

Narucha - Integrative Healing

TOK SEN ACCUPRESSURE MASSAGE (90 MIN)

CHI NEI TSANG ABDOMINAL MASSAGE (1 HR)

PRIVATE SOUND HEALING SESSION (1HR)

With over 15 years of experience spanning multiple prestigious resorts across the globe, Narucha brings a wealth of expertise to every session.

Narucha specializes in a range of holistic therapies, including abdominal massage with Tok Sen and Chi Nei Tsang, two ancient healing techniques rooted in traditional Thai medicine.

Through her sessions, Narucha aims to guide her clients towards physical, mental, and emotional balance, drawing on her expertise to address specific concerns and promote overall well-being.

Passionately, she takes a personalized approach to each client, carefully tailoring her treatments to suit individual needs and preferences. Her warm demeanor and compassionate nature create a welcoming space where clients can feel at ease and fully supported on their wellness journey.



Sandy - Integrative Bodyworker

LYMPHATIC FACIAL TREATMENT

REALIGNMENT WITH CUPPING (90 MINS)

REALIGNMENT WITH CUPPING (2HRS)

With a background as a trainer for the Thai Traditional Medical Association, Sandy brings a wealth of knowledge and expertise to her practice as an integrative bodyworker. Her dedication to holistic wellness and years of experience have equipped her with a unique skill set focused on restoring balance and promoting well-being.

Sandy offers private sessions in:

Lymphatic Facial Realignment with Cupping

The Lymphatic Facial treatment is designed to encourage lymphatic circulation, promoting the removal of waste and toxins from the body. By improving circulation, delivering oxygen to the skin, and draining toxins, this treatment helps reduce inflammation, puffiness, and promotes a radiant glow from within.

Sandy's realignment sessions with cupping therapy provide a comprehensive approach to restoring balance and harmony to the body. Through gentle manipulation and the use of cupping techniques, Sandy works to realign the body's structure, release tension, and alleviate discomfort, leaving you feeling rejuvenated and revitalized.

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Sam - Shamanic Healing

THE HEALING WAY SESSION (75 MINS)

Prepare for a profound journey of healing and transformation as Sam unveils your hidden potential. From exploring consciousness in the Himalayan foothills to discovering the ancient wisdom of Shamanism, Sam's journey has been one of self-discovery. Trained in core shamanic healing techniques, Usui Reiki, and mindfulness meditation, Sam offers a unique and personalized experience. His greatest joy comes from seeing people reclaim their power and awaken to self-awareness.

Sam specializes in:

Soul Retrieval: Restore lost fragments of your soul to return to wholeness.

Power Animal Retrieval: Restore lost personal power and connect with compassionate spirits.

Extraction Healing: Safely remove negative energies for spiritual wellness.

Tuvan Drum Healing: Facilitate healing through therapeutic rhythms and vibrational resonance.

Usui Shiki Ryoho Reiki: Experience deep relaxation, stress relief, and emotional support.



Simon - Quantum Energy Healing

REIKI ENERGY HEALING SESSION (1HR)

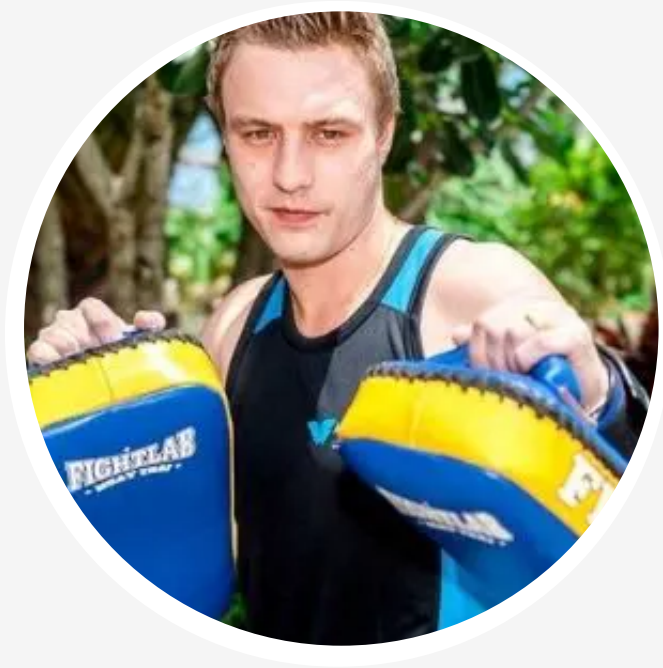
Step into the realm of quantum healing with Simon, a dedicated practitioner of energy medicine. With a deep understanding of the subtle energies that permeate the universe, Simon offers transformative Reiki healing sessions designed to restore balance and vitality to your mind, body, and spirit.

Trained in the ancient art of Reiki, Simon combines traditional techniques with cutting-edge insights from quantum psychics to facilitate healing on a profound level.

During his sessions, Simon works with the universal life force energy to clear blockages, release stagnant energy, and promote holistic well-being. Whether you seek relief from physical discomfort, emotional stress, or simply wish to enhance your overall vitality, Simon's gentle touch and intuitive guidance will support you on your healing journey.

Experience the transformative power of quantum energy healing with Simon.

Rediscover your innate potential for health and vitality as you realign with the harmonious flow of life energy. Book your Reiki healing session with Simon today and embark on a journey of profound healing and self-discovery.



Nico - Private Muay Thai Session

PRIVATE MUAY THAI BOXING (1HR)

Step into the world of Muay Thai with Nico, an experienced instructor ready to guide you through a personalized training session tailored to your individual goals and fitness level.

Whether you're a seasoned practitioner or a complete beginner, Nico's private Muay Thai sessions are designed to accommodate all levels of experience.

During your session, Nico will introduce you to the fundamentals of Muay Thai, including striking techniques, footwork, and defensive maneuvers. Through a combination of pad work, partner drills, and conditioning exercises, you'll develop strength, agility, and confidence in your abilities.

Nico's approachable teaching style and attention to detail ensure that each session is both challenging and enjoyable. With his expert guidance, you'll not only improve your martial arts skills but also enhance your overall fitness and well-being.



Bee - Private Raw Food Class

PRIVATE RAW VEGAN CLASS (1HR)

Join Chef Bee for an exclusive culinary experience where you'll discover the vibrant world of plant-based cuisine. In this private raw vegan food class, Chef Bee will guide you through a hands-on exploration of delicious recipes designed to promote health and vitality.

With Chef Bee's expertise and passion for plant-based living, you'll learn the art of creating nutritious and flavorful dishes using fresh, whole ingredients. From vibrant salads to indulgent desserts, Chef Bee will share her secrets for crafting raw vegan delights that nourish the body and delight the senses.

During your session, Chef Bee will demonstrate essential techniques for preparing raw vegan meals, from proper ingredient selection to innovative flavor combinations. You'll have the opportunity to ask questions, experiment with new ingredients, and refine your culinary skills under Chef Bee's expert guidance.

Whether you're a seasoned chef or a novice in the kitchen, Chef Bee's private raw vegan food class offers something for everyone. Discover the joy of plant-based cooking and empower yourself to create meals that support your journey to health and vitality.



Hayden - Success Coaching

WELLNESS & LIFE CHANGE COACHING

In his private coaching sessions, Hayden provides a supportive and empowering environment where clients can explore their goals, overcome challenges, and unleash their full potential. Through personalized guidance and actionable strategies, Hayden helps individuals cultivate the mindset, habits, and behaviors needed to thrive in all areas of life.

A Message from Hayden:

"We all face challenges on the journey to personal and professional growth. My mission is to provide you with the tools, support, and guidance you need to navigate those challenges and create the life you desire. Whether you're looking to improve your health, increase your wealth, or simply live with more purpose and fulfillment, I am here to help you every step of the way."

Ready to take the next step toward a happier, healthier, and wealthier life?

Schedule a free consultation with Hayden and discover how he can support you on your journey to success and well-being.

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Ai - Clinical Nutrition (online)

NUTRITIONAL CLINICAL COACHING (4 SESSIONS)

Ai offers blocks of 4 Nutritional Consultations (60-90 minutes) usually delivered via Zoom as she is located in the north of Phuket.

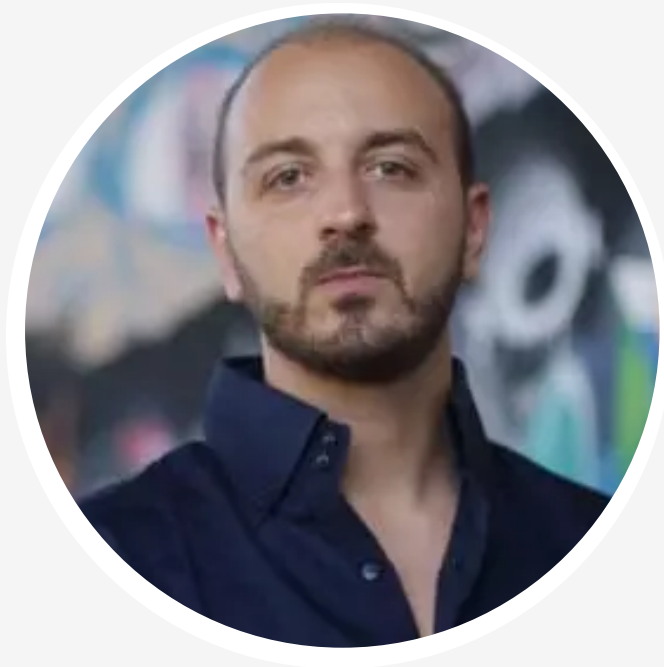
Ai is a registered Dietitian and Nutritionist of Australia and has been working in clinical nutrition and nutrition counseling for more than 18 years, in Australia, Hong Kong and Thailand.

Ai uses her life experience juggling her growing family and her clinical experience in Nutrition and Dietetics from both acute care in Australian hospitals to Wellness and Sports Nutrition to consult to private clients specialising in Women's Health, digestive health/IBS/Coeliac, Food intolerances and disordered eating.

Ai also has a diploma in Diabetes Management working with hypertension, blood sugars and cholesterol management.

Her background is diverse – she has worked in food consulting and menu development for leading hotels and resorts in Asia, restaurants, schools and private yachts, and consulted to hundreds of patients in private practice, clinical institutions, public health and nutrition research for the University of Sydney.

Ai has a passion for food, cooking and evidence-based science. She uses a practical, no-fuss approach to nutrition education and nutrition/dietary management.



Marco - Emotional Release Therapy

EMOTIONAL RELEASE SESSION

FAMILY CONSTELLATIONS

SUBTLE RECONNECTIVE ENERGY HEALING

Join Marco, an experienced therapist and energy healer with over 14 years of experience, for a transformative journey of emotional healing and personal growth.

Through a blend of therapeutic techniques and subtle energy work, Marco offers private sessions designed to address the root causes of emotional pain and support holistic wellbeing.

Whether you're struggling with emotional baggage, traumas, or subconscious limitations, Marco's goal is to facilitate your healing journey and help you achieve a state of complete wellbeing - physically, psychologically, and socially.

Discover a range of therapeutic modalities tailored to meet your unique needs and goals:

DMOKA/EMDR - Emotional Therapy: Release emotional baggage and traumas through eye movement therapy, facilitating deep healing and emotional release.

Theta Healing & Kinesiology: Explore and transform subconscious limitations, unlocking your potential for personal growth and transformation.

Family Constellations: Restore harmony and balance in family dynamics and relationships, addressing underlying issues and promoting healing.

Subtle Energy Work: Balance and improve the circulation of energy in the body, supporting the detox process and enhancing overall vitality.

Experience the power of emotional therapy and energy healing as you embark on a journey of self-discovery, healing, and transformation with Marco. Book your private session today and take the first step towards a life of greater emotional wellbeing and fulfillment.

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Maria - Yoga & Fitness Specialist

PERSONAL TRAINING & BOX FIT YOGA & MEDITATION

Unlock the transformative power of movement, breath, and mobility with Maria, as she guides you on a journey towards greater health, vitality, and empowerment.

Maria understands that optimal breathing and movement patterns are essential for maintaining physical and emotional wellbeing. Through personalized training tailored specifically for women, Maria helps clients find their inner warrior, strengthen their bodies, and nurture their spirits.

Discover the range of sessions offered by Maria:

1. Personalized Training: Find balance and empowerment through a tailored mind-body workout incorporating success visualization, boxing, and assisted PNF stretching and mobility techniques.
2. Assisted Stretching & Flex-Ability for Life: Improve flexibility, reduce stress, and increase energy with a 60-minute head-to-toe stretch focusing on major muscle groups using the PNF technique.
3. The Heart of Yoga: Connect within and activate the parasympathetic nervous system to bring calm to mind and body. Develop your own 15-minute Promise Practice and explore breathwork techniques for enhanced relaxation.
4. Hands-On Pranayama: Experience deep cellular rejuvenation and central nervous system restoration with a restorative treatment focused on breathwork. Strengthen your immune system and leave feeling deeply relaxed and rejuvenated.



Brian - Bodyworker (offsite)

DEEP TISSUE REALIGNMENT (25 MIN/OFFSITE)

Brian is a Canadian trained multidisciplinary practitioner with over twenty five years clinical experience who specializes in Biomechanical Rehabilitation.

Brian offers profound results through a variety of unique techniques involving a blend of Deep Tissue Massage Therapy, Pelvic Stabilization and spinal adjustments

Accident /Injury Rehabilitation, chronic back issues, low back pain, shoulder restrictions, neck pain/restriction/stiffness, ambulatory dysfunction and motion limitations of any joint may be addressed.

Brian is also trained and highly experienced in many other modalities and disciplines such as Manual Lymphatic Drainage, CranioSacral Therapy, Proprioceptive Neuromuscular Facilitation, Human Factors and Ergonomics to name just a few. Brian has been teaching rehabilitation and ergonomic techniques for more than fifteen years

Rehabilitation brings swift and predictable recovery of musculoskeletal dysfunction and biomechanical imbalances.

Brian's transformational sessions are 20-30 minutes in length and he has his own practice only 10 minutes from amity Wellness



Scott - Mindset Specialist

DYNAMIC TRANSFORMATIONAL THERAPY

INTERNATIONAL MINDSET SPECIALIST / NEURO-ASSOCIATIVE CONDITIONING /
PERFORMANCE PSYCHOLOGY

Scott, an internationally acclaimed Mindset Specialist, brings a wealth of experience spanning 25 years and over 80 countries. He has worked with diverse groups such as the GB Athletics team, the UFC, the Central Intelligence Department (CID), the British NHS, Hollywood actors, and Royalty. Additionally, he was the first non-medic employed by the US Government to support their Veterans in Asia during his tenure as a Deputy Headteacher.

Scott's Expertise Includes:

Coaching and mentoring for various organizations and individuals

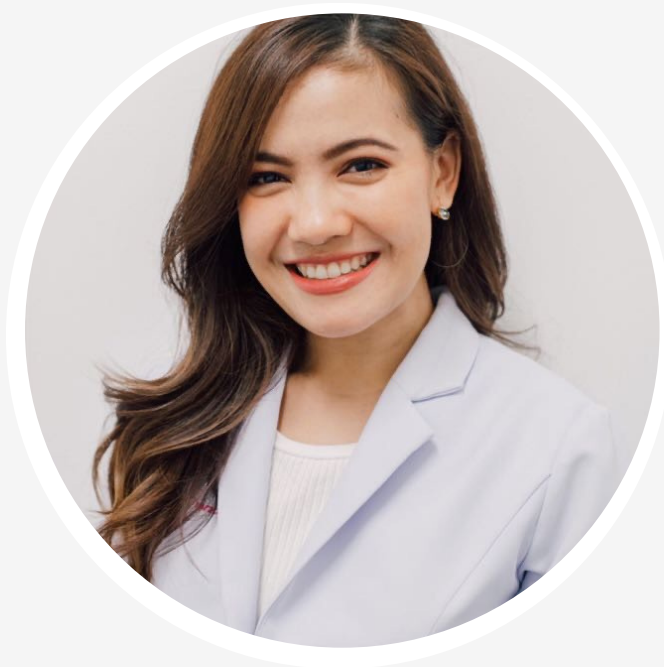
Assisting in melting away: Anger & Frustration, Anxiety and Stress, Emotional
Baggage, Self Doubt

Helping individuals break free from: Self-Sabotage, Over Analyzing, Negative
Relationships, Panic Attacks

Boosting Performance, Confidence, Mental Clarity, and Self-Worth

His mission is to empower people to reach their authentic and optimal state by
equipping them with practical techniques to overcome mental and emotional
obstacles.

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Sarunya - Physiotherapy

PHYSIOTHERAPY SESSION

With over a decade of experience, Sarunya brings a wealth of expertise to her physiotherapy sessions. Graduating with a degree in Physiotherapy in 2009, she has honed her skills working in prestigious institutions such as Bangkok Phuket Hospital, Orthopedic clinics, and Physiotherapy clinics in Phuket.

Specializing in treating spinal, neurological, and musculoskeletal problems, as well as sporting injuries, Sarunya offers a comprehensive range of therapies to address a variety of conditions. Her treatments include deep tissue massage, electrical stimulation, hot pack therapy, mobilization, manipulation, and stretching techniques.

Whether you're seeking relief from chronic pain, recovering from an injury, or aiming to improve your overall mobility and wellbeing, Sarunya's personalized approach ensures that each session is tailored to meet your specific needs.

Experience the healing benefits of physiotherapy and embark on a journey towards improved health and vitality with Sarunya.



Danielle - Transformative Breathwork

EMOTIONAL DETOX WITH BREATHWORK INTERNAL FAMILY SYSTEMS (IFS)

With over a decade of experience, Danielle has dedicated her career to facilitating the holistic health transformation of her clients. Trained in Counseling, NLP, EFT, Breathwork for trauma release, IFS, and Somatic (body) based therapies, Danielle offers a comprehensive and science-based approach to healing. Her sessions are trauma-informed, confidential, and highly individualized to meet the unique needs of each client.

Danielle creates a safe and nurturing space for deep healing to occur. She believes that the body holds immense wisdom and healing capacity, and through connecting with its language, clients can restore vital energy and embrace their full potential for optimal health.

Who can benefit from Danielle's work? Anyone navigating life's challenges, setbacks, or health issues can find support in her sessions. Whether dealing with recurring emotional patterns, anxiety, depression, sleep challenges, stubborn illness or injury, hormone imbalances, emotional eating, addictive behaviors, or low energy, Danielle's holistic approach helps release stored imprints and clear negative emotions from the body. This restoration process enables clients to respond to life from a place of resourcefulness and resilience, shedding mental and physical weight and reclaiming a sense of wellbeing and joy.



Michelle - Sound Healing

CHAKRA BALANCING SOUND HEALING BRAIN ENTRAINMENT SOUND HEALING

Michelle's journey into sound healing began unexpectedly after a traumatic event in 2018 turned her world upside down.

Despite her academic qualifications in Nutrition, Health Management, the Gut Microbiome, and Functional Medicine, she found herself seeking solutions and emotional healing in unconventional places. It was during this personal healing journey that Michelle discovered the profound impact of Sound Healing and Somatic Practices on her own well-being.

Inspired by her transformative experience, Michelle immersed herself in the study of sound healing, delving deep into this ancient modality to expand her knowledge and skills. Through extensive training, she honed her ability to harness the healing power of sound vibrations, using them to facilitate relaxation, release emotional blockages, and promote overall wellness. Now, Michelle is passionate about sharing this gift with others, guiding them on their own journeys of healing and self-discovery through the transformative practice of sound healing.

Indulge in the serene harmony of the Himalayan Singing Bowls. Let the soothing vibrations of ancient Tibetan singing bowls restore balance to your mind, body, and spirit. Experience deep relaxation and energetic alignment.

Through specially crafted sound frequencies, synchronize your brainwaves for deep meditation and profound healing. Immerse yourself in this powerful para-sympathetic modality to reduce stress, improve sleep, and enhance focus, experiencing heightened states of consciousness and inner peace.

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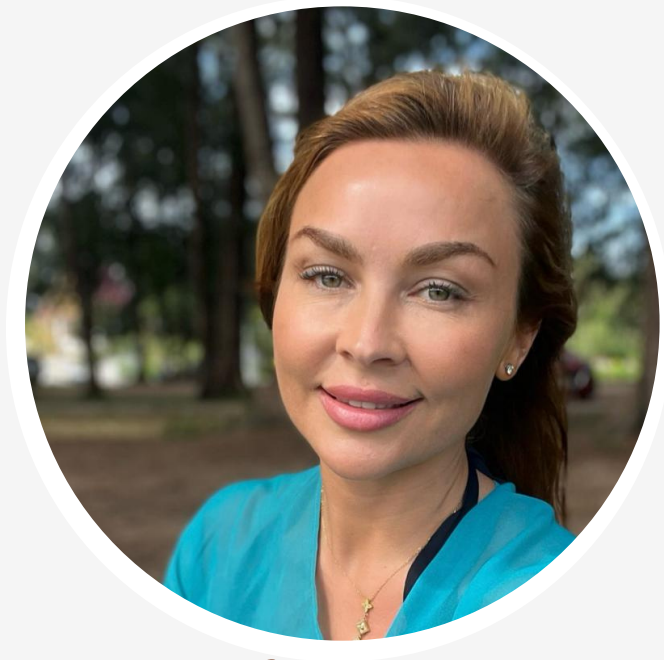
Palida - Ear Candling

HOPI EAR CANDLING 45 MINS

Indulge in the soothing and cleansing experience of Hopi ear candling, a time-honored therapeutic technique rooted in ancient traditions. During this gentle and non-invasive treatment, hollow candles made of natural ingredients are placed in the ear canal and lit, creating a mild suction that helps draw out excess wax, impurities, and built-up debris.

As the candle burns down, a warm and comforting sensation is felt, accompanied by subtle crackling sounds. This process creates a gentle vacuum effect, which may help to alleviate symptoms such as earaches, sinus congestion, headaches, and tinnitus.

Beyond its physical benefits, Hopi ear candling is often cherished for its deeply relaxing and meditative qualities, offering a moment of tranquility and inner peace. Whether you seek relief from ear-related discomfort or simply wish to unwind and rebalance, this ancient practice provides a holistic approach to ear care and overall well-being.



Angelica

Non-verbal Regressive Hypnotherapy

REGRESSIVE HYPNOTHERAPY (2-3 SESSIONS) KUNDALINI AWAKENING SESSION

Transform Your Life with Regressive **Non-verbal Transformational Hypnotherapy!**
(2-3 are recommended)

Are you ready to break free from the shackles of long-term issues such as anxiety, trauma, panic attacks, fears, grief, and sadness? Experience the extraordinary power of Hypnotherapy sessions, where these deep-rooted emotions are effectively addressed and healed, extracted from your subconscious so you no longer carry them in your daily life. It's like witnessing a miracle as you realize these emotions no longer manifest in your body.

In a short time, achieve:

- ✓ Freedom FROM fears, anxiety, phobias, and limiting beliefs.
 - ✓ Cultivation of Self-LOVE and Self-Acceptance.
- ✓ Liberation from the constant repetition of destructive past experiences.
 - ✓ Transformation away from the Victim Mentality.
- ✓ Liberation from loneliness, betrayals, parental scenarios, and childhood traumas.
 - ✓ Healing from abusive relationships.
 - ✓ Attainment of a Stable & Strong Internal Position.

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Mel-Soul Readings (online)

AZAYA SOUL PRINT READING (ONLINE)

Melanie's path to holistic healing began after experiencing profound loss and questioning the depth of her own existence. Leaving behind her familiar life, she embarked on a decade-long adventure spanning over 40 countries, immersing herself in the study and practice of holistic medicines.

With humility, love, and compassion, Melanie dedicates herself to guiding others towards self-healing, serving humanity with her vast knowledge and transformative practices.

Embark on a transformative journey with Azaya Soul Print Readings, now available online. This personalized consultation provides a complete blueprint of your soul, inviting you to respond intuitively to 105 heart-centered questions.

Receive a detailed diagnosis and two digital guidebooks tailored to your unique blueprint, offering precise action plans to understand and address any energy blockages or discomforts. By restoring balance to your energy system, you'll revitalize to optimum levels, equipped with ancient techniques and tools for self-healing.



Kat - Life Coaching

COACHING SESSION

Hi, I'm Kat, a Life Coach ready to assist you in achieving the life you've always dreamed of. No more hesitation or doubts – the time to act is now. Rest assured, change is not something to fear; I will guide you every step of the way.

1:1 Coaching Session: Define Your 2024 Self, where we will:

- Establish a clear vision for 2024 to create a roadmap for progress
- Identify the first step towards realizing your vision
- Address past obstacles hindering your progress
- Cultivate a morning mindset to take confident strides daily

Plus, I'll reveal the true meaning of living a fulfilling life and transforming doubts into opportunities. Greater happiness awaits you.

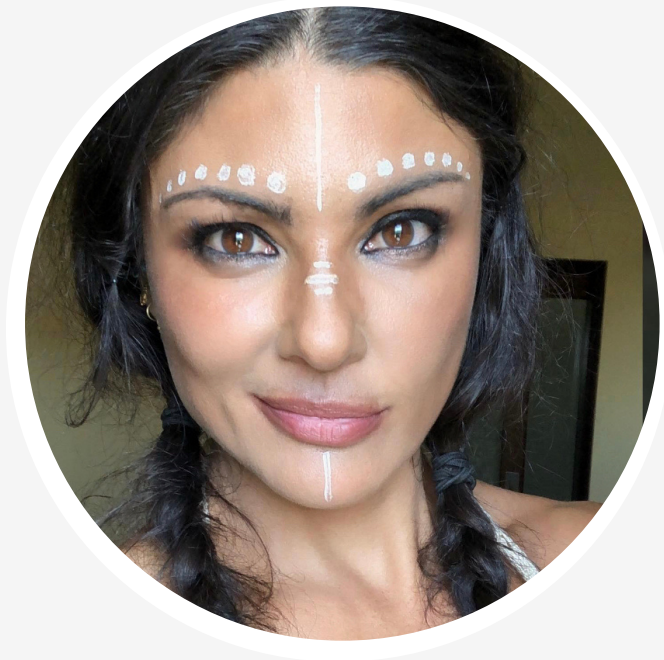
1:1 Coaching Session: Unleash Your Best Self

Feeling distant from your true potential? This session will explore:

- Your core values and beliefs
- How these influence your desired identity
- Strategies to align your actions with your envisioned self

You'll leave with a structured plan to reach your goals, empowering you to take control of your future.

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Kim - Yoga & Meditation

PRIVATE YOGA CLASS
PRIVATE MEDITATION CLASS
CHAKRA MANDALA SESSION
FACE YOGA WITH GUA SHA TRAINING

Kim brings a unique perspective to yoga, having started her practice at a young age. While she takes her practice and teaching seriously, she infuses it with mindfulness and a playful spirit.

Drawing from Buddhist principles and the ancient teachings of the Patanjali sutras and Ashtanga eight limbs of yoga, Kim's teaching focuses on cultivating the mental, pranic, and physical bodies. She eschews strict styles in favor of returning to the essence of yoga, avoiding the temptation to dilute it for modern trends.

Kim's aim is to help her students develop strong, functional, and beautiful bodies while gaining control over breath and internal energy. She emphasizes building calm concentration and clarity, laying a strong foundation for each individual's yoga journey.

During her sessions, Kim invites her students to embark on their own unique yoga journey. Through a variety of styles and sequences, she shares her long-standing friendship with yoga, offering insights, analogies, and stories collected along her path. Kim aims to demystify yoga, making it accessible and relatable to all who wish to experience its transformative power.

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Sofia - Psychology & Counseling

EMOTIONAL COUNSELLING - SOUL ALCHEMY COUPLES THERAPY INNER CHILD HEALING (2 PARTS) USUI OR KUNDALINI REIKI SESSION

With over two decades of dedicated spiritual exploration, I bring a deep passion for holistic healing. Living in China and Thailand enriched my journey, allowing me to absorb ancient philosophies, this immersion has shaped my approach to wellness, integrating physical and emotional healing seamlessly.

Armed with a bachelor's degree in Psychology and post-graduate studies in art therapy, I possess a strong understanding of the human psyche and the therapeutic potential of creative expression. Yet, my expertise transcends academic boundaries.

I've cultivated a profound spiritual connection, blending ancient wisdom into my healing methods. This fusion of knowledge and spiritual insight enables me to offer a comprehensive and transformative wellness experience.

Mastering modalities like Kundalini Reiki, chakra healing, and meditation, I draw on spiritual energies to facilitate deep healing and spiritual awakening.

My dedication extends to specialized care, with extensive studies in autism, hyperactivity, and child communication. This knowledge fosters a nurturing environment for growth and transformation.



David - Chinese Medicine

TCM HEALING SESSION

David George Mioduski is a Traditional Chinese Medicine Practitioner, specializing in Acupuncture, Herbal Medicine, Cupping, and Chinese Medical Massage. He received training in both the United States and China, earning a degree in Acupuncture and Chinese Herbal Medicine. With 20 years of experience, he has treated diverse individuals worldwide.

David's treatments aim to alleviate physical, mental, and emotional stress and discomfort. Chinese medicine targets various disharmony symptoms such as weight gain, fatigue, depression, digestive issues, menstrual irregularities, poor sleep, headaches, high blood pressure, and cholesterol. Additionally, it can address complex conditions.

By rebalancing internal organ functions, Chinese medicine delves deep to address the root cause of diseases, often replacing the need for pharmaceuticals and invasive procedures.

Acupuncture can help release negative patterns that hinder personal growth or cause pain, whether physical or mental. Most individuals experience minimal to no discomfort during treatment, entering a tranquil state similar to sleep. Many clients report feeling light, euphoric, with improved mobility, reduced pain, increased energy, and a sense of calm relaxation post-session.