

Visiting Wellness Practitioner Dr. Anil Singh

For the past 22 years, Dr. Anil has focused on helping clients achieve a holistic and balanced lifestyle. He is a Naturopath, Yoga Expert, Trigger Point Therapist and Hypnotherapist from India. He has worked in Yoga and wellness across various resorts and organizations in Asia, Africa, and Middle East including Six Senses.

He specializes in cleansing and detoxifying the digestive and respiratory systems by using Yoga and Ayurvedic treatments, pain relief with trigger point therapy and conflict resolutions through hypnotherapy.

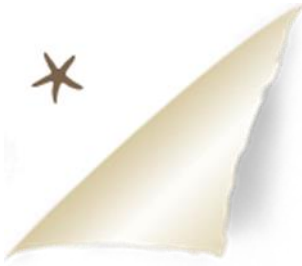


Enjoy complimentary 20-minute wellness consultation with Dr. Anil to discuss your needs and explore healthy lifestyle balance.

-
- ✦ Trigger Point Therapy
 - ✦ Dry Needling (Modern Acupuncture)
 - ✦ Lymphflow Revive Massage
 - ✦ Precision Cupping & Sport Therapy
 - ✦ Shankha-Prakshalana (Digestive Detox)
 - ✦ Nasyam (Sleep & Sinus Treatment)
 - ✦ Hypnotherapy
 - ✦ Yoga or Meditation therapy

Join Dr. Anil for “Core and Hip Stability Yoga” to start your amazing day

Monday and Friday
Time: 07:00 – 07:45
Venue: Yoga Champa
Complimentary



Visiting Wellness Practitioner Dr. Anil Singh

Trigger Point Therapy

Trigger point therapy targets and relieves pain by using deep, focused pressure, stretching, and mobilizing techniques. During the treatment, the recipient actively identifies the pain points and intensity, often using deep breathing to enhance release. This therapy helps relax tight muscles, easing discomfort and reducing muscle tension, pain, stress from chronic injuries and improving mobility.

Dry Needling (Modern Acupuncture)

Dry needling is an evidence-based treatment that involves inserting a needle into trigger points. This technique reduce muscle tension, relieves pain, improve mobility, and speed up recovery for active rehabilitation.

Lymphflow Revive Massage

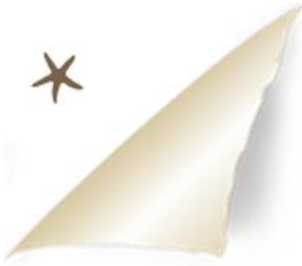
This treatment offers effective recovery from prolonged travel and fluid retention, using specialized manual techniques to improve lymph circulation and encourage deep relaxation. The Lymphatic drainage massage begins with guided breathwork and ends with a targeted nasal drop applications to relieve headaches, improve breathing and enhance sleep quality.

Precision Cupping & Sport Therapy

This specialized treatment relieves deep muscle tension, enhance flexibility and speeds up recovery after physical activity. It combines targeted sport massage with precise vacuum cupping to release tight fascia and boost blood flow to the muscle. Gentle suction lifts and decompresses soft tissues, promoting circulation and easing stiffness. Ideal for athletes and those with muscle strain and chronic tension.

Shankha-Prakshalana (Digestive Detox)

Are you experiencing bloating, constipation, or indigestion? Our ancient Yoga techniques cleanse the entire digestive tract to relieve digestive issues and restore normal function. This practice strengthens the immune system, reduce mucus, purifies the blood, tons the liver, support weight management, and promotes mental clarity by reducing sluggishness.



Visiting Wellness Practitioner Dr. Anil Singh

Nasyam (Sleep & Sinus Treatment)

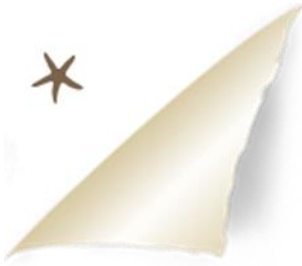
This ancient Ayurveda treatment clears mucus blockages from the nasal passages, stimulating brain cells and alleviating sleep apnea, insomnia, headache, migraine, and ENT issues. Nasyam is especially effective for sinusitis and chronic colds. The treatment begins with a gentle massage on the head, forehead, and face, followed by a warm compress or light facial steam. Medicated oil is then gently instilled into the nostrils in a precise dosage to relieve congestion.

Hypnotherapy

Ready to release memories and emotions that no longer serve you and embrace a brighter, empowered self? Hypnotherapy is a powerful, natural technique that guides you into a relaxed, focused state, creating space for positive, lasting change. In this state, you can safely let go of emotional ties to past experiences and unlock new insight and resources for navigating life's challenges. Hypnotherapy offers a clarity, helping you shape to life you truly desire.

Yoga or Meditation Session

This alignment and correction-based session allows you to deepen your practice and focus on the most beneficial elements for your current practice. Dr. Anil is a master of proper posture alignment and hands on adjustment in yoga postures. He has been led Yoga Teacher Training sessions and collaborated with several hundreds of teachers around the world. Join him to enhance your yoga practice techniques.



Visiting Wellness Practitioner Dr. Anil Singh

Trigger Point Therapy 60 90 Minutes	\$250 290
Dry Needling (Modern Acupuncture) 60 minutes	\$250
Lymphflow Revive Massage 90 minutes	\$290
Precision Cupping & Sport Therapy 60 90 minutes	\$250 290
Shankha-Prakshalana (Digestive Detox) 90 minutes	\$280
Nasyam (Sleep & Sinus Treatment) 45 minutes	\$190
Hypnotherapy 60 minutes	\$250
Yoga or Meditation Session 60 minutes	\$190

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

