

Visiting Wellness Practitioner Shyam K.C.

Originally from the Himalayas in Nepal, Shyam belongs to a tradition where Ayurveda, Yoga and Sound healing has been practiced for many generations. He has studied and gained valuable work experience on Ayurveda Panchakarma and Yoga, Acupuncture, Oncology massage and wellness care.

He has worked in various 5 Star Luxury properties in Dubai, and with high-end wellness brand in Maldives include Six Senses and Anantara Hotels Resorts. Uniting ancient Eastern Therapies, Arabian Rituals and Western approaches to healing, his 15 years of practice and experience in the holistic health and natural healing field has led him to develop a unique modality: the healing harmony of body and mind.



Shyam offer free consultation to customized your holistic journey.

- ✦ Signature Chi Healing Massage
- ✦ Ayurveda Rebalancing Massage and Sound Healing
- ✦ Grace of Himalaya
- ✦ Moxibustion – Cupping Therapy Massage
- ✦ Body Alignment and Sound Healing
- ✦ Himalayan Sound Healing Class

Join Shyam and uplifting sound healing, to start your amazing day.

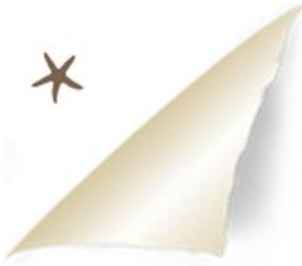
Traditional Himalayan Sound Healing

Monday and Friday

Time: 07:00 -07:45 a.m.

Venue: Yoga Champa

(Complimentary)



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Signature Chi Healing Massage

An Intensive full-body massage targeting deep muscle layers and Chi meridian line to released blockages, bringing calmness to the mind and relaxing to body. Shyam personalized the treatment with various healing options, such as warm Himalayan stones, fascial stretches, skin rolling, decompress therapy and acupressure techniques.

Ayurveda Rebalancing Massage and Sound Healing

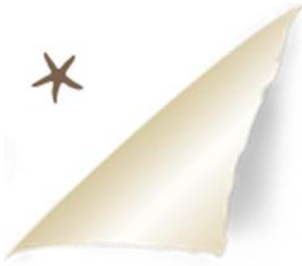
Personalized full body massage based on Tri-Dosha to rebalance physiological energies called Vata, Pitta, Kapha. Traditional Himalayan Ayurvedic herbal oils help to alleviate physical and emotional stress, bringing a sense of balance and deep relaxation. Treatment concludes with hypnotic sound of Vedic Himalayan Singing Bowl and de-stress head massage.

Grace of Himalaya

An inspired treatment from the ancient healing traditions of the Himalayas. The journey starts with a Himalayan salt body polish followed by a deeply relaxing massage. Using herbs and the power of organic essential oils, this treatment gently and deeply warms the body to detoxify and energize while also promoting blood circulation and lymphatic drainage. A great treatment to boost the immune system.

Moxibustion – Cupping Therapy Massage

Integrated Chinese medicine works synergistically to reduce pain and inflammation, speed up the recovery process, and improve blood and lymph circulation. Moxa is effective in enhancing Qi energy. This is a great treatment option to improve both men's and women's health.



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Body Alignment and Sound Healing

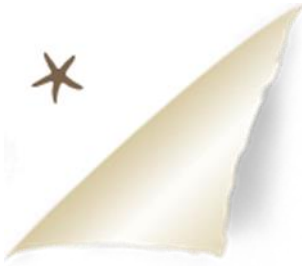
Balancing the inner world through the deep vibrations of various Himalayan sound healing instruments. Seven Chakra singing bowls are used for deep relaxation and to release blockages, encouraging energy flow. Each bowl is tuned to specific Chakras and aids in treating mental or emotional issues such as worries, anxiety, depression, and insomnia, while also stabilizing blood pressure. A gentle body alignment technique is incorporated into the treatment.

Himalayan Sound Healing Class

Sounds and vibrations help to clean the aura or any stacked energy. Session starts with gentle flow of breathwork. Then immerse into the sound of Himalayas.

Bespoke HOLISTIC WELLNESS RETERAT:

3-days (Healing Harmony)	\$750
5-days (Detox and Rejuvenate)	\$1200
7-days (Longevity and Stress management)	\$1650



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Signature Chi Healing Massage

60 minutes	\$250
90 minutes	\$290

Ayurveda Rebalancing Massage and Sound Healing

90 minutes	\$290
120 minutes	\$340

Grace of Himalaya

90 minutes	\$290
120 minutes	\$340

Moxibustion – Cupping Therapy Massage

90 minutes	\$290
120 minutes	\$340

Body Alignment and Sound Healing

60 minutes	\$250
90 minutes	\$290

Himalayan Sound Healing Class

45 minutes – Private	\$200
45 minutes – Couple	\$300

Ayurveda Wellness Consultation

Complimentary

Advance reservation is essential please contact your Friday or spa at 5457
Price are quoted in USD dollar are subject to 27.6% service charge and goods and service tax