

VISITING WELLNESS PRACTITIONER

MUAYAD NAJEMEDDIN

Singing Bowls Practitioner - Holistic Therapist & Yoga Teacher



balance
WELLNESS BY ANANTARA



Muayad's compassionate practices and holistic approach to healing has touched many of his guests' lives with the inspiration to start their self-healing journey. Specialised in the healing art of Tibetan Singing Bowls and being a certified yoga teacher, massage therapist and Reiki practitioner has given him the knowledge and tools to create bespoke signature experiences for his guests based on their daily lifestyle and needs. Muayad's individual treatments and group sessions are filled with an abundance of energy that create a new experience of peace, relaxation and rejuvenation.

HOLISTIC DEEP TISSUE MASSAGE (90 min)

USD 320

This holistic massage will target your muscular tension physically and energetically. Combining his knowledge and experience in Thai Massage, Deep Tissue Massage, Breath Work and Energy Work, Muayad will be stretching and deeply massaging your body while guiding your breath and energy throughout the massage to ease away your tensions in multiple levels. A treatment that leaves you with a sense of lightness and comfort.

PURIFYING SOUND VIBRATIONS (90 min)

USD 305

Experience a sound healing treatment that is made just for you, surrounding your body with powerful Tibetan Full Moon Singing Bowls and placing them on numerous body parts. The sound frequency and vibrations will sink deep within you to affect your mind, body and energy, bringing out any energetic impurities and planting in deep comfort.

THE POWER OF THE UNIVERSE "REIKI" (90 min)

USD 305

Surrender your body to a healing shower of the Universe's energies. Your holistic therapist, Muayad will place his hands on different parts of the body to activate your own inner process of healing. A journey of deep connection to your true nature of energetic being.

TIBETAN SINGING BOWLS FOR COUPLES (90 min)

USD 400

Discover a new feeling of total relaxation while laying down together, allowing your bodies to shower with healing sounds, using 7 Full Moon Tibetan Singing Bowls. Based on the Eastern philosophy, each note of the Singing Bowl represents the sound and vibration corresponding to the seven chakras in your body. An experience that helps to enhance your sleep and purify your energy from day to day negative influences.

THE ULTIMATE THERAPY (120 min)

USD 360

With the accumulated emotional and energetic tensions in our lives comes a strong need to find a safe space to be yourself and just let go to release. This Journey involves Counselling, Kundalini Movement Meditation, Reiki, Massage, and Singing Bowls. A safe space is held by the immense amount of energy generated from all these methods, creating a unique experience that shakes out your emotional pressure and energy blockages to be released. A powerful healing process that leaves you feeling clear and rejuvenated with a sense of pure self-connection.

DEEP TRANCE LIGHT THERAPY (30 min – 45min – 60min)

A hypnotic meditative experience to access parts of the psyche that are not easily accessible even with hours of meditation, by altering brainwaves with the use of flickering lights projected to the face. Aimed to create relief on many functions of the body, from sleep to hormonal regulation, boosting metabolism, happiness, and creativity.

Please ask the Spa Reception Team for detailed menu about Deep Trance Light Therapy session.

For reservations and further inquiries, please dial ext. 3044 or visit Anantara Spa.