

## WELLNESS SPECIALIST AND MUSCLE MANIPULATION THERAPIST

### AMR HUSSEIN

Amr leverages his background in physiotherapy and extensive knowledge of body massage to deliver optimal results. He applies specialised techniques such as muscle manipulation therapy for muscle pain relief, holistic treatments for energy healing and personalised detox therapies to support the lymphatic system. Drawing from his competitive background in various sports, including Thai boxing, Greco-Roman wrestling and karate, Amr integrates elements of each discipline into his training methodology, offering an effective workout for both mind and body. For a more in-depth understanding, schedule a complimentary consultation with Amr during your stay.



#### WELLNESS BESPOKE MASSAGE

*(Soft tissue mobilisation, muscle energy technique and myofascial release)*

Our highly effective and unique techniques encompass bodywork, soft tissue mobilisation and manipulation, trigger point therapy and abdominal organ massage. These methods are specifically designed for individuals seeking relief from muscle pain, spine decompression and rehabilitation. Each treatment is customised to address your specific concerns, ensuring the best possible results.

60 mins – USD 220 | 90 mins – USD 255

#### SIAM DRY MASSAGE

The treatment combines Eastern and Western techniques to provide the ultimate body workout. It features advanced stretching methods and tapping motions using a special wooden tool to release tension, relax muscles and enhance mobility and flexibility. The treatment is conducted in our unique open-air Thai Sala, offering a serene and calm retreat.

60 mins – USD 220 | 90 mins – USD 255

#### THE TRANQUIL TOUCH

An energy work massage is a therapeutic technique that uses healing touch to balance the energy flows of the body and promote relaxation.

60 mins – USD 200

#### NON-SURGICAL AESTHETIC FAT BLAST BODY TREATMENT

The treatment is a fast, safe and effective solution for reducing cellulite, shaping and firming the skin and reducing body fat in areas such as the abdomen, hips, thighs and arms. It utilises a combination of technologies, including cavitation and radiofrequency, to target and destroy fat cells while leaving normal body tissue unaffected. Once the fat cells are broken down, the body naturally eliminates them through its normal processes.

60 mins – USD 200

#### THAI BOXFIT

Thai boxing, also known as Muay Thai, is one of the oldest combat sports in the world. Muay Thai is referred to as “the art of eight limbs” because it incorporates the use of fists, elbows, knees and legs. An authentic training experience in Muay Thai not only teaches basic self-defence but also emphasises the importance of maintaining a healthy mind and body. It is an efficient way to tone and strengthen the body, as well as to alleviate stress.

60 mins – USD 120

*All prices are in US dollars and inclusive of 10% service charge and 16% GST. For further information or bookings, please contact the Anantara Spa on ext. 3045 or on the Anantara app.*

  
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WELLNESS BY ANANTARA