

# VISITING WELLNESS PRACTITIONER

## Vinod Narayanan

Ayurvedic Healer

October 2021 - March 2022

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.

### 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.

### HIMALAYAN SOUND HEALING MASSAGE 60 mins | USD 275 90 mins | USD 350

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.

### CHAKRA BREATHING AND CHAKRA BALANCING 90 mins | USD 300

Each chakra is having different breathing techniques to open up. The treatment is beginning with an open up chakra's techniques followed by the singing bowls and mantras to balance the opened chakras.

### MAGIC OF BAMBOO MASSAGE 60mins | USD 250 90mins | USD 300

Using various shapes and sizes of bamboo sticks to work on certain areas and various pressure points, to bring about a deep feeling of pressure relief and relaxation. With the resilient and strong characteristic of bamboo, it becomes the ultimate tool to assist with pressure point and deep tissue acupressure.

### MARMA TOUCH AND THAI YOGA STRETCH 90 mins | USD 300

Marma points are the areas where the body parts are connected to stimulate and increase the energy flow. The treatment is incorporated with the Thai yoga-style stretches that carry the stimulating energy to all blockages of the body parts to give a deep relaxation and ease of pain and discomfort.

### SOUND HEALING WITH SHIRODARA 60 mins | USD 250 90 mins | USD 300

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.

### 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 personalized massage tailored to your needs to deeply relax.

### THE SOUL OF KERALA 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.

### WELLNESS HEALING RETREAT

The wellness healing retreat is a specialized 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 950

Five-Day Retreat  
USD 1,550

Seven-Day Retreat  
USD 2,300

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 12% government taxes.