

VISITING PRACTITIONER

JILL BANWELL AND CLAUDE SIMARD



balance

WELLNESS BY ANANTARA



JILL BANWELL

Reiki Master, Crystal Healer, Massage Therapist

Jill first encountered the healing arts over 20 years ago. Exploring the fields of Reiki, Crystals, Yoga, Massage Therapy and Meditation. Journeys to sacred sites around the world have helped her to become a more open channel for healing energies. Jill finds fulfilment in gently guiding people to experience a deeper, more harmonious level of themselves and life.

Complimentary Consultation 15 mins

Intuitive Massage Treatment

60 mins/USD 270 | 90 mins/USD 345

Holding a nurturing space, Jill intuitively uses a combination of bodywork techniques to encourage you to relax and let go, according to your personal needs and preferences. During the massage, you can also receive some hands-on reiki healing to bring you into an even deeper state of balance, relaxation and release.

Deep Intuitive Massage Treatment

60 mins/USD 270 | 90 mins/USD 345

A deeper treatment including deep tissue techniques on targeted areas of the body where habitual reactions to stress have caused tensions to accumulate, such as in the shoulders, back and neck. Jill works to release this physical pressure from your muscles to leave you feeling more comfortable and peaceful in your body and mind.

Crystal Healing Massage Journey

90 mins/USD 345

During this tailor-made massage, treatment crystals are placed on your chakras so you can benefit from their high vibrations. When you are fully grounded in your body, Jill will continue with reiki energy healing to complement the effects of the crystals. Benefits include stress relief and tension release, leaving you feeling peaceful and calm.

Retention Relief Massage Treatment

60 mins/USD 270

This treatment addresses blockages in the digestive system and water retention. A firm, rhythmic abdominal massage focuses on the large intestine, together with massage techniques to reduce bloating. Water retention in the legs, ankles and arms can also be relieved. Relevant pressure points are stimulated to aid the process.

Reiki Healing (Emotional Detox)

60 mins/USD 270 | 90 mins/USD 345

If you have been under a lot of stress lately then this treatment could be ideal to help you to rebalance. During the treatment, Jill lightly places her hands on different parts of your body while she channels universal reiki healing energy to help you to let go of the pressure and come back to yourself in a deeply harmonised way.

Crystal Chakra Balancing

60 mins/USD 270 | 90 mins/USD 345

Beautiful healing crystals are placed on your chakras (*energetic centers*) to benefit all levels of your being. While your body, mind and spirit absorb the high vibrations of these special stones, Jill gives you a hands-on reiki healing to amplify the effects. This healing treatment cleanses, energises, calms, inspires and rebalances.

Therapeutic Tarot Reading Consultation

60 mins/USD 270

Jill uses the tarot as a tool for self-development and life coaching. The spiritual guidance offered brings you peace, healing, clarity, and understanding, offering you a higher perspective and shining a light on the way ahead. You are welcome to approach the cards with general curiosity, or with any specific issues or questions about your life.

CLAUDE SIMARD

Remedial Massage Expert & Inner Child Therapist

Claude is an internationally acclaimed Canadian Massage Specialist and Meditation Teacher with 30 years' experience. He has helped people to recover from many kinds of physical and emotional issues and specialises in remedial massage to treat physical conditions. In his signature treatment, Psycho-Energetic Massage, he uses his highly developed sensitivity and intuition to combine therapeutic massage with Inner Child work.

Complimentary Consultation 15 mins

Psycho-Energetic Massage Treatment

60 mins/USD 270 | 90 mins/USD 345

This special treatment enables you to access the healing power of your Inner Child. During the massage Claude guides you to reconnect with this deep part of yourself, bringing you into contact with lighter, more playful energies, so that you can let go of stress and tension more easily. There is an opportunity for profound emotional rebalancing so that you can feel happier and more in harmony with the flow of life.

Deep Therapeutic Massage Treatment

60 mins/USD 270 | 90 mins/USD 345

If you want to mobilise a stiff neck, relieve back pain, leg tightness, or tense shoulders, this massage can help you. After warming up the muscles Claude uses direct deep pressure, concentrated on chronically tense areas, to break down adhesions and restore normal movement. Deeper layers of muscle and connective tissue are realigned. His deep bodywork techniques, together with the stimulation of specific acupressure points, give the best results.

Shiatsu & Acupressure Massage Treatment

60 mins/USD 270 | 90 mins/USD 345

This therapy supports and strengthens the body's natural ability to heal and balance itself. Energetic lines and acupressure points are stimulated to tonify your internal organs, loosen joint articulation, relieve muscle stiffness and calm your nervous system. For physical issues this treatment rebalances the body, improving immunity and stimulating circulation. It is also very helpful in aiding detoxification and harmonising digestion.

Pain Relief Massage Therapy

60 mins/USD 270 | 90 mins/USD 345

Using his psychophysical knowledge gained from 30 years of experience in remedial bodywork, Claude works with specific techniques to address any painful sensations you are experiencing in your body. Please book a complimentary consultation if you would like to discuss your issues and concerns before the treatment.

Sports Massage Treatment

60 mins/USD 270 | 90 mins/USD 345

A specialised massage that relieves muscle stiffness and detoxifies the muscles following exercise and training. This treatment can improve performance and reduce the risk of injury. The massage can also be remedial to accelerate recovery from sports injuries and provide pain relief.

Reflexology Foot Massage

60 mins/USD 270

Specific acupressure points in the feet correspond to the organs and systems of the body. Claude stimulates these reflex points to relieve pain, promote good health and rebalance your body.

Private Inner Child Meditation

60 mins/USD 270

Connecting with your Inner Child enhances your self-expression, creativity, and happiness. Claude can also guide you to meditate with your dreams, using your personal dream symbols to access your unconscious. It is possible to work on any emotional or energetic blockages with this therapeutic meditation, gaining healing self-awareness.