

WELLNESS VISITING PRACTITIONER



NATUROPATHY & ACUPUNCTURE WITH DR SOHAL

13 March – 7 May 2023

Dr. Sohal's foray into healing was inspired by his grandfather, an Ayurvedic healer. After his graduation in alternative medicine and yogic sciences in India, he studied acupuncture in Hanoi Hospital of Traditional Medicine, Vietnam and cosmetic acupuncture and modern medical acupuncture in Australia, where he is currently based in Melbourne. He combines acupuncture, herbs, cupping, yogic relaxation, breathing technique and yoga therapy to treat a host of ailments. This inspired approach to holistic medicine works on the foundation of promoting the body's natural ability to heal. According to Dr. Sohal, the healing capacities of the body and mind are enhanced when rested. Contact your personal concierge to schedule a consultation.

TRADITIONAL ACUPUNCTURE / MEDICAL ACUPUNCTURE BALANCING SESSIONS

75 mins - 360 | 45 mins follow-up - 290

A traditional Chinese medicine practice dating back thousands of years during which acupuncture needles are inserted into the skin to correct the flow of qi energy through the bodies' meridians. Dr. Sohal combines modern acupuncture (dry needling) with traditional acupuncture, which focuses on breaking deeper knots in the muscles (trigger points) for quicker relief from pain and stiffness.

COSMETIC ACUPUNCTURE

75 mins - 450 | 45 mins follow-up treatment - 360

Uses traditional acu-points on face along with modern motor points on facial muscles which tones muscle or relaxes tightness, stimulates collagen production, boosts blood circulation. The session is followed up with a facial massage and gua sha. Helpful for lines and wrinkles, sagging, drooping and loss of firmness, preventative anti-ageing, tension in face.

ACU-DEEP RELAX

75 mins - 420 | 45 mins follow-up treatment - 340

Combining the healing powers of the East, from acupuncture to yogic relaxation technique, to remove energy blockages, re-centre the mind and promote a deep sense of inner wellbeing.

CUSTOMIZED PAIN AND TENSION RELIEF THERAPY

75 mins - 480 | 60 follow-up treatment - 380

A multi-step treatment customized according to your needs, which can be a combination of either Acupuncture, Dry Needling, Myofascial trigger point therapy, Cupping, Stretching from modern physiotherapy. Improves energy flow and removes tension and pain. Deeply remedial and improves the flow of qi.

YOGIC INTESTINAL CLEANSE

75 mins - 480 | 60 mins follow-up treatment - 380

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

SLEEP / TRANSCENDENTAL / MINDFULNESS MEDITATION

30 mins - 200 | 325 per couple

A guided meditation known as "Psychic sleep" using different visualization techniques to awaken awareness and relax the conscious mind. Transcendental Meditation (TM) is a specific form of silent, mantra meditation

ADD ON ELECTRO OR CUPPING WITH ACUPUNCTURE 100



For reservations and more information, please contact 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.