

Visiting Wellness Practitioner

Braj Raj Singh

Braj Raj Singh is a dedicated holistic wellness practitioner who believes true healing begins by treating the whole person. He combines traditional healing principles with modern wellness science to create personalized treatments tailored to each guest's needs and lifestyle. With over 15 years of experience in ultra-luxury resorts across Asia, including



the Maldives, India, Thailand, and the Middle East, he is known for delivering exceptional, transformative wellness experiences. His warm and compassionate approach ensures every client feels comfortable and supported

Join Braj for Hatha Yoga to start your day mindfully

Monday & Friday

Time: 07:30 – 08:15am

Venue: Yoga Champa

(Complimentary)



Posture Rebalance Therapy

A restorative full-body treatment design for a modern lifestyle. Ideal for those who spend long hours at the screen. This session combines targeted stretches, myofascial release, pressure points therapy, and mindful breathing and joint mobility to release tension and restore balance.

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.

Trigger Point Therapy

A focused therapeutic massage that targets tight, sensitive muscle areas causing pain and stiffness. The therapist applies precise, sustained pressure to release tension, improve circulation, and restore the natural movement. Ideal for chronic tension postural strain, sports tightness, and travel fatigue. This treatment improves flexibility and supports faster muscle recovery.

Chakra Balancing

A deeply relaxing treatment designed to rebalance the seven chakras and restore energy flow. Using hands-on techniques and the therapeutic vibration of the singing bowl, this session helps to release tension, calm the nervous system, and ease emotional stress. Ideal for those who are feeling overwhelmed or seeking mental clarity and deep relaxation.

Divine 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.





Posture Rebalance Therapy 60 90 minutes	\$ 250 300
Power of Touch 60 90 minutes	\$ 250 300
Trigger Point Therapy 90 minutes	\$300
Chakra Balancing 90 minutes	\$300
Divine Sound Bath 45 minutes	\$150
Acro Yoga 45 minutes	\$150

Advance reservation is essential please contact your Friday or spa at 5457

Price are quoted in USD dollar are subject to 28.7% service charge and goods and service tax

