VISITING WELLNESS PRACTITIONER

DOME SRISAWAT

balance
WELLNESS BY ANANTARA

منتجع البليد - صلالة
AL BALEED RESORT SALALAH
BY ANANTARA





Are you looking for a gentle and highly effective method of releasing aches and pains? Dome is a certified Physiotherapist with over 16 years of experience in anatomy and bodywork who specialises in Myofascial Release Therapy.

QUICK FIX — 45 minutes OMR 80

This treatment will suppress the symptoms for temporary relief, however, will not necessarily deal with the root causes.

SPORTS INJURY MASSAGE — 60 minutes OMR 90 / 90 minutes OMR 110 / 3 sessions (60 minutes) OMR 250

A combination of manual work and passive structural stretching, to deep tissue massage on muscles used in athletic exercise. Improves on ligaments, tendons, muscle balance and posture.

CRANIOSACRAL THERAPY — 60 minutes OMR 90 / 90 minutes OMR 110 / 3 sessions (60 minutes) OMR 250

The Craniosacral system is the membranes, fluids, nerves, bones and connective tissues of the cranium, spine and sacrum (the tail bone). Subtle manipulative pressure can enable the release of pressure in the cranium and body.

MYOFASCIAL RE LEASE THERAPY

A unique muscular manipulation technique that treats chronic or acute pain in connective tissues surrounding the muscle. Benefits can include relief and improvement in mobility, breath and posture.

MYOFASCIAL RELEASE Upper and Middle Back — 60 minutes OMR 90 / 90 minutes OMR 110 / 3 sessions (60 minutes) OMR 250

Recommended if you have stiffness, limited range of motion, numbness or pain anywhere from your neck through your vertebrae to your fingertips.

MYOFASCIAL RELEASE Hip Region — 60 minutes OMR 90 / 90 minutes OMR 110 / 3 sessions (60 minutes) OMR 250

Offers relief from pain, numbness or weakness that originates in your lower back and travels through your large sciatic nerves.

DYNAMIC BACK, NECK AND SHOULDER MASSAGE (Phenomenal Touch) — 60 minutes OMR 110

A neck massage with Phenomenal Touch movements can unwind your body from the inside out, delivering deep relaxation and a sense of openness. Phenomenal Touch is an incredibly fluid style with dynamic moves and a three-dimensional approach that involves working both sides of the body at once. It is a compassionate practice sharing some qualities with Thai and Eastern massage.