

# WELLNESS VISITING PRACTITIONER



## TRADITIONAL INDIAN HEALING WITH VIPIN RAJ

13 January – 12 March 2023

Vipin was born into a traditional Ayurvedic practitioner's family in India. He had shown interest in healing and fortune-telling from his very early age. He further got well-versed in Ayurvedic skills from his uncle and various Ayurvedic institutions in India. Ancient Indian knowledge in healing connects to his ability in keeping sixth sense active and healing power.

### ENERGY HEALING & CHAKRA (60 mins /90 mins) 295 / 350 BALANCING SESSIONS

Energy healing is a holistic practice comprising individual energy readings in order to activate the body's subtle energy systems. This involves the balancing of different energies and removing any energetic blocks which may be preventing the body from healing itself.

### MARMA BODY ALIGNMENT MASSAGE (60 mins /90 mins) 295 / 350

Experience a unique and exceptional rare body alignment technique. In India, few therapists practise this due to the high risk involved with them. Vipin acquired the skill from a legendary practitioner in India and combined chakra balancing with the treatment to provide an exceptional recovery for the body.

### AYURVEDIC ABHYANGA MASSAGE (60 mins /90 mins) 295 / 350

An ultimate version of an authentic, relaxing massage used with warm infused herbal oil prepared in India. A daily Abyanga practise restores the balance of the body and enhances well-being and longevity.

### STRESS BUSTER HEAD & FOOT THERAPY (60 mins / 90 mins) 295 / 350

A combination of extreme relaxing Indian head massage along with a blend of 'Padhabhyanga' the Indian foot massage and reflex pressure points that will restore balance and release stress.

### SAHAJ MARG MEDITATION (60 mins /90 mins) 295 / 350

Experience a state of consciousness between waking and sleeping. The most profound form of relaxation with meditative awareness will help you to release stress and restart your mental system.



For reservations and more information, please contact Waldorf Astoria Spa at ext. 8603 or your Personal Concierge. Advance bookings are required.

All prices are in US Dollars (USD) and subject to 10% service charge and 16% applicable government taxes.

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### SHIRODHARA (THIRD EYE TREATMENT) (60 mins) 320

Shiro means head and dhara is a steady flow of warm ayurvedic oil, which is specially selected by the Ayurvedic doctor. Dhara can also be done with other ingredients like medicated buttermilk and coconut water, but they are specifically chosen as per the condition. Shirodhara involves a continuous stream of oil that is gently swayed on the forehead, which completely relaxes the nervous system and calms the mind. It is very beneficial in conditions like hypertension, anxiety, insomnia and psychiatric problems and also is effective for paralysis, senile dementia and other neurological disorders and improves the memory as well.

### ROYAL AYURVEDIC DEEP FUSION JOURNEY (60 mins /90 mins) 295 / 350

Royal Ayurvedic Deep Fusion Journey is a full body massage combining abhyanga and marma massage. The massage involves full body coverage with essential oil using smooth, gentle movements with long strokes to rub the oil deeply into your body and focusing on the vital points of the body. The main purpose with the Indian Balance massage is to keep the doshas balanced. According to the principles of Ayurveda, everyone has a specific body type known as a 'Dosha'. There are three doshas: Pitta, Kapha and Vata, and everyone has a specific balance of doshas, which must be addressed in Ayurvedic therapy. Other benefits of the massage provide you with increased stamina, pleasure and deeper sleep, enhances the complexion and the luster of the skin, promotes longevity and nourishes all parts of the body, increases circulation especially to the nerve endings, tones of the muscles and your whole physiology.

### LIFESTYLE CONSULTATION

20 minutes complimentary



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