



Visiting Wellness Practitioner Dr. Anil Singh

1st November 2025 – 15th January 2026

For the past 24 years, Dr. Anil has dedicated his career to helping clients achieve a holistic and balanced lifestyle. Originally from India, he is a Naturopath, Yoga Expert, Trigger Point Therapist, and Hypnotherapist. He has worked across Asia, Africa, and the Middle East, including with Six Senses, in various roles related to wellness and yoga.

Dr. Anil specializes in cleansing and detoxification through Yoga and Ayurvedic therapies, pain relief using trigger point therapy, and emotional balance through hypnotherapy.

You are invited to a complimentary 20-minute wellness consultation with Dr. Anil to explore your needs and discover healthy ways to restore balance to your life



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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Trigger Point Therapy

Trigger Point Therapy is an effective alternative to Sports Massage, designed to relieve pain and discomfort through deep pressure, stretching, and mobilization techniques. During the session, the guest actively helps identify the exact pain points and their intensity through deep breathing, facilitating a deeper release. This therapy relaxes tight muscle areas, reduces pain and tension from chronic injuries, relieves stress, and improves mobility naturally.

Dry Needling (Modern Acupuncture)

Dry needling is a scientifically proven treatment that uses fine needles to target trigger points, small, tight knots in the muscles that cause pain and tension. This technique helps release muscle tightness, reduce pain, improve range of motion, and speed up recovery.

Muscle Energy Technique (MET)

MET is a hands-on therapy that utilizes gentle muscle contractions to alleviate pain, enhance flexibility, and restore balance. It's safe and effective for easing tight muscles, joint stiffness, and posture issues—ideal for athletes, desk workers, and anyone seeking better mobility and injury prevention.

Lymph-flow Revive Massage

This treatment helps you recover from long journeys and reduce fluid retention. It uses gentle manual techniques to boost lymphatic drainage and promote deep relaxation. The therapy supports circulation, calms the nervous system, balances hormones, and enhances overall well-being. It concludes with a special nasal drop that relieves headaches, eases breathing, and improves sleep.





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Nasyam (Sleep & Sinus Treatment)

It is an ancient Ayurvedic treatment that clears mucus from the nasal passages. It helps improve brain function and relieves sleep issues, headaches, migraines, sinusitis, and chronic colds. The treatment begins with a gentle massage of the head and face, followed by a warm steam, then medicated oil is carefully applied to the nostrils to unclog them.

Hypnotherapy

Are you ready to let go of memories and emotions that no longer serve you and create a brighter, positive side within yourself? Hypnotherapy is a safe, natural method that puts you in a relaxed trance state, allowing lasting positive changes. It can help release negative emotions, achieve desired outcomes, and access inner resources to handle life's challenges, boosting your health, happiness, and overall well-being.

Dr. Anil's Curated Session

Dr. Anil personalizes each consultation by understanding your needs, lifestyle, and goals. Using his expertise, he designs treatments and practices specifically tailored to your body and mind





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Trigger Point Therapy 60 90 minutes	\$ 250 320
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Dry Needling (Modern Acupuncture) 60 minutes	\$ 250
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Muscle Energy Technique (MET) 60 minutes	\$ 250
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Lymph-flow Revive Massage 90 minutes	\$320
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Nasyam (Sleep & Sinus Treatment) 45 minutes	\$200
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Hypnotherapy 60 minutes	\$225
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Dr. Anil's Curated Session 60 90 minutes	\$ 250 320
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Advance reservation is essential. Please contact your Friday or spa at 5457
Prices are quoted in USD dollar are subject to service charge and goods and service tax

