



balance  
WELLNESS BY ANANTARA

## VISITING WELLNESS PRACTITIONER

### KIM KOSTERS

*Physiotherapist and Specialist in  
the Art of Living Pain-Free*

A swimmer and ballet dancer since the age of five, Kim got acquainted with Physiotherapy due to an injury when she was a teenager. This was the start of her passion for Physiotherapy. Embark on a transformative journey with Kim as she combines her diverse range of skills in myofascial release, dry needling, yoga, and breathwork. Discover the power of a holistic approach to wellbeing, where Kim focuses on mind-body connection to balance the nervous system, which activates the body's natural ability to heal, relieving pain, tension, and stress.

#### PHYSIOTHERAPY FOR PAIN MANAGEMENT & PREVENTION 60/90 minutes USD 250/300

The Physiotherapy session will start with a short lifestyle assessment to determine the root cause of your concern. This assessment is an important part of the physiotherapy to ensure that you will get the best care and advice to treat the symptoms. The treatment will be a combination of hands-on treatment, massage techniques, body postural corrections, exercises and stretches for pain management. Do-it-yourself guidance and instruction will be provided for pain prevention in the comfort of your home after the session.

#### DETOX LYMPHATIC DRAINAGE THERAPY 60/90 minutes USD 250/300

This is a gentle massage that encourages the movement of lymph fluids around the body. The fluid in the lymphatic system helps remove water and toxins from the bodily tissues. Lymphatic massage can reduce swelling, improve circulation, and stimulates the immune system.

#### ABDOMINAL DETOX MASSAGE 30/60 minutes USD 175/250

Our gut is also known as our second brain, and gut health is important for our overall wellbeing. This abdominal massage entails a combination massage technique to promote digestion and reduce bloating. Acupressure points on the feet can also be part of this treatment to stimulate the digestion and lymphatic system. This massage can also be part of a detox and weight-loss programme.

#### MYOFASCIAL RELEASE MASSAGE 60/90 minutes USD 250/300

This massage is focused on releasing the tension in your body. Through a combination of myofascial release massage techniques, it will release the knots in the muscles that have been causing the tension or pain in your body, making you feel deeply relaxed after the treatment. The session can be treated on specific areas of the body or as a full-body massage.

#### CALMING FACE AND HEAD MASSAGE 30/60 minutes USD 175/250

This massage will start with a neck and shoulder massage, releasing any tension in this area. The treatment continues with a face and scalp massage, which consists of a combination of myofascial release and lymphatic drainage massage techniques. Creating a deep relaxation and stimulating the blood circulation and lymph fluid not only leaves you very relaxed, but also reduces puffiness in the face, making you look more refreshed.

#### DESTRESS VAGUS NERVE ACTIVATION 60/90 minutes USD 250/300

Due to chronic stress and tension, our nervous system gets overstimulated, which puts us into a fight or flight state. This state can cause many physical and mental problems and discomforts like headaches, indigestion, high blood pressure, tension, and so on. But we can learn how to handle stress better and how to "decompress" and activate our Vagus nerve, which plays an important role in calming down the nervous system and helping it recover or heal faster. This treatment consists of a combination of acupressure point massage and breathing techniques or exercises to make you feel calmer.

#### DRY NEEDLING FOR TENSION AND PAIN RELIEF Add-on USD 75

Dry needling is a safe and effective treatment where fine needles are inserted in target locations on the body. These are called trigger points. The procedure name includes the word «dry» to separate it from other kinds of treatments that use needles to inject fluids. There are no fluids or injections with dry needling. Dry needling can be used as a supplemental treatment in a comprehensive physiotherapy plan, thus helping many travel faster on the road to recovery.

*All prices are in US dollars and inclusive of 10% service charge and 16% GST.  
For further information or bookings, please contact the Anantara Spa on ext. 3045  
or on the Anantara app.*

