

VISITING WELLNESS PRACTITIONER



Himself a daily practitioner of yoga, Dr. Sohail's foray into healing was inspired by his grandfather, an Ayurvedic healer. Promoting the body's natural ability to heal, Dr. Sohail is an expert in herbal remedies, Chinese cupping and yogic relaxation techniques, which he combines to treat ailments such as aches, pains, migraines, insomnia, weight gain and lifestyle addictions.

Dr. Shah holds a degree from Sri Dharmasthala Manjunatheshwara College of Naturopathy and Yogic Sciences in Karnataka (India), as has successfully completed studies of Advanced Acupuncture in Hanoi Hospital of Traditional Medicine in Vietnam and of Advanced Dry Needling in Melbourne, Australia. He is member of the prestigious Australian Natural Therapists Association (ANTA) - the largest national association of traditional, complementary medicine and natural therapy practitioners who work in the areas of health care and preventative medicine.

Acupuncture

45 minutes / IDR 1,800,000+

A combination of ancient traditional Chinese medicine practice dating back thousands of years and modern approach of Physiotherapy during which acupuncture needles are inserted into the skin to correct the flow of qi, or energy, through the bodies meridians and a releases turn releases endorphins & enkephalins which are natural feel good and pain killing hormones. Ideal for pain, migraines, arthritis, sinusitis, general stress, addictions, sleeplessness etc.

Acupuncture for Appetite suppression or Weight loss

45 minutes / IDR 1,800,000+

Imbalances in your body's qi can lead to decreased metabolism function and unnatural weight gain. Suppress your appetite and boost your body's natural functions by tapping hidden meridian lines.

Cosmetic Acupuncture

1 session / IDR 1,800,000+

An effective, non-surgical, traditional treatment to reduce the signs of aging and stimulate collagen production. Tiny needles are inserted along meridian lines and acupuncture points to increase blood circulation, helping to nourish and oxygenate the skin from the inside out.

Needle Less Acupuncture

60 mins / IDR 1,500,000+

This treatment is based on the theories of Traditional Chinese Medicine that uses mild electro stimulation to mobilize chi (life force energy) at specific points on body called acupoints. Treatment will be customised according to individual needs.

Tension Relief Therapy

60 mins / IDR 2,500,000+

After a private consultation, once your personal needs and goals have been ascertained, Dr. Shah will devise a personalised multi-step treatment based on different combinations of acupuncture, acu meridian massage, cupping and therapeutic herbal ultrasound. A deeply remedial treatment, it helps to remove tension and pain and improves the flow of qi energy throughout the body.

Yogic Intestinal Cleanse

90 mins / IDR 2,500,000+

Detox and cleanse the digestive system in a natural and non-invasive way with laghoo shankha prakshalana, a cleansing method which entails the practice of perfecting five specific yoga postures (asanas) while drinking six to eight glasses of lightly salted water to clean the intestinal tract. The hatha yoga practice of shankha prakshalana is known to greatly reduce the levels of blood sugar in the body, almost immediately.

Sleep Meditation

45 mins / IDR 1,500,000+

A guided meditation known as "psychic sleep" using different visualisation techniques to awaken awareness and relax and settle the mind making it easier to wind down and drift off. Following a 15-minute guided sleep meditation session, you will enjoy 30 minutes of quality sleep in one of the spa relaxation rooms before emerging from the spa feeling refreshed and reenergised.

