



## Dr Aneesh – Ayurvedic, Yoga & Wellness Consultant

Dr Aneesh is a 4<sup>th</sup> generation Ayurvedic Doctor, Yoga teacher and Reiki master from India. Having been trained at the Ananda Spa Institute and developed his traditional Indian approach with the addition of Western therapies Dr Aneesh is delighted to provide a uniquely personalized wellness approach.



### Wellness Consultation

**30 Min / Complimentary**

A personalized consultation with Dr. Aneesh to determine your body type or Dosha with treatment and dietary advice.

### Wellness screening

**60 Min / 3500 THB**

This personal consultation uses advanced technology which analysis key physiological biomarkers of health, Including body composition, metabolism, oxygen distribution, and heart function and circulation, as well as stress parameters. The results are used to prepare a wellness program specific to your individual needs.

### Deep Fusion therapy

**90Min / 8,500 THB**

Following a brief consultation, choose from elements of Ayurveda, Swedish, Thai, Deep Tissue, Hot Stone, Foot Reflexology and Aromatherapy to create your own unique massage. Muscles are treated individually to reduce tension, nodules, stress and pain.

### Acupressure anti ageing facial

**60/90 Min 6,500 / 8,500 THB**

Acupressure face lift using a special combination of massages techniques with lymphatic drainage using natural ingredients to reduce tension, facial wrinkles and age spots, improve the complexion by stimulating the circulation, collagen and release toxins from the facial area.

### Reiki –Psycho Energy therapy

**60/90Min 6500 / 8,500 THB**

A balancing massage for the chakra energy centers to remove tension and stress followed by Reiki. Ideal for tension, stress and to improve your sleep.

### Yogic Detox Cleanse

**60 Min / 6,000 THB**

A non-invasive full intestinal wash, using 6-8 glasses of lightly salted water where five specific Yoga postures are practiced. A simple, natural and effective way to cleanse the whole digestive system and encouraging good bowel movement. Great for those suffering from indigestion and gastric issues.