



Integrated digestive wellness therapy



ANANTARA

SPA



KHUN CHATTAWAN ELLIOT (KATHY)
VISITING PRACTITIONER

Integrated digestive wellness therapy

Integrated Digestive Wellness Therapy is a holistic treatment designed to support and optimize digestive health while promoting overall well-being. This therapy integrates Chi Nei Tsang, lymphatic drainage, Craniosacral therapy, and chakra balancing to deeply work on the abdomen, internal organs and energy pathways. By releasing tension, improving circulation, and enhancing detoxification, this therapy helps balance the body's internal systems, leading to improved digestion, reduced stress, and increased vitality.

Treatment Benefits:

- Supports Digestive Health – Stimulates digestion, enhances nutrient absorption, and promotes detoxification.
- Relieves Abdominal Discomfort – Eases bloating, tension, and emotional blockages in the abdomen.
- Restores Energy Flow – Aligns the body's energy pathways, fostering relaxation and balance.
- Enhances Circulation – Boosts blood flow to digestive organs for optimal function.
- Reduces Stress & Anxiety – Encourages deep relaxation and mental clarity.

70 minutes – THB 5,200++

90 minutes – THB 7,200++

CRANIAL RELEASE THERAPY

A deeply calming therapy focusing on the head, neck and shoulders. Combining gentle cranial techniques with therapeutic touch, it helps release tension, quiet the mind and restore clarity. Designed to support relaxation of the nervous system, this treatment encourages deep rest, emotional balance and a renewed sense of inner harmony.

Treatment Benefits

- Relieves tension in the head, neck and shoulders.
- Encourages deep relaxation and mental clarity.
- Supports nervous system balance.
- Helps reduce stress and emotional fatigue.
- Promotes restful sleep and overall wellbeing.

70 minutes – THB 5,200++

REIKI & HEALING CRYSTALS

This session begins with the guest selecting a healing crystal, allowing the therapist to intuitively read its energy and determine the specific energetic support needed. This personalized energy healing experience combines Reiki's universal life force energy with the vibrational power of the chosen crystal. Together, these elements restore balance, enhance energy flow, and nurture inner harmony, creating a profound sense of peace, clarity, and renewal.

Treatment Benefits:

- Restores Energy Balance – Clears blockages and realigns the body's natural energy flow.
- Promotes Deep Relaxation – Induces a calming and meditative state, reducing stress and tension.
- Enhances Emotional Wellbeing – Helps release stagnant emotions and fosters inner clarity.
- Amplifies Healing with Crystals – Selected crystals complement Reiki energy for a deeper therapeutic effect.
- Strengthens the Body's Natural Healing Ability – Supports overall wellness and vitality.

70 minutes – THB 5,200++



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