

Visiting Wellness Practitioner Numthip Puntha (Amp)

10th May – 16th June 2025

Physiotherapist (B.Sc.), Wellness (Grad. Dip), Lifestyle Medicine (Cert.), Master Reiki Practitioner, Sound Healing Practitioner and Chi Nei Tsang Practitioner. Numthip has an exclusive background in physiotherapy, and trained in alternative medicine, stress management, coaching, and energy work. Her passion is to focus on mind, body, and spiritual connection and to assist people in being aware, learning & self-discovering their potential, and fulfilling their happiness.



- ✧ **Healing Touch Massage**
- ✧ **Tibetan Sound Healing**
- ✧ **Reiki Healing**
- ✧ **Chi Nei Tsang**
- ✧ **Lymphatic Detox Massage**
- ✧ **Cranial Release**

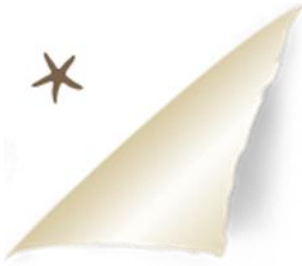
Immerse yourself in the calming vibration of Tibetan Singing Bowls for a deeply relaxing and meditative experience with Sound Bath Meditation

Monday and Friday

Time: 07:30 -08:15 a.m.

Venue: Yoga Champa

(Complimentary)



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Healing Touch Massage

Through hands-on experience, a unique healing touch is created by combining relaxing massage, vibrational healing, and energy work. This helps to release muscular and organ tensions, stimulate the circulation, thus supporting the release of toxins, and therefore enhancing a deeper state of relaxation and peaceful mind. The treatment suits people of all ages and promotes better energy, improve posture alignment, and enhance sleep quality.

Tibetan Sound Healing

Enhanced with the restorative sound vibration from Tibetan singing bowls that resonates with the body fluid, the body's energy is cleansed and rejuvenated. It helps to slow down the brain wave frequencies and to rest the mind during a pre-meditation experience.

Reiki Healing

Reiki is an ancient hands-on technique that involves the re-aligning of energy within the body. It helps our healing system to work to its full potential, revitalizing and restoring everything to balance and harmony. The treatment begins with a hands-on session to release blockages, followed by Tibetan Singing Bowls to balance the energies, relax, and reduce stress.

Abdominal Chi Massage

The Chi Nei Tsang is useful in reducing intestinal blockages, cramps, knots, lumps, scar tissues, headaches, poor blood circulation, back pain, menstrual cramps, depression, and anxiety. It embraces the holistic approach to massage therapy treating the person as a whole, integrating physical, mental, emotional, and spiritual aspects.

Lymphatic Detox Massage

This is a very gentle but very powerful hands-on treatment to remove superficial lymph nodes along the lymphatic pathway. This treatment helps to improve the metabolism, eliminates toxins, and fluid retention, unblocks the energy channels, and restores vital energy.



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Cranial Release

A head massage using coconut oil to eliminate stress and fatigue caused by mental tension. It harmonizes the mind, body, and spirit. It stimulates the vital areas on the head, neck, and shoulder to help in achieving overall balance. It helps improve blood circulation and enhances the flow of cerebral-spinal fluid, which nourishes the entire nervous system. This treatment supports stress, mental fatigue, insomnia, respiratory difficulties, headache, low energy, and head and neck tension.

Healing Touch Massage

90 minutes

\$ 290

Tibetan Sound Healing

60 minutes

\$250

Reiki Healing

60minutes

\$250

Abdominal Chi Massage

60 | 90 minutes

\$250 | 290

Lymphatic Detox Massage

90 minutes

\$ 290

Cranial Release

60 minutes

\$250

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