

# Visiting Wellness Practitioner **Braj Raj Singh** 1<sup>st</sup> October – 30<sup>th</sup> October 2025

Braj is a dedicated wellness practitioner who believes true healing comes from caring for the whole person, body, mind, and spirit. With more than 15 years of experience at world-class resorts including Leela Palace Udaipur, Anantara, Conrad, InterContinental, Raffles, and Six Senses, he is renowned for exceptional guest care and transformative therapies.

Blending traditional health practices with modern wellness science, Braj creates personalized sessions tailored to each guest's unique needs and lifestyle. His warm, approachable nature makes every consultation and treatment a comfortable, supportive experience. Passionate about delivering memorable wellness journeys, he helps guests achieve balance, clarity, and lasting well-being.



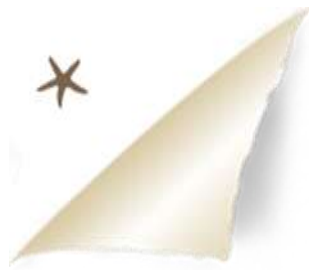
Join Brij for Hatha Yoga to start your day ahead

**Monday and Friday**

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

**Venue: Yoga Champa**

(Complimentary)



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### Posture Alignment

This session is designed for people who work at desks or spend long hours at a computer. The treatment begins with gentle stretches to support healthy muscles and joints, followed by personalized alignment techniques to release tension and boost circulation. It helps realign the body, relieve strain, and support better posture for long-term health.

### Power of Touch

A holistic treatment that restores balance to your mind, body, and spirit. This deeply relaxing experience combines energy healing, acupressure, and soothing aromatherapy to release tension and promote inner peace.

### Chakra Balancing

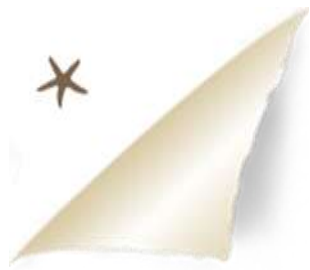
This treatment restores balance by unblocking the seven chakras, helping you release emotional tension and find deep relaxation. Gentle hands-on techniques combined with the soothing vibrations of a massage bowl calm the nervous system, ease muscle tightness, and harmonize the body's energy. Perfect for anyone seeking stress relief, mental clarity, and a renewed sense of balance, this therapy offers a unique blend of relaxation and rejuvenation for both body and mind.

### Cupping Therapy

An ancient healing practice, with gentle suction on the skin, to improve circulation, ease muscle tension, reduce inflammation, and support detoxification. It can also help relieve chronic pain, boost immunity, and enhance overall well-being. The treatment ends with a soothing massage to deepen relaxation and leave you feeling refreshed and revitalized.

### Anti-Cellulite Cupping Therapy

Revitalize your skin with this gentle, non-invasive treatment inspired by ancient healing. Soft cups create a light vacuum to improve circulation and lymphatic drainage, helping reduce the appearance of cellulite. The result is smoother, firmer skin, improved tone, and a natural boost of confidence.



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### Anti-Aging Cupping Facial

Refresh and rejuvenate your skin with this gentle yet effective facial. Using small cups to lift and tone it stimulates circulation, boosts collagen, and reduces puffiness and fine lines. The result is a radiant, youthful glow and beautifully renewed skin.

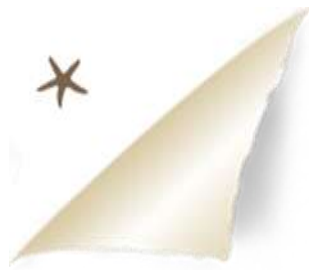
### Devine Sound Bath

Experience a profound journey for the mind and body with the healing vibrations of sound. While you lie in comfort, Brij uses Tibetan singing bowls to create a soothing soundscape that eases tension and promotes deep relaxation, supports better sleep, reduces anxiety, sharpens clarity, and restores inner harmony.

### Acro Yoga

Reconnect with your inner self through guided postures that stretch the body, improve balance, sharpen focus, and boost inner confidence. Suitable for both beginners and advanced levels, this practice nurtures the mind, body, and soul.





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Posture Alignment  
60 | 90 minutes \$ 250 | 300

Power of Touch  
60 | 90 minutes \$ 250 | 300

Chakra Balancing  
90 minutes \$300

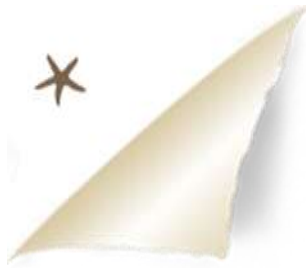
Cupping Remedy  
60 | 90 minutes \$250 |  
\$300

Anti-Cellulite Cupping Therapy  
75 minutes \$ 300

Anti-Aging Cupping Facial  
60 minutes \$ 225

Divine Sound Bath  
45 minutes \$ 150

Acro Yoga  
45 minutes \$ 150



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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

