

VISITING WELLNESS PRACTITIONER

Vinod Narayanan

Sound Healing Practitioner and Ayurvedic Healer

Wednesday 6 September 2023 – Sunday 14 April 2024

Vinod Narayanan has over a decade's experience practicing traditional Ayurveda, Yoga and Pranayama, Shiatsu and Himalayan sound healing in luxury retreats around the world. Hailing from Kerala, India, home of Ayurvedic medicine, Vinod is also personal physician to the President of Guinea and mentor to Ayurvedic specialists throughout Europe.

Explore 5,000-year-old treatments tailored to your doshas using natural herbs and oils. Meet with Vinod for a complimentary consultation to find inner peace and reconnect.



DE ARMOURING BODY 90mins | USD 350

This session is the liberation of trauma, stuck energy and undigested emotions from our past. The aim is to reconnect with the essential beauty and joy of life.

This process uses specific pressure points, breathing techniques and movement of your kundalini energy to loosen, break up and remove your body's armour.

ACCESS BAR THERAPY 90 mins | USD 350

An energy healing process accessing the 32 bars points in your brain to release the electromagnetic or polarity of the thoughts, feeling, emotions, ideas, beliefs, considerations and decisions. Effective in creating a sense of deep relaxation, ease of sleep, releasing trauma, reducing overwhelm, decreasing negative and limiting thought patterns to improve overall wellbeing, inner peace, happiness and gratitude.

ABDOMINAL DETOX THERAPY 60 mins | USD 280 90 mins | USD 350

A blend of Chi Nei Tsang, diaphragmatic release and Vagus Nerve re-setting techniques. It removes the physical, emotional, energetic stagnations at various deeper levels. Detoxification of internal organs & clarity of mind and good digestion.

HIMALAYAN SOUND HEALING MASSAGE 60 mins | USD 280 90 mins | USD 350

SHIRODARA UPGRADE USD 50

In the Himalayas, sound is used as a powerful tool for healing, meditation and self-transformation. Unwind to the vibrations of a Tibetan singing bowl as an oil massage brings deep levels of relaxation and release.

** Upgrade your experience with the Shirodara, as Tibetan singing bowls calm, warm medicated oil is poured on the forehead or third eye, to eliminate stress and insomnia by balancing the pineal gland.*

DETOXIFYING CUPPING MASSAGE 90 mins | USD 350

It is a combination massage with manual and silicone cups and hot stones. A highly effective detox treatment without leaving any marks on the skin nor used any fire and deep pain.

SHIATSU MASSAGE WITH MARMA TOUCH 60 mins | USD 250 90 mins | USD 300

Shiatsu works on the meridian lines of the body to increase energy flow. Marma junctures, meanwhile, are stimulated with a hot compress to balance the Prana.

PERSONALISED HEALING MASSAGE 60 mins | USD 250 90 mins | USD 300

Whether Shiatsu, hot stone massage or reflexology, Vinod creates a personalised massage tailored to your needs to deeply relax.

TRADITIONAL AYURVEDIC TREATMENT 60 mins | USD 250 90 mins | USD 300

Your journey begins with a consultation to determine your dosha and according herbs and oils for treatment. Relax into a scalp massage followed by a full body massage. A hot compress and Ayurvedic body scrub leave you quietly reinvigorated.

GUT-BRAIN REWIRING 120 mins | USD 450

Revitalise with a unique and powerful treatment that reconnects the nervous and digestive systems. This involves dynamic breathwork, full-body care, focused abdominal massage, and frequency healing. These elements contribute in fostering mood balance, calming the mind, enhancing digestion, detoxifying, and offering a neuro-gut friendly nutritional supplement*.

Dynamic Breath-Work • Full Body and Abdominal Massage • Frequency Healing • Nutritional Supplement

** 1-3-month supply depending on individual dosage.*

WELLNESS HEALING RETREAT

The wellness healing retreat is a specialised wellness experience to achieve a complete balance of emotional well-being as a holistic approach to healthier living. Personalised your wellness healing retreat journey to boost your immunity and empower your inner self with the best of the international ayurvedic healer practitioner. Each package consists of two daily sessions, a morning 60-minute yoga and meditation on every alternative day and an afternoon 90-minute treatment of your choice.

Three-Day Retreat
USD 1,050

Five-Day Retreat
USD 1,750

Seven-Day Retreat
USD 2,450

For more information or to book your private complimentary consultation, please contact your Villa Host or contact Anantara Spa ext. 355.

All prices are subject to 10% service charge and 16% government taxes.