

Anantara Wellness Journeys

Holistic Expert and Spiritual Therapy

Chi Nei Tsang Emotional Release Massage

60 Minutes : MYR 650++ | 90 minutes : MYR 800++

Detoxify, energise and awaken your “second brain”

An ancient Taoist abdominal therapy working deeply with the body's core. This treatment gently releases tension in the vital organs, improves digestion and enhances the flow of life-force energy. By clearing stagnant emotions stored within the abdomen it supports detoxification, boosts vitality and restores harmony between body and mind. Feel lighter, energised and at peace from within.

Body Alignment Therapy Deep Release & Energetic Balance

60 Minutes : MYR 650++ | 90 minutes : MYR 800++

A therapeutic blend of traditional Thai techniques and modern muscular realignment. Using targeted pressure, warm oils, sacred wooden tools, and the vibrational art of Tok Sen, this restorative therapy releases deep tensions and corrects structural imbalances. The result is postural harmony, mental clarity, and a renewed sense of emotional well-being.

Quantum Sound Healing with Cranial Integration Where Sound Meets Inner Alignment

60 Minutes : MYR 800++

Embark on a transformative journey that unites the vibrational power of quantum sound therapy with precise cranial techniques. Harmonic frequencies resonate through every cell while subtle adjustments restore energy flow and balance. The experience leaves you profoundly relaxed, mentally clear, and finely attuned to your highest vibration.

Chakra Healing Reiki Restore Balance, Awaken Inner Light

60 Minutes : MYR 800++

A gentle yet powerful energy therapy designed to harmonise your seven chakras and awaken natural vitality. Through the flow of universal life-force energy, Reiki clears blockages, calms the nervous system, and nurtures emotional clarity. Leave the session aligned, deeply relaxed, and radiating serene inner peace.

Private Hatha Yoga Gentle. Mindful. Restorative.

45 minutes : MYR 600++ (Private, max. 2 guests)

Hatha, meaning “force” in Sanskrit, embodies the balance of sun and moon energies. This timeless practice unites movement, breath, and stillness to release muscle tension, improve flexibility, and calm the nervous system. Each session restores balance between body and mind—leaving you lighter, centred, and deeply refreshed. Truly, a spa for your soul.

Complimentary class

- Tuesday: Hatha Vinyasa Flow Yoga (45 minutes) | 7:30 AM | Sedili Garden
- Thursday: Sound Bath Healing with Crystal Bowls (30 minutes) | 7:30 AM | Sedili Garden
- Saturday: Tai Chi Experience | 7:30 AM | Sedili Garden