



balance
WELLNESS BY ANANTARA

VISITING WELLNESS PRACTITIONER

Vinod Narayanan
Ayurvedic Healer

1 October – 30 November 2019

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.

HIMALAYAN SOUND HEALING MASSAGE 60 mins | USD 250
90 mins | USD 300

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.

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 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.

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.

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