

BALANCE WELLNESS CONSULTATIONS WITH KELLY MANNING

Head of Wellness, Resident Nutritionist and Wellness Consultant



balance

WELLNESS BY ANANTARA



Our Balance Wellness philosophy harnesses a wholistic healing approach to capture the essence of harmony and 'homeostasis'. At Anantara Kihavah, we recognise you as a whole person on a unique and multifaceted life journey and we endeavor to provide you with the appropriate tools and experiences which propel you to accomplish your inherent equilibrium. Our wellness experts are here to guide you on your transformational pathway.

Kelly qualified as a Naturopath and Nutritional Therapist in 2015 in London, UK and has since dedicated her global life work in empowering others towards achieving conscious and fulfilling lives. Her menu consists of personalised consultations, functional testing and tailored healing programmes. Kelly's warm-hearted and conscientious approach invites a nurturing and authentic sharing space to navigate towards your unique wellbeing potential.

NUTRITION & LIFESTYLE CONSULTATION

60 mins/90mins

USD 200/person | USD 360/couple

Awaken to conscious eating approaches and healthier lifestyle habits in a personalised in-depth session addressing your unique wellness goals and concerns. Whether you are looking to enhance your sleep quality, balance your weight, detox your mind and body or simply improve your eating habits this consultation can help you to address the underlying cause of your wellness concern. Following the session you will receive a personalised roadmap to wellbeing in the form of a tailored Nutrition & Lifestyle report, wellness handouts, diet plans and if necessary, a supplement protocol.

FLOWER ESSENCE THERAPY

60 mins USD 180

"Bach Flower Essences are powerful yet gentle healing tools that can catalyse the resolution of deep emotional imbalances." All dimensions of your emotional wellbeing are considered and addressed in this unique healing consultation. Flower essences allow you to shine the torch on chronic emotional imbalances whilst welcoming remembrance and reconnection to the elements of your whole self. Kelly will guide you on an exploratory journey into your unique patterns of being through conversive exchange and card reading and will prescribe you with your own unique remedy of Bach flower essence to take home with you.

EPIGENETIC TEST & ANALYSIS

20 mins + 30 mins/person

USD 195/person | USD 350/couple

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which provides information about your body's levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants, and contaminants. Discover which daily nutritional and environmental factors are impacting your body's cells and learn through a personalised reading with Kelly how to reverse your epigenetic expression and live a healthier more resilient life.

Choose from the following report option: Optimise Immunity & Wellbeing; Vegan Immunity & Wellbeing; Professional Training; Sport & Fitness, Nutrition; Youthful Cells; Hair, Skin & Nails; Baby & Child.

** The epigenetic report is available in various languages – please discuss with Kelly before your test.*

SPA & WELLNESS ASSESSMENT & CONSULTATION

30 mins/Complimentary

Experience a one-on-one consultation taster with Kelly and receive a tailored spa and wellness programme based on your own unique preferences and wellness goals.

OPTIMISATION RETREATS

Optimisation is an awakening process whereby you become aware of the effects your diet, lifestyle and environment have on your body; you feel the positive choices that you make, and you become responsible for your own destiny.

Three - Day Optimise Nutrition Retreat

USD 250

Discover problematic foods which may be burdening your body and the value of key nutrients to increase for greater energy and wellbeing.

Day 1: 1x Retreat Introduction (30 mins)

Day 2: 1x Epigenetic Test (30 mins)

Day 3: 1x Optimise Nutrition Epigenetic Analysis (30 mins)

1x Personalised Optimise Beverage

Five - Day Optimise Youthful Cells Retreat

USD 550

The youthful cell retreat is a 5-day programme designed to assist you in your quest for a youthful glow and vitality from the inside out.

Day 1: Retreat Introduction (30 mins)

Day 2: Epigenetic Test (30 mins)

Day 3: Optimise Youthful Cells Epigenetic Analysis (30 mins)

Day 4: Nutrition & Lifestyle Consultation (60 mins)

Day 5: Retreat Review (15 mins)

3x Personalised Optimise Beverage

1x Terranova Synergistic Supplement

Seven - Day Optimise Immunity & Wellbeing Retreat

USD 790

Maximise your overall wellbeing to its full potential in this 7-day comprehensive Nutrition & Lifestyle retreat.

Day 1: Retreat Introduction (30 mins)

Day 2: Epigenetic Test (30 mins)

Day 3: Epigenetic Optimise Immunity & Wellbeing Report Analysis

Day 4: Nutrition & Lifestyle Consultation (60 mins)

Day 5: Intuitive Dance Movement (45 mins)

Day 6: Flower Essence Therapy (60 mins)

Day 7: Retreat Review (15 mins)

5x Personalised Optimise Beverage

1x Terranova Synergistic Supplement

1x Personalised Flower Essence Remedy

**Vegan Optimise Immunity & Wellbeing retreat also available*

Nutrition & Lifestyle Consultations include a personalised report and handouts.

All prices are subject to 10% service charge and 16% government taxes.