



VISITING PRACTITIONER

CAROLINA WILKINS

'My goal is to provide a unique possibility of experiencing yourself. Become aware of what is hidden or unconscious. Mapping the body with mindful observation will enable the transformation of tensions and blockages'



THAI OIL VIBRATION & ENERGY

T.O.V.E is the result of combining all the therapies Carolina has learnt - integrative therapy that includes subtle and powerful physical techniques, disarming blocks, helping achieve a state of clarity, well being and relaxation.

- T - Advance Thai techniques & stretching. Deep and powerful restoration of all bodies.
- O - Oil gives the experience a moist, hydrating and relaxing texture.
- V - Vibration, the use of mantras, Tok sen, crystals, singing bowls and other techniques.
- E - Energy, the conciseness and focus creating healing and reorganization of cells & systems.

60/90 minutes USD 280/352

B.A.T (Breath Awakening Therapy)

Facilitating meditation sessions using breath, transpersonal techniques and sound. Carolina guides you intuitively creating the space for a personalized experience. The power of self-discovery is healing & life-changing. Those who do not train the mind, are unaware of inner programming, prisoners of judgment and expectations. Growing away from the present moment; where exceptional life, success, and wellbeing are.

60/90 minutes – USD 228/332

NATURAL FACE LIFT

Carolina's Natural Face Lift is a deep face, skull and neck massage derived from Asian techniques. It helps reactivate circulation, the production of melanin and collagen, as well as redesigns the facial muscles. Sculpting the face to eliminate dark circles, bags, wrinkles and possible asymmetries caused by time, fatigue and discomfort, recovering tension and elasticity in our skin. An energetic and mentally restorative treatment, helping to relax excessive worries, stress and tensions.

60 minutes – USD 228

360 YOGA

Carolina's classes are a combination of Kundalini and Hatha yoga, the cultivation of breath, postures, and mindfulness for a powerful outcome. This multi-level work out impacts muscular tone, stretching capacity, mind control, activating the parasympathetic and glandular systems, emphasizing healing, catharsis, clarity and a deep connection to oneself.

60 minutes – USD 192

METTAFORMO

GROUP GUIDED EXPLORATION

Mettaformo comes from the word Metta (*love & kindness*) and Formo (*shape or formations*). A safe container into a place of timelessness.

Tools used in this experience include breathwork, guided meditation, movement, transpersonal psychology exercises that expand and shift our awareness to reveal new insights and perspectives. A beautiful, fun, and intimate experience designed for adults to create meaningful experiences that deepen the relationship with ourselves and each other. Some things can't be explained, come and experience them...

Dress Code: Mistique Comfortable.

Location: Meeting point at Anantara Dhigu Spa

60 minutes – USD 140 per person (*minimum 4 guests*)

COUPLES LOVE SPELL BY METTAFORMO

Deep guided exploration – Crafted Therapeutic Ritual with a personal interview used to create a bespoke experience. Tools used in the session include breathwork, guided meditation, movement, transpersonal psychology exercises to facilitate deep enquiry and insights that creates deeper bonding which will strengthen and nourish your relationship. A meaningful and intimate experience, planting seeds and creating an imprint of your love to remember. Sometimes the mind tries to understand what the heart and soul can only comprehend.

Dress Code: To be revealed

Location: Meeting point at Anantara Dhigu Spa

60 minutes – USD 518 per couple

COUPLES CONSCIOUS TOUCH COURSE

Journey into the power of presence and touch. 3-days of personalised schedule, 1 hour session each day. We will develop and deepen a sense of physical and emotional intimacy using different massage techniques, breath work and meditation working closely with your partner. A beautiful, gentle, and sensual journey into a space where we learn to communicate in new ways through the body and perceive more deeply than words. An ideal experience for couples to deepen the bonds with their beloved creating a space of trust and love to nourish your relationship.

180 minutes – USD 1,243 per couple (*A 3-day journey*)

For reservations and further inquiries, please dial ext. 3045 or visit Anantara Spa at Anantara Dhigu.