



Dear Guests,

Welcome to Six Senses Spa Samui!

We are delighted to have you at our beautiful Six Senses Spa with spread out individual treatment villas and salas to give you privacy. The emphasis of Six Senses Spa is to offer de-stress treatments that focus on bringing out your inner beauty by pampering to your body's needs. Our therapists are fully trained to provide "high touch", not 'high tech" treatments. We can help you select the most suitable treatments and packages which can be fine tuned to suit your needs. We respect guest confidentiality and privacy and trust you will enjoy your spa experience. Surrounded by spectacular ocean views we are confident you will leave feeling invigorated, energized and full of vitality.

We work with a team of highly skilled spa therapists and another team of selected holistic practitioners from all over the world. We have put together a great understanding and passion for physical, emotional and spiritual health resulting in great well-being. We care not only about ourselves, but also about others and our environment. Together with the resort of the Six Senses Samui, we support many charity projects and environmental initiatives.

Herbal steam, sauna, showers, changing rooms and relaxation areas are available in our spa. In-house guests are free to use a fully-equipped fitness center along with a yoga room, completed with mats, to utilize for private classes or your own personal practice.

The spa is open daily from 10:00 am to 10:00 pm. For any questions or information regarding the spa, please call our team on the extension number 1301 or press "spa" button on your telephone display or consult your GEM.

Feel free to contact us for a complimentary spa consultation to help you customize your spa journey according to your individual needs.

*Keerana Sripongpunkul*  
*Wellness & Spa Manager*

## **SPA ETIQUETTE**

### **PRIOR TO YOUR ARRIVAL**

We recommend that you leave all jewelry and valuables in your villa before coming to the spa. We recommend using the sauna and steam prior to any treatment, as this will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

### **ARRIVAL**

Please arrive at our spa 15 minutes prior to your appointment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

### **CONSULTATION**

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

### **LATE ARRIVAL**

Out of respect of other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

### **CANCELLATION**

Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged as cancellation fees. Failure to keep your appointment will result in a 100 percent treatment charge.

### **DURING YOUR TREATMENT**

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

### **AFTER YOUR TREATMENT**

We recommend that you do not sunbathe after any massage or body treatment. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

Thank you and enjoy your journey to well-being with Six Senses Spa.

## SPA MENU INDEX

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1. Rituals
2. Signature Therapies
3. Massage Therapies
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9. Hand and Foot Care
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## **Ritual\***

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Thai Ancient	2 hours/THB 6,000
Zen Na Tai Ritual	2 hours/THB 5,700
Synergy Ritual	2 hours /THB 6,000
Samui Ritual	2 hours/THB 8,000
Cleansing Ritual	2.5 hours/THB 8,000
Nourishing Ritual	2.5 hours/THB 8,200

*\*Receive a complimentary spa gift every time you book Ritual Package*

## **Signature Therapies**

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Secret La Stone Four Hands	90 minutes/THB 7,600
Amazing Senses Four Hands	90minutes/THB 7,200
Harmonic Senses Therapy	90minutes/THB 4,400
Hideaway Retreat	90minutes/THB 4,400
Oriental Fusion	120 minutes/THB 5,200

## **Massage Therapies**

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Senses of Element	60 minutes/THB 3,200
Swedish Aromatic	90 minutes/THB 4,100
Lymphatic Drainage	120 minutes /THB 5,000
Anti-Stress	
Foot Acupressure	

## **Ancient Thai Wisdom**

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Thai Boran	90 minutes/THB 4,000
	120 minutes / THB 4,800
Thai Wisdom Therapy	90 minutes / THB 4,000
Thai Healing Therapy	120 minutes / THB 4,800
Holy Thread Therapy	60 minutes / THB 3,500
Thai Silk Facial	60 minutes/THB 3,000

*All rates are quoted in Thai Baht and are subject to ten percent service charge and seven percent applicable government tax.*

*We reserve the right to any change in this menu without prior notice.*

## Specialized Therapies

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Zen Na Tai	60 minutes/THB 3,000
3 Days Zen Na Tai	THB 7,200
Indian Head Massage	60 minutes/THB 3,000
Pregnancy	90 minutes/THB 3,800
Harmonic Healing	30 minutes/THB 2,000
Chakra Balancing Energy	30 minutes/THB 2,000
Reiki	60 minutes/THB 3,000

## Bath Therapies

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Soothing Milk Bath	30 minutes/THB 2,000
Traditional Herbal Bath	

## Body Therapies

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After Sun Soothing Scrub	45 minutes/THB 2,500
Aromatic Marine Salt Scrub	
Thai Coconut Butter Scrub	
After Sun Soothing Wrap	45 minutes/THB 2,800
Detoxifying Seaweed Body Wrap	
Coconut Butter Body Masque	

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## Facial Therapies

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### BY DERMALOGICA

Hydrating Spa Facial	60 minutes/THB 3,900
Sensitive Skin Facial	60 minutes/THB 3,900
Soothing Facial Therapy	60 minutes /THB 3,900
Skin Brightening	60 minutes/THB 4,200
Multi-Vitamin Power Skin	60 minutes/THB 4,200
Revitalizing Eye Rescue	30 minutes/THB 2,000
Eye Treatment & Facial Combination	15 minutes/THB 1,500

### BY PEVONIA

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Miracle Caviar	70 minutes/THB 5,900
Lift & Glow	60 minutes/THB 4,800
White Brilliance	60 minutes/THB 4,800
Skin fit For Men	60 minutes/THB 4,900
Escutox Eye Treatment Mask	30 minutes/THB 2,500
Eye Treatment & Facial Combination	15 minutes/THB 1,900

## Hand and Foot Care

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Deluxe Manicure	60minutes/THB 2,200
Deluxe Pedicure	60minutes/THB 2,200

### **Gel Nail**

Manicure	60 minutes/THB 2,500
Pedicure	60 minutes/THB 2,500
Removal	30 minutes/THB 1,000

### **Junior Menu**

Kids Massage	30 minutes / THB 1,500
Express Manicure & Pedicure	30 minutes / THB 1,200
Coconut Body Scrub	30 minutes / THB 1,200

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**DR. SERGE LANDRIEU M.D. PHD**

Private Yoga /Pilates	60 minutes / THB 4,000
Meditation	60 minutes/THB 2,500
Myotherapy	60 minutes/THB 4,000
Aecrobatic Yoga	60 minutes/THB 4,000
Realignment Package	120 minutes/THB 7,000

**OMESH LANGMANN**

Astrology & Palmistry	60 minutes / THB 4,000
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**DENIS CASARSA,M.A**

Coaching / NLP_& Hypnosis	90 minutes / THB 6,000
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**Wellness Activity**

Tai Chi / Thai boxing / Personal Trainer	60 minutes / THB 4,000
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**In Villa Massages**

Massage can be provided in the privacy of your villa between 10:00 am to 7:00 pm with additional charge of **25%** from the menu price.

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## RITUALS

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### **Thai Ancient**

2 hours

This is the ultimate experience by combining the ancient Thai Boran massage with the magic of a Thai herbal compress ball to stimulate blood circulation and relieve muscle strain, tension and stiffness in the joints.

### **Samui Ritual**

2 hours

Treat your senses and your skin to a tropical oasis of fresh hydration and pampering. Infuse your skin with ultra healing coconut, remove excessive dead skin cells and strengthen new skin tissue enzymes to address dryness, sun damage and pigmentation. Your skin will be glowing leaving you feeling completely refreshed. The package includes a coconut scrub, coconut wrap, and ending with coconut aromatic massage

### **Synergy Ritual**

2 hours

This ritual promotes grounding and balance through each service, it is achieved through a blend of Holistic techniques that aim to enhance performance reducing anxiety and depression, it is designed to promote deep relaxation and improve your blood circulation. Session begin with Senses of aroma massage follow by Singing bowl sound healing and Reiki healing energy at the end.

### **Zen Na Tai Ritual**

2 hours

Created to stimulate lymphatic flow and helping to detoxify the body. Bring comfort and relief to the abdomen with a deeper state of relaxation and a peaceful mind. The session will end with a Reiki Therapy leaving you totally energized, revitalized, balanced and deeply relaxed

### **Cleansing Ritual**

2.5 hours

This therapeutic spa package will nourish, detoxify and rejuvenate your body inside out. It is a pampering solution to today's stressful living. Package includes Herbal Steam & Sauna, Aromatic Marine salt scrub, Seaweed body wrap, ending with a Lymphatic Drainage massage.

### **Nourishing Ritual**

2.5 hours

A journey designed to completely restore and replenish your entire system. Oriental philosophy regards beauty and health as a holistic concept embracing both the inner and outer self. This ritual supports this belief by applying natural elements to specifically suit your body's needs, release tension, improve circulation and create perfect harmony. The package includes an Oriental Blend massage, Foot Acupressure ending with a Deep Cleansing Facial.

## SIGNATURE THERAPIES

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### **Secret La Stone Four Hands**

90 minutes

Melt tension away with a hot stone massage using smooth, heated basalt stones. The warm stones are placed on tension-prone areas that will be soothed with the right amount of pressure to encourage muscles to warm up and relax. This is the ideal remedy for chronic muscle tension, ending with Reiki.

### **Amazing Senses Four Hands**

90 minutes

Performed by two therapists, this synchronized massage is the ultimate indulgence. With our own unique massage techniques, this therapy will leave you in total relaxation and complete bliss, ending with Reiki.

### **Harmonic Senses Therapy**

90 minutes

This is a calming and soothing therapy over the full body in order to achieve an overall sense of well-being. It is a combination of Chakra Balancing Energy and Harmonic Healing Chime techniques. This therapy will allow your energy to flow smoothly by removing old blockages and stagnant energy. The treatment is energizing, revitalizing, balancing and deeply relaxing.

### **Hideaway Retreat**

90 minutes or 120 minutes

This offer melts away accumulated stress, restores balance and vitality to the body, mind and spirit and leads you to a renewed level of relaxation. We combine the techniques of Thai & Western style massages, ending with a Thai Herbal Compress.

### **Oriental Fusion**

90 minutes or 120 minutes

Our Fusion Massage is the ultimate customized treatment for your body, assessing your personal energy and tension levels. The therapist uses a variety of massages to soothe, relax and rejuvenate your body. This massage is all about our specific needs, bringing your body, mind and spirit back to balance.

## MASSAGE THERAPIES

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### **Senses of Element**

60/90/120 minutes

This is a calming and soothing massage over the full body to achieve an overall sense of well-being.

### **Swedish Aromatic**

60/90/120 minutes

This classic form of massage relaxes the body, improves muscle tone and stimulates circulation. It provides feelings of tranquility and heightened senses of well-being.

### **Lymphatic Drainage**

60/90 minutes

Stimulate the body's lymphatic system. A fluid filled network, which circulates fats, proteins and immune cells, while it removes bacteria, viruses and cholesterol. Recommend to combine with Chakra Balancing.

### **Anti Stress**

60/90 minutes

Increase energy with a reviving upper body massage focusing on key areas to relieve muscle tension, ending with Thai Pra Kob.

### **Foot Acupressure**

60/90 minutes

Reflex points on the feet correspond to every organ and gland in the body. Through the feet, the autonomic nervous, lymphatic and circulation systems are stimulated to heal and balance the body. Experience true relaxation when combining with an Indian Head massage.

*\*A recommendation for above Spa Therapies is to begin or ending with Chakra Balancing or Harmonic Healing Chime for half an hour. In this special introduction, we apply Reiki to the seven major chakras and ending with a final chakra balancing. This powerful healing treatment deals with all the internal organs on a physical and emotional level before the treatment\**

## Ancient Thai Wisdom

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### **Thai Boran (Nuad Thai)**

90 minutes or 120 minutes

Help to relieve the stress, provide deep relaxation for warmed and stretched muscles, heal energy flow with the aim to increase and focus on energy levels, provide greater flexibility, prevention of injury, relief from sore and aching muscles and joints, detoxification, and a feeling of confidence and well-being. No oils are used in Nuad Thai.

### **Thai Wisdom Therapy**

90 minutes

The treatment begins with element oil therapeutic massage on the back, neck, shoulder, and legs. The muscle tension will then be even more released using the warm herbal mat placing underneath, while the therapist starts wrapping the holy thread around your body. This is an ancient Thai technique, which is very rare to be seen at the present. This treatment ends with head massage to release the tension especially around occiput area. This also helps improve migraine and respiration problem, and blood circulation

### **Thai Healing Therapy**

120 minutes

This is a therapeutic massage that applies the intelligence of locality which has been discovered from more than 700 years ago. It is the ultimate customized treatment for your body, focusing on the problem areas such as neck, shoulder, back, and legs. This treatment requires a high level of massage technique; therefore, the therapist has to be well-trained and highly-skilled in order to release all the tension.

### **Holy Thread Therapy for Hands & Feet**

60 minutes

Begin with soaking your hands and feet in the traditional Thai herbal bowl, followed by wrapping the holy thread around your hands and feet. This treatment helps balance blood and lymph flow. It is recommended for those who have cramp, muscular contraction, lethargy, and hydrops fetalis.

### **Thai Silk Facial**

60 minutes

The traditional way of improving facial skin texture is by utilizing natural silk cocoons, nourishing skin with natural Sericin essential protein to firm and tone your skin complex. Experience special meridian facial lifting techniques thus releasing muscle tension.

## SPECIALISED THERAPIES

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### **Zen Na Tai**

60 minutes

An ancient therapeutic medical massage treatment working through the abdominal area the center of chi of energy flow in the body, and chest area for improving digestion and breathing qualities, including head and scalp to release cranial tension and improving concentration, this treatment stimulates the lymphatic flow, helping to detoxify the body getting rid of toxins and negativity, brings comfort and relief to the abdomen, include the deeper state of relaxation and peaceful mind.

### **Indian Head Massage**

60 minutes

Traditionally known in India as “Champissage”, this treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm will ending with Chakra balancing energy . It is popular to combine with Foot Acupressure therapy.

### **Pregnancy**

90 minutes

Massage has great benefits for the pregnant woman. It can reduce peripheral swelling, help to prevent insomnia, reduce muscle cramps and back pain, and soothe the nervous system. Regular massages during pregnancy can also make the return to your optimal fitness easier. Recommend for 4-7 months pregnancy only. Ending with chakra balancing energy.

### **Harmonic Healing**

30 minutes

During a Harmonic Healing, energy chimes are placed on or near your body and played in intuitive combinations, emitting intriguing sound pulsations. In this deep state of relaxation, you are slowing the brain waves, shifting energy blockages, balancing chakras and realigning both your physical and light bodies with the Universal Resonance.

### **Chakra Balancing Treatment**

30 minutes

In this special introduction, we apply Reiki to the 7 major chakras individually. We also include a final balancing to all the chakras.

### **Reiki Treatment**

60 minutes

Universal Life Energy is transmitted through the hands of the practitioner to the recipient to support the body's own ability to heal itself. Allow your own energy to flow smoothly in harmony by removing old blockages and stagnant energy. It is energising, revitalising, balancing and deeply relaxing.

## BATH THERAPIES

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In our spa you can book this beautiful bath therapy in a private open air villa overlooking the tropical surroundings. If you require a romantic set up in your own villa, please ask our spa receptionists for advice.

**Soothing Milk Bath** 30 minutes  
Get the softest and silkiest skin with Cleopatra milky bath.

**Traditional Herbal Bath** 30 minutes  
It detoxifies, relieves muscle pain, balances blood circulation, and helps you sleep better

## BODY THERAPIES

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### *Body Scrub*

**Aromatic Marine Salt Scrub** 45 minutes  
It is rich in minerals and liquorice to heal and re-mineralise your skin.

**Thai Coconut Butter** 45 minutes  
Removal of excessive dead skin cells and strengthens new skin tissue.

**After Sun Soothing Scrub** 45 minutes  
Gentle removal of excessive dead skin cells, rich in moisturizer, help to antioxidant and anti irritate skin.

### *Body Wrap*

**After Sun Soothing Wrap** 45 minutes  
With healing Aloe Vera any sunburn or skin irritation is reduced. This body wrap is done without heating blanket and will create a very cool sensation.

**Detoxifying Seaweed Body Wrap** 45 minutes  
Detoxifies and improves circulation.

**Coconut Body Masque** 45 minutes  
Soothing to the skin, it draws out impurities, improves the complexion and protects against harmful UV rays.

## FACIAL THERAPIES

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### **BY DERMALOGICA**

#### **Hydrating Spa Facial**

60 minutes

For tired, dry and thirsty skin! Maximise nourishment, hydration and protection for dry, dehydrated and ultra-dry skin. With firming botanicals and vitamins your skin will appear moisturised, revitalised and supple.

#### **Skin Brightening Facial/Pigment Relief**

60 minutes

Revolutionary treatment to even out pigmentation and dark spots caused by sun exposure, age spots, hormonal imbalance, oral contraceptives or pregnancy. With multi active botanicals of bearberry, liquorices and Vitamin C that will together reduce pigmentation for a brighter, healthier, more glowing skin.

#### **Sensitive Skin Facial Treatment**

60 minutes

Handle this with care! Gentle cleansing, mild exfoliation and carefully selected anti-inflammatory products that provides nourishment, protection and hydration for maximum healthy skin

#### **Multi-Vitamin Power Skin Treatment**

60 minutes

Energise tired overworked skin. This treatment is designed to revitalise pre-mature damaged skin. An effective vitamin power exfoliation followed by a vitamin recovery masque to improve skin's texture. The POWER facial massage increases surface firming reduces fine lines and instantly revitalise and regenerates showing off your beautiful skin within.

#### **Soothing Facial**

60 minutes

Ideal for skin environmentally sensitized. Helps reduce skin irritation and damage caused by environment assault. A powerful treatment to help skin recover from damage while enhancing barrier properties and promoting healthy tissue regeneration.

#### **Revitalising Eye Rescue**

30 minutes

A high performance eye treatment packed with vitamins A-C-E and Red Seaweed to firm and accelerate repair of our delicate eye area. Together with a gentle head massage, you will feel truly revitalized

## BY PEVONIA

**Miracle Caviar** (Deep Wrinkles/Sagging) 70 minutes  
This opulent anti-aging treatment lavishes your skin with pure Caviar & Pearl Extract and a revolutionary blend of phyto-extracts called Escutox. This luxurious mask increases skin oxygenation, suppleness & elasticity. Promoting rejuvenation, it visibly resurfaces the skin and dramatically reduces facial lines and wrinkles.

**Lift & Glow** (Anti-aging, Up-Lift, Wrinkles) 60 minutes  
For visible radiance proven to perform with the latest generation of repairing peptides and outstanding lightening actives, this treatment is formulated with a collection of the latest high-tech cosmetic ingredients.

**White Brilliance** (Brightening / Wrinkles) 60 minutes  
A potent blend of vitamin "C" and freeze-dried Seaweed. This treatment is ideal for reducing fine lines, strengthening skin elasticity and providing relief for dull, sun-damaged skin.

**Skin fit** (For Him) 60 minutes  
Rejuvenation Caviar and freeze-dried Escutox replenishes the skin while counteracting aging aggressors. This mask for men visibly resurfaces the skin & promotes a healthy youthful look.

**Escutox – Anti-Wrinkle Eye Mask** 30 minutes  
Pevonia's exclusive patented blend of oligosaccharides, oligopeptides, French seaweed extract and phyto-squalane. This exclusive formulation has been freeze-dried to preserve the active ingredients to deliver outstanding results. Designed to stimulate the nerve endings, Escutox will repair the skin, relax wrinkles, increase hydration and the skin's suppleness, resulting in a visibly youthful skin. The natural alternative to botox.

## HAND AND FOOT CARE

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**Deluxe Manicure** 60 minutes  
Your nails will be shaped and your cuticles tidied and hydrated, followed by a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail varnish is applied on request.

**Deluxe Pedicure** 60 minutes  
Transform your feet with our nail and cuticle care, then relax and enjoy a foot and lower leg massage to soften and nourish your skin whilst boosting your circulation and relieving tired or swollen feet. Nail varnish is applied on request.

**Gel nails** (Manicure or Pedicure) 60 minutes  
Gel nails are durable, painted-on nails that closely resemble real nails. Regular gel nails are more durable but soak-offs are easier to remove.

## JUNIOR MENU

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**Kid Massage** 30 minutes  
**Coconut Body Scrub** 30 minutes  
**Express Manicure & Pedicure** 30 minutes

*\*Age Limitations: Spa is a relaxing and tranquil experience. Teen services are available for ages 10-12. We also offer limited services for Kids ages 6-9, and a parent or guardian must accompany them through the duration of their service.\**

## HOLISTIC BODY, MIND & SPIRIT

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### ***DR. SERGE LANDRIEU M.D. PHD***

Serge has been practicing yoga since the age of 10. His medical background and passion for food, sports, science and health makes him very capable as a practitioner and teacher. He is fluent in French, German, English and Dutch.

#### **Myotherapy**

60 minutes

This is a unique manipulation technique to remove chronic or acute pain in muscles, joints or ligaments.

#### **Acrobatic Yoga**

60 minutes

Acrobatic Yoga is a physical practice which blends elements of yoga acrobatics performance with healing arts. Acrobatic Yoga is a form of partner yoga where two yogis work together for therapeutic release and acrobatic fun.

#### **Realignment Package**

120 minutes

We offer a one-hour private Pilates session with Serge after an assessment of your physical needs, to readjust alignment, symmetry and tone in the whole body structure. After that Dr. Serge will loosen the tensioned or painful muscles and ligaments using his technique of Myotherapy. Expect to feel changes in your body starting the day after until up to two weeks after the treatment.

### ***OMESH LANGMANN***

Omesh is our freelance Astrology & Palmistry and meditation Healer. Omesh Langmann was born in Germany in 1957. He studied theologies, philosophies in university for 5 years and later psychology.

#### **Astrology & Palmistry**

60 minutes

The birth chart is an image of the energy constellation at the moment you took your first breath as an independent, individual being. The first imprint when you entered this body as a - let's say - blank canvas. It is a picture of the basic vibration that surrounds you all your life. We look at the birth chart to see direction and destiny, your talents and difficulties, your opportunities, and any challenges in life.

Coaching / Neuro-Linguistic Programing Hypnosis

***DENIS CASARSA, M.A***

Denis is a highly qualified and experienced psychotherapist and hypnotherapist. He sees his approach and mission as an opportunity to bring peace, strength, harmony and understanding between our multiple dimensions: Physical, conceptual, emotional, intuitive or spiritual.

**Coaching, Neuro-Linguistic Programming and Hypnosis**      90minutes

Neuro-Linguistic Programming (NLP) is recognized for its range of effective techniques. It includes ways to change and improve just about anything you do! NLP is helpful in improving ways of communicating with others, managing moods or feelings and emotions. It also supports setting goals, outcomes and motivation. Hypnosis is a natural phenomenon of our mind resulting from the mobilization of our attention on specific aspects of our experience. The hypnotic trance is an inner state of deep relaxation which allows to access great resources of our unconscious, or in other words, to the profound wisdom of our body-mind.