

90 mins/USD 350
120 mins/USD 420

Personalized Full body massage based on Tri-Dosha to rebalance physiological energies called Vata, Pitta, Kapha. Traditional Himalayan Ayurvedic herbal oils help to assist to get rid from physical and emotional stress and brings a sense of balance. Treatment concludes with hypnotic sound of Vedic Himalayan Singing Bowl and soothing flow of herbal Shirodhara.

YOGA NIDRA AND SOUND HEALING

60 mins/USD 100 per person
60 mins/USD 150 per couple

Deep yogic relaxation technique combined with the healing sound of Himalayan singing bowls, may improve sleep quality, grounding and rebalancing.

AYURVEDIC DOSHA ANALYSIS- CONSULTATION

30 mins/Complimentary

Discover your Ayurvedic body type through assessment based on traditional Ayurvedic principals to establish your personalised ayurvedic and wellness programme.

Other personalised sessions also available with Shyam:

- Yoga
- Aerial Yoga
- Sound Healing
- Mindfulness and Guided Meditation
- Traditional Ayurveda Treatments*
- Pranayama and Breathwork

* Further details on Traditional Ayurveda Treatments available with Shyam please see our Spa, Wellness Menu.