

VISITING WELLNESS PRACTITIONER



Dr. Sohal Shah

Naturopathic Doctor

15 December 2019 - 31 January 2020

Practicing a unique blend of naturopathy, acupuncture and yoga, Dr. Sohal is a graduate of the Sri Dharmasthala Manjunatheshwara College of Naturopathy and Yogic Sciences in Karnataka. His foray into healing was inspired by his grandfather, an Ayurvedic healer. Himself a daily practitioner of yoga, Dr. Sohal combines herbal remedies, Chinese cupping and yogic relaxation techniques to treat a host of ailments from aches, pains and migraines, to insomnia, weight gain and lifestyle addictions.

Dr. Sohal's inspired approach to holistic medicine works on the foundation of promoting the body's natural ability to heal. Visit Dr. Sohal for a complimentary private consultation to ascertain your personal needs and goals, and begin your journey towards wellbeing.

Dr. Sohal is member of Australian Natural Therapists Association, he studied Advanced Acupuncture in Hanio Hospital of traditional Medicine, Vietnam and further studied Advanced Dry Needling in Melbourne, Australia.

Acupuncture / Dry Needling

45 mins | USD 195 (5 sessions | USD 890)

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 releases endorphins and enkephalins which are natural feel good pain killing hormones. Ideal for pain, migraines, arthritis, sinusitis, general stress, addictions, sleeplessness, etc.

Acupuncture for Appetite suppression or Weight loss

45 mins | USD 195 (5 sessions | USD 890)

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

45 mins | USD 195 (5 sessions | USD 890)

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.

Needleless Acupuncture

30 mins | USD 195 (5 sessions | USD 890)

This treatment is based on the theories of TCM 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.

Customized Pain and Tension Relief Therapy

60 mins | USD 275 (3 sessions | USD 790)

A multi-step treatment of which can be combination of either Acupuncture, Acu Meridian Massage, the 3,000-year-old practice of cupping, therapeutic herbal ultrasound to remove tension and pain from any area of the body. Deeply remedial and improves the flow of qi throughout the body.

Yogic Intestinal Cleanse

90 mins | USD 250

Detox and cleanse the digestive system in a natural and non-invasive way with LaghooShankha Prakshalana, a cleansing method which entails the practice of perfecting five specific yoga postures and drinking six to eight glasses of lightly salted water.

Pranayama

45 mins | USD 145

Breathing is a vital component of our life; Yogic breathing techniques help you to breathe efficiently and thus encourages positive effects on your mind and body to help bring a sense of balance and awareness.

Sleep Meditation

45 mins | USD 145

A guided meditation known as "Psychic sleep" using different visualization techniques to awaken awareness and relax the conscious mind.