

# RESTORATIVE BODYWORK THERAPY



Mey Sotheavuth, a Cambodian national, our visiting practitioner is delighted to offer Restorative Bodywork Therapy. His passion lies in offering alternative approach to pain reduction and induce natural healing customized treatment that not only is relaxing but facilitates pain reduction, induce natural and healing simultaneously, relax, realign, rejoice, rejuvenate with the following picked program.

## RESTORATIVE BODYWORK THERAPY

USD 149 (90min) / USD 170 (120min)

Physical assessment & palpation treatment incorporate with Myoskeletal Alignment, Myofascial relief, Neuromuscular trigger point, PNF stretch, joint mobilize-stretch; refer pain relief acupressure point. Maximum, he would recommend for 2 or 3 sessions during stay.

## PELVIC FLOOR MUSCLE DISORDER THERAPY

USD 110 (60min) / USD 149 (90min)

Designed for those that suffering from muscle weakness or have an overactive pelvic floor that causes hindrance in your day to day activities

## ENERGETIC MARMA POINT ACTIVATION

USD 100 (60min) / USD 139 (90min)

Traditional marmas are the seat of prana or life element, there are 108 points scatter along body meridian line, focus marma point massage is primarily to boost subtle energy circulation and relax, sooth the physical discomfort