

# VISITING WELLNESS PRACTITIONER DOME SRISAWAT



Are you looking for a gentle and highly effective method of releasing aches and pains? Dome is a certified Physiotherapist with over 16 years of experience in anatomy and bodywork who specialises in Myofascial Release Therapy.

## QUICK FIX

45 minutes USD 235

This treatment will suppress the symptoms for temporary relief, however, will not necessarily deal with the root causes.

## SPORTS INJURY MASSAGE

60 minutes USD 270

90 minutes USD 320

3 sessions (60 minutes) USD 735

A combination of manual work and passive structural stretching, to deep tissue massage on muscles used in athletic exercise. Improves on ligaments, tendons, muscle balance and posture.

## CRANIOSACRAL THERAPY

60 minutes USD 270

90 minutes USD 320

3 sessions (60 minutes) USD 735

The Craniosacral system is the membranes, fluids, nerves, bones and connective tissues of the cranium, spine and sacrum (the tail bone). Subtle manipulative pressure can enable the release of pressure in the cranium and body.

## MYOFASCIAL RELEASE THERAPY

A unique muscular manipulation technique that treats chronic or acute pain in connective tissues surrounding the muscle. Benefits can include relief and improvement in mobility, breath and posture.

## MYOFASCIAL RELEASE

Upper and Middle Back

60 minutes USD 270

90 minutes USD 320

3 sessions (60 minutes) USD 735

Recommended if you have stiffness, limited range of motion, numbness or pain anywhere from your neck through your vertebrae to your fingertips.

## MYOFASCIAL RELEASE

Hip Region

60 minutes USD 270

90 minutes USD 320

3 sessions (60 minutes) USD 735

Offers relief from pain, numbness or weakness that originates in your lower back and travels through your large sciatic nerves.

## DYNAMIC BACK, NECK AND SHOULDER MASSAGE

(Phenomenal Touch)

60 minutes USD 305

A neck massage with Phenomenal Touch movements can unwind your body from the inside out, delivering deep relaxation and a sense of openness. Phenomenal Touch is an incredibly fluid style with dynamic moves and a three-dimensional approach that involves working both sides of the body at once. It is a compassionate practice sharing some qualities with Thai and Eastern massage.