

VISITING PRACTITIONER

ARADHANA



Aradhana is a highly experienced Naturopath with more than ten years of expertise in the luxury wellness industry.

Guided by a holistic approach, she believes that optimal wellbeing is achieved when the body, mind, emotions, and energy are in balance.

Through personalized and intuitive wellness sessions, Aradhana provides a supportive environment that encourages deep relaxation, emotional healing, energy restoration, and overall harmony. Each session is carefully tailored to help you enhance your vitality, gain clarity, and achieve a greater sense of wellbeing.

SPECIALISED THERAPIES

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| ✧ Shamanic Cleanse Ritual | ✧ Traditional Karsai Therapy |
| ✧ Face Sculpting Therapy (Kobido) | ✧ Tarot Card Reading |
| ✧ Cups of Healing | ✧ 4-Hour Healing Journey |
| ✧ Gut Cleanse | ✧ 6-Hour Healing Journey |
| ✧ Tao Abdominal Healing Massage | |

Experience renewal and inner balance with Aradhana's complimentary wellness session:

"E-Motion Flow"

Moving Body to Release Emotions

A restorative practice combining movement and breathwork to promote emotional release, balance, and wellbeing

07:30 AM - 08:15 AM | Yoga Champa

Every Monday & Friday

WELLNESS RITUALS BY ARADHANA



Shamanic Cleanse Ritual

60 | 75 minutes

USD 250 | 290

A sacred healing ritual combining mindful touch, meridian point massage, and vibrational therapy to cleanse the aura, release stored emotions, and restore energetic harmony.



Face Sculpting Therapy (Kobido)

60 | 75 minutes

USD 250 | 290

A rejuvenating facial therapy that releases tension and stored emotions while naturally lifting, firming, and enhancing radiance through gentle sculpting and lymphatic drainage.



Tao Abdominal Healing Massage

60 | 75 minutes

USD 250 | 290

An ancient Taoist practice that supports digestive wellbeing, encourages natural detoxification, releases abdominal tension, and restores inner balance and vitality.



Cups of Healing

60 minutes

USD 250

A therapeutic blend of Fire Cupping and Moxa Cupping designed to ease muscular tension, improve circulation, stimulate energy flow, and support the body's natural healing processes.



Gut Cleanse

60 minutes

USD 250

A gentle yet effective abdominal therapy that supports detoxification, relieves bloating, enhances digestive function, and promotes a greater sense of lightness and wellbeing.



Tarot Card Reading

45 minutes

USD 200

A reflective session offering clarity, guidance, and deeper insight through the wisdom of tarot, helping illuminate pathways for personal growth and self-discovery.



Traditional Karsai Therapy (Exclusively for Women)

60 | 75 minutes

USD 250 | 290

A specialized therapeutic treatment designed to support feminine wellbeing by improving circulation, releasing deep-seated tension, restoring energetic balance, and promoting profound relaxation.



Healing Journey

4 Hours

USD 900

6 Hours

USD 1,350

Fully personalized wellness experiences curated from Aradhana's signature therapies to support deep restoration, emotional release, energetic renewal, and holistic wellbeing

Advance reservation is essential. Please contact your Mr./s. Friday or Meera spa at 5457

Prices quoted are subject to Service Charge and Goods and Service Tax

