



balance

WELLNESS BY ANANTARA

IN-HOUSE WELLNESS PRACTITIONER DR. PRATIBHA PANT

Hailing from India, Dr. Pratibha is our dedicated in-house wellness practitioner, bringing a wealth of experience in Naturopathy, Yogic Science and Ayurveda. Along with a strong Ayurveda background, her expertise extends to pain and stress management, traditional Chinese medicine, holistic nutrition, modern holistic techniques, various aspects of yoga, Reiki healing, Tibetan sound healing, Kundalini and Chakras healing, tarot reading, hypnotherapy and Cognitive Behavioural Therapy.

Discover true balance between mind, body and soul with a complimentary consultation at Balance Wellness by Anantara. Meet with Dr. Pratibha to tailor your nutritional and wellness needs and find a healthy path to balance your life.



SACRED INTERNAL ORGANS HARA MASSAGE

Incorporating ancient Shiatsu techniques and acupressure points, Hara massage focuses on the abdominal organs, along with a brief massage to allow herbal medicated oils to deeply penetrate the skin through enhanced heat therapy. While the oil is being absorbed, the journey continues with reflexology and head treatment. The treatment helps to maintain lymphocyte count, alleviates bloating, supports weight loss, refines the waist and relaxes tension.

60 minutes – USD 250

TRANQUILITY AND SLEEP ENHANCEMENT RITUAL

Are you having a trouble sleeping? This ritual treatment offers a comprehensive approach to improving sleep quality and inducing deep relaxation. It combines Meridian point stimulation with fine needles, reflexology to activate the parasympathetic nervous system and a soothing herbal-infused oil massage.

90 minutes – USD 280 | 120 minutes – USD 350

MYSTIC TAROT AND ORACLE READING

Are you seeking insights into your future life path? Discover the spiritual guidance through Tarot card reading and connect with your inner wisdom. The therapy fosters an open-hearted conversation with Dr. Pratibha, helping you find solutions through a deeper understanding of your experiences across all dimensions.

60 minutes – USD 200

PROGRESSIVE HYPNOTHERAPY – CBT (COGNITIVE BEHAVIOURAL THERAPY)

Treatment journey begins with a soothing spinal massage using the hands and warm bamboo sticks to stimulate the parasympathetic nervous system, guiding your body and mind into a deeply relaxed state. Continue with progressive self-hypnosis, helping to heal and rewire cognitive emotions toward more positive feelings. By addressing inner childhood wounds, the therapy reshapes past traumas and plants new positive seeds in the subconscious mind.

90 minutes – USD 280

REIKI ENERGY HEALING WITH TIBETAN SOUND BATH

Restore the balance of your physical and emotional wellbeing with a natural, holistic healing. Reiki healing session focuses on clearing energy blockages that can lead to multiple ailments. Paired with the soothing vibrations of a Tibetan soundbath, this powerful therapy reduces stress, enhances relaxation and supports healing on a deeper level.

60 minutes – USD 200



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