

VISITING PRACTITIONER

JULIAN EYMANN



With nearly three decades of experience in therapeutic bodywork, Julian Eymann combines Eastern and Western techniques to help relieve tension, restore mobility and enhance overall wellbeing. Having collaborated with pain management specialists, athletic training camps and leading wellness consultants worldwide, he brings extensive expertise and a personalised approach to every treatment.

Specialising in Trigger Point Therapy, Myofascial Release and Structural Re-Alignment, his tailored therapies are designed to ease chronic discomfort, support recovery from sports injuries, improve posture and promote lasting physical wellbeing.

SPECIALISED THERAPIES

✧ Structural Re-Alignment

✧ Trigger Point Therapy

✧ Myofascial Release

✧ East West Meridian Therapy

Experience Julian's complimentary group wellness session:

Restorative Yin Yoga

A gentle and meditative practice designed to release tension, improve flexibility and restore inner balance through mindful breathing and long-held postures.

07:30 to 08:15 am | Yoga Champa

Every Monday and Friday

RESTORATIVE THERAPIES BY JULIAN



Structural Re-Alignment

60 | 90 minutes

USD 250 | 300

Using specialised rolfing techniques, this treatment helps release tension within your major joints and spinal structures. Through precise pressure and alignment methods, it supports improved posture, mobility and overall physical balance.



Myofascial Release

60 | 90 minutes

USD 250 | 300

Designed to ease deep muscular tension and improve movement, this therapy uses targeted forearm and elbow techniques to release restrictions within the fascia. Ideal for helping you address chronic tightness, injuries and postural imbalances.



Trigger Point Therapy

60 | 90 minutes

USD 250 | 300

This focused treatment targets specific areas of tension and inflammation within your muscles. Through precise pressure and mobilising techniques, it helps relieve pain, restore movement and enhance overall physical wellbeing.



East West Meridian Therapy

60 | 90 minutes

USD 250 | 300

A unique fusion of Eastern and Western healing practices, this therapy uses pressure points along your body's meridians to promote energy flow, support lymphatic drainage and help restore balance to both body and mind.

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

