

Anantara Wellness Journeys

Holistic Healing with Visiting Practitioner Khun Nikki

15 December 2025 - 10 January 2026

Step into a world of balance, healing and transformation with Nongluck Chuaychuang (Nikki), a dedicated Holistic Wellness Practitioner, Reiki Master and Sound Healer with over a decade of experience.

Nikki combines ancient healing arts with compassionate care to help restore harmony to your mind, body and spirit. Each session is thoughtfully designed to release stress, balance energy and awaken inner peace.

Reiki

60 minutes | MYR 650++

Reiki is a holistic healing practice that originated in Japan. It channels universal life energy through the practitioner's hands to harmonise the body's energy and balance the chakras. This gentle, non-invasive technique promotes deep relaxation, alleviates stress, eases anxiety and enhances overall well-being.

Sound Healing Therapy

90 minutes | MYR 800++

Sound Healing Therapy is a holistic relaxation method that uses the vibrations of Tibetan Singing Bowls to provide a deep, internal "massage" throughout the body. The rhythmic sounds and vibrations resonate within, releasing physical tension, dissolving energetic blockages, calming the nervous system, inducing a meditative state and improving mental clarity.

Tibetan Sound Bath

**60 minutes | single MYR 400++
couple MYR 600++**

The Tibetan Sound Bath offers a distinctive relaxation and healing experience through the resonant tones of Tibetan Singing Bowls. Rooted in ancient Tibetan traditions, participants are immersed in soothing vibrations that harmonise the body's energy centres (chakras). These frequencies reduce stress, enhance mental clarity and promote inner peace across body, mind and spirit.

Detox & Balance Massage (Abdominal Massage)

60 minutes | MYR 650++

The Detox & Balance Massage is a specialised abdominal technique derived from Chi Nei Tsang, a Chinese holistic healing practice. This deep colon-cleansing massage promotes healthy intestinal function by eliminating toxins, plaque, trapped gas and stagnant energy that may cause illness, stiffness or discomfort. The technique also supports other body systems, including digestive, respiratory, cardiovascular and muscular functions.

Deep Lymphatic Drainage

90 minutes | MYR 800++

Deep Lymphatic Drainage is a therapeutic massage that supports the lymphatic system, essential for fluid balance and immune health. Using rhythmic, circular movements, this treatment stimulates lymphatic flow, reducing fluid retention and swelling. It also enhances circulation, assists in toxin removal and relieves muscle tension.

Prices shown above are per person and subject to prevailing taxes | Double charge for In-Villa or Residence appointments. For bookings or enquiries, connect with us on Anantara App, dial ext '5880' or email to spa.ades@anantara.com.