



SIX SENSES SPA



## Wellness Practitioner “Melody”

Melody is from the far North East of India, specializing in Classical forms of Hatha Yoga, Mat Pilates, Ayurveda and Spa therapies. Melody studied Hatha and Ashtanga Yoga in Rishikesh which is the birth place of Yoga and meditation, and Sivananda ashram in Kerala.

### Yoga

60min 5000THB

Choose from Hatha or Sivananda forms of yoga with personalized attention with adjustments that is suitable from beginner to advanced various techniques to target on individual needs.

### Pranayama

30min 2800THB

Prana (life force) yama (control) uses different breathing exercises to removes blockages in energy channels, strengthens the respiratory system, improves concentration and clarity of the mind.

### Yoga Nidra

45min 3800THB

A guided meditation known as “Psychic sleep” which uses different visualization techniques whilst you are in the border between awake and asleep to awaken awareness and relax the conscious mind.

### Yogic Detox Cleanse

90min 7000THB

Laghoo Shankha Prakshalana is a non invasive full intestinal wash or cleanse, using 6-8 glasses of lightly salted water and performed five specific Yoga postures. A simple, natural and effective way to detox and clean the whole digestive system by encouraging good bowel movement.

### Mat Pilates

60min 5000THB

Working with your core for strong power house and improved spinal alignment with tone muscle. Helps to improved better postures and increased body awareness.

### Kerala Therapy

120min 12000THB

Based on Ayurvedic principles to rejuvenate and relax the entire body. The journey begins with herbal steam bath and a body polish, followed by a nourishing Ayurvedic massage, facial massage to reduce wrinkles and create a radiant glow. Deep hair conditioning with yoghurt completes the experience.

### Therapeutic Fusion Massage

90min 8800THB 60min 6500THB

A custom massage designed to restore calm while removing energy blockages. Helpful for those suffering from mental and physical tension, lack of energy and insomnia.

