



## SPECIAL INTRODUCTORY PRICING

# HIMALAYAN SINGING BOWLS THERAPY

Himalayan singing bowls are an ancient form of regeneration. The bowls are made on full moon nights in Nepal using seven metals. Singing bowls are used for deep relaxation and release blockage to encourage energy flow. Each bowl has its own unique tone and aids in treating mental or emotional worries, anxiety, depression and insomnia while also stabilising blood pressure.

### Balancing Sound Healing

45 mins THB 3,200++

This singing bowl therapy starts with an aura cleansing session to rid the body of negative energy. The treatment is designed for a full body function re-balance. The calming and resonant sounds help to reduce stress, anxiety, migraines, and hypertension, as well as improve the sleep cycle and overall sense of wellbeing.

### Relaxing Singing Bowl Therapy

60 mins THB 3,900++

Our body is not only physical and mental but also made up of energy. The chakra system holds our body's energy, "Prana" or life force in Ayurveda. Our practitioner uses the singing bowls and works along the seven chakras in the body. The sound waves and vibrations from the singing bowls bring the body and mind to a state of deep relaxation.

### Backache Therapy with Sound Healing

60 mins THB 4,200++

With the sound wave and vibration of rolling techniques, pain is relieved in focused areas. This restorative treatment is ideal for office syndrome, back, neck and shoulder pain. A soothing back massage is combined with sound healing to treat muscle tension and pain.

*Prices are in Thai Baht and subject to 10% service charge and applicable government tax.  
Offer cannot be used in conjunction with any other promotions or discounts and is available at Anantara Spa at Anantara Layan Phuket Resort only.*

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