

## Visiting Wellness Practitioner Dr. Shakkeel Ambalath

Embark on a journey of renewal and rejuvenation with soothing traditional Ayurveda therapies, tailored address your specific needs. Dr. Sha, inspired by his grandfather, a renowned Ayurvedic healer. Promotes the body's natural ability to heal through his expertise in herbal remedies, Chinese Cupping, nutrigenomics and yogic relaxation techniques.

Dr. Sha holds a bachelor's degree in naturopathy and Yogic Sciences and has completed advance. Acupuncture studies at Jing Well Academy. He will conduct a tridosha analysis, along with tongue and pulse diagnosis, to assess your current wellness and immunity status.



Dr. Sha offer a complimentary wellness consultation to assess your wellness and immunity status.

- ✦ Therapeutic Acupuncture
- ✦ Cosmetic Acupuncture
- ✦ Kalari Marma Therapy
- ✦ Sleep Enhancing Therapy
- ✦ Detox Ayurveda Cleanse
- ✦ Posture Alignment

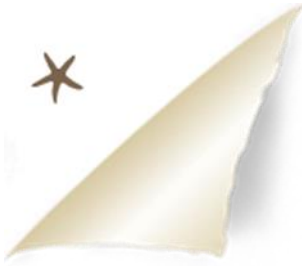
Join Dr. Sha for a grounding **Meditation** to start your amazing day.

**Monday and Friday**

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

Venue: Yoga Champa

(Complimentary)



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### **Therapeutic Acupuncture**

Dr. Sha combine the Traditional Chinese modalities of Acupuncture, moxibustion and cupping to personalized each treatment. These techniques not only help cure the existing ailments but also sustain health and prevent disease. The treatment offers numerous benefits, including pain relief, improve muscular weakness, alleviation of insomnia and assistance in addiction.

### **Cosmetic Acupuncture**

The goal is to enhance the skin's appearance by stimulating blood flow, boosting collagen and elastin production, which can significantly reduce wrinkles, fine lines, and other signs of aging. This approach promotes a more youthful, radiant complexion by supporting the skin's natural rejuvenation process.

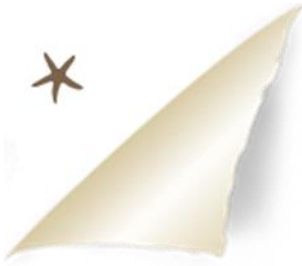
### **Kalari Marma Therapy**

Marma points are the vital energy centers located throughout the body. They are often found at junction points, where two or more types of tissue meet, such as muscles, nerves, tendons, joints, ligaments or bones.

Obstruction in these points can lead imbalance that cause disease, pain and discomfort. The goal is to identify and clear blockages to restore the flow of energy, thereby enhancing the body's healing capacity.

### **Sleep Enhancing Therapy**

Insomnia is a common condition that affects many people. Effective treatment can help restore healthy sleep pattern and improve overall well-being. you get the sleep you need. Approaches include meditation, visualization, acupuncture and muscle relaxation. Each of these methods can be tailored to suit individual needs, offering a holistic approach to achieving restful sleep.



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### **Detox Ayurveda Cleanse**

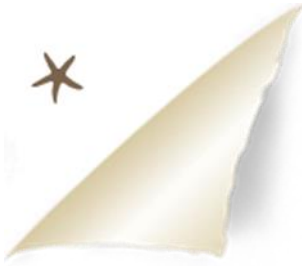
An Ayurvedic cleanse focuses on drawing toxins and excess vata, pitta, and kapha from the tissues into the digestive tract. Cleansing is a vital component of an Ayurveda lifestyle, offering significant potential for improved energy, strength, immunity and a renewed zest for life.

The program is combination of massage techniques with Ayurveda tonic to balanced agni (digestive fire) as one of the most important requirements in achieving optimal health.

### **Posture Alignment**

Involves assessing of posture, making manual adjustment and performing exercises to address the muscular imbalances that cause misaligned joint position, faulty movements patterns and eventual pain or symptoms.

Dr Sha targets the muscle groups that aren't functioning properly to relieve the overworked ones, which are often the source of your pain



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### Therapeutic Acupuncture

60 minutes	\$250
90 minutes	\$290

### Cosmetic Acupuncture

60 minutes	\$250
90 minutes	\$290

### Kalari Marma Therapy

60 minutes	\$250
90 minutes	\$290

### Sleep Enhancing Therapy

60 minutes	\$250
90 minutes	\$290

### Detox Ayurveda Cleanse

60 minutes	\$250
90 minutes	\$290

### Posture Alignment

45 minutes	\$200
90 minutes	\$290

### Ayurveda Wellness Assessment

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