



VISITING PRACTITIONER

MUAYAD NAJEMEDDIN

Singing Bowls Practitioner - Holistic Therapist & Yoga Teacher

Muayad's compassionate practices and holistic approach to healing has touched many of his guests' lives with the inspiration to start their self-healing journey. Specialised in the healing art of Tibetan Singing Bowls and being a certified yoga teacher, Massage Therapist, Aquatic Body Work and Reiki practitioner has given him the knowledge and tools to create bespoke signature experiences for his guests based on their daily lifestyle and needs. Muayad's individual treatments and group sessions are filled with an abundance of energy that create a new experience of peace, relaxation and rejuvenation.

HOLISTIC DEEP TISSUE MASSAGE (90 minutes)

USD 355

This holistic massage will target your muscular tension physically and energetically. Combining his knowledge and experience in Thai Massage, Deep Tissue Massage, Breath Work and Energy Work, Muayad will be stretching and deeply massaging your body while guiding your breath and energy throughout the massage to ease away your tensions in multiple levels. A treatment that leaves you with a sense of lightness and comfort.

PURIFYING SOUND VIBRATIONS (90 minutes)

USD 355

Experience a sound healing treatment that is made just for you, surrounding your body with powerful Tibetan Full Moon Singing Bowls and placing them on numerous body parts. The sound frequency and vibrations will sink deep within you to affect your mind, body and energy, bringing out any energetic impurities and planting in deep comfort.

THE ULTIMATE THERAPY (120 minutes)

USD 430

With the accumulated emotional and energetic tensions in our lives comes a strong need to find a safe space to be yourself and just let go to release. This journey involves Counselling, Kundalini Movement Meditation, Reiki, Massage, and Singing Bowls. A safe space is held by the immense amount of energy generated from all these methods, creating a unique experience that shakes out your emotional pressure and energy blockages to be released. A powerful healing process that leaves you feeling clear and rejuvenated with a sense of pure self-connection.

TIBETAN SINGING BOWLS FOR COUPLES (90 minutes)

USD 430

Discover a new feeling of total relaxation while laying down together, allowing your bodies to shower with healing sounds, using 7 Full Moon Tibetan Singing Bowls. Based on the Eastern philosophy, each note of the Singing Bowl represents the sound and vibration corresponding to the seven chakras in your body. An experience that helps to enhance your sleep and purify your energy from day to day negative influences.

ZERO GRAVITY (60 minutes)

USD 260

Experience lightness of being and enjoy the freedom of space while floating weightless in the water. As the element that represents emotions, water holds a compassionate environment, transparency, and freedom of movement while creating a meditative and reflective space to look into ourselves. Muayad will be using his experience in energy practices to move unprocessed emotions and imbalances, creating a sense of lightness and relief. *Swimsuit required.*

DEEP TRANCE LIGHT THERAPY

(30/45/60 minutes)

Single USD 195/235/260

Couples USD 245/280/320

A hypnotic meditative experience to access parts of the psyche that are not easily accessible even with hours of meditation, by altering brainwaves with the use of flickering lights projected to the face. Aimed to create relief on many functions of the body, from sleep to hormonal regulation, boosting metabolism, happiness, and creativity.

Please ask the Spa Reception Team for detailed menu about Deep Trance Light Therapy session.