

Visiting Wellness Practitioner Sinimol Thomas

10th September – 30th September 2025

A highly experienced Wellness Practitioner with extensive training in Ayurvedic Acupuncture, Marma Therapy, and a deep foundation in the Ayurvedic traditions of Kerala, India. With over 15 years of expertise, Sini provides personalized, results-driven healing and rejuvenation therapies. Her professional experience spans luxury hotels, resorts, Ayurvedic hospitals, and clinics, with a strong focus on integrative wellness and holistic Ayurvedic practices.

Meet Sini for a complimentary consultation to deepen your knowledge about Ayurveda and body constitution



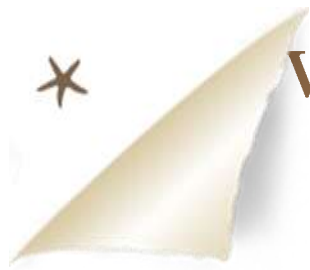
Awaken your body, calm your mind, and energize your spirit with Hatha Yoga

Monday and Friday

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

Venue: Yoga Champa

(Complimentary)



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Marma-Puncture Therapy

This treatment works on the **body's** vital energy points that carry the life force. Through gentle acupuncture techniques, subtle energy centers are stimulated to restore flow, release blockages, and awaken the **body's** natural healing ability. Rooted in Ayurvedic wisdom, Marma-Puncture harmonizes dosha balance, prana flow, and organ function. This deeply restorative therapy relieves muscle and joint fatigue, eases stress and tension, alleviates pain, and renews vitality—leaving you with a profound sense of balance and well-being.

Marma Detox Therapy

A deeply cleansing and revitalizing experience that blends the wisdom of Ayurveda with the precision of Indian acupuncture. This unique therapy combines a full-body massage on specific Marma points with gentle acupuncture stimulation to activate detox pathways at a deeper level. By balancing the five elements and restoring prana flow, it supports the **body's** natural purification process inside and out. Ideal for detoxification, body contouring, and total rejuvenation.

Kalari Chikitsa

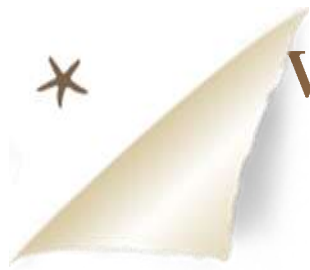
Kalari Massage restores balance to the **body's** tridoshas—Vata, Pitta, and Kapha—using specialized Thailam (medicated oils and herbs) tailored to individual needs. Traditional techniques activate and harmonize the seven chakras, improving circulation and mental clarity. Especially beneficial for fatigue, headaches, insomnia, this treatment provides a complete reset for the nervous system, leaving you deeply relaxed, revitalized, and balanced.

Nasyam

A rejuvenating Ayurvedic treatment that clears accumulated toxins, strengthens the senses, and balances Prana. Gentle herbal oils are administered through the nasal passages to promote purification, vitality, and mental clarity.

Benefits: Relieves sinus issues, headaches, stress, insomnia, and supports hair and overall wellness.





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Marma-Puncture Therapy
60 I 90 minutes

\$ 250 I 300

Marma Detox Therapy
60 minutes

\$ 250 I 300

Kalari Chikitsa
60I 90 minutes

\$ 250 I \$300

Nasyam
45 minutes
\$190

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

