



VISITING WELLNESS PRACTITIONER

Vinod Narayanan
Ayurvedic Healer
October 2020 - February 2021

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.

DETOXIFYING CUPPING MASSAGE **90 mins | USD 300**

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.

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.

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.

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 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**