



VISITING PRACTITIONER

CAROLINA WILKINS

Hailing from Spain, Carolina Wilkins is a holistic practitioner and a certified yoga instructor, specialising in Kundalini and Hatha Yoga. Trained under the guidance of Kartar Singh at Amrit Sarovar, a learning community for yoga practitioners and at the Abhijna School of Yoga in India, her deep exploration of wellness through touch, yoga, and transpersonal psychology started in 2011.

Carolina's expertise extends to various aspects of yoga, including philosophy, breathing techniques, and meditation, and she is a skilled practitioner of T.O.V.E. massage, a unique combination of Thai, Oil, Vibration, and Energy massage techniques developed over a decade of dedicated practice and exploration of diverse modalities. Driven by a desire for a more scientific understanding of the mind, Carolina pursued a comprehensive program in Transpersonal Psychology at Phyllipus Thuban University, which provided her with a profound and insightful approach to self-discovery, bringing order to the wealth of information she had encountered throughout her journey.

Carolina's academic background, coupled with her experiential knowledge, uniquely positions her to guide individuals in unleashing their full potential. Unlock the best version of yourself with Carolina through a seamless blend of soothing massages and transformative practices for genuine holistic wellness.

THAI OIL VIBRATION & ENERGY BODY THERAPY

T.O.V.E. is a bespoke massage for deep relaxation, expansion and restoration.

T - Thai stretch flow for deep restoration, vitality and balance.

O - Oil-infused for delivering a deeply relaxing sensation.

V - Vitalizing by enhancing circulation, releasing tension, and triggering endorphin release.

E - Energy channelling to facilitate cellular and systemic healing and reorganisation.

On the futon – Floor-based, diverse body-weight applications involving various body parts, recommended for grounding and improving versatility.

On the table – Heightened fluidity composed of synchronised movements, varied pressure, and rhythmic motions.

60 mins – USD 270 / 90 mins – USD 340

B.A.T (BREATH AWAKENING THERAPY)

Breathwork activates the parasympathetic nervous system. It helps lower stress and contributes to improved mental clarity and focus, enhanced emotional regulation and resilience, better physical health (*improved lung capacity and circulation*), deeper mind-body connection and mindfulness, as well as improved sleep quality.

60 mins – USD 220 / 90 mins – USD 320

TIMELESS RADIANCE FACIAL MASSAGE

Inspired by Asian techniques, this renewing treatment stimulates the production of collagen and elastin, encourages lymphatic drainage, promotes muscle relaxation and reduces stress. Targeted motions help improve circulation and smooth away fine lines, wrinkles and puffiness. Experience a relaxing yet powerful treatment revealing a beauty that glows within.

60 mins – USD 240

INNER HARMONY MEDITATION

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60 mins – USD 185

360 YOGA

Experience Carolina's classes blending Kundalini and Hatha Yoga with an emphasis on breathwork, postures, and mindfulness for a transformational journey. This comprehensive mind-body workout activates the parasympathetic and glandular systems, promoting healing, clarity, and profound self-connection.

60 mins – USD 185

COUPLES TOUCH JOURNEY

A one-hour session harnessing the power of touch and exploring the science behind it. Delve into its beneficial role in reducing stress and fostering emotional connections. Discover the transformative role of intentional touch and how it can build intimacy and connection with your beloved.

60 mins – USD 300

For reservations and further inquiries, please connect with our team at Balance Wellness by Anantara Spa (4044), Anantara Spa (3045) or dial '0'.