



Wellness Services

All sessions by appointment and Subject to availability of practitioners

Introduction

Your cleansing program will deliver great results. Sometimes though, clients want a little bit more, sometimes we want to try something new, and sometimes we know there is something in our body, mind or spirit that we need to address in order to feel fully able to move forward into a better place.

The services listed below are available by appointment, and are delivered by skilled, professional practitioners.

Please feel welcome to discuss sessions that interest you and feel free to ask to speak with a practitioner prior to committing to an appointment.

Note: Prices are for cash payment, credit card payments incur + 7% VAT + 3% Service Charge.

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Practitioners Listing

Garnett Symonds - UK	K. Tim Thunrat - Thailand
Jason Blackman - USA	K. Koong - Thailand
Roger Moore - UK	Michael Stephens - UK
Pat Thummanond - USA / Thailand	John Campbell - UK
Len Blank - USA	Grant Snell - Canada / Thailand

OIL MASSAGE

Aromatic essential oils are blended with a base of palm oil to penetrate the skin and create a relaxing yet invigorating experience. The oil in combination with finger and hand pressure softens skin and helps to relax tired, stiff and/or tense muscles. Touch is an important part of human interaction, so an oil massage is typically a welcome addition to your daily routine. Like all massage on offer at Atmanjai, this supports the cleansing and detox process.

Practitioner: All Atmanjai massage staff

Session Time: 50 minutes

Price: 600 B

(You can select this for the daily massage included in your detox program)

Also available with;

Organic Coconut Oil 250 B extra

Organic Sunflower Oil 200 B extra

Organic Aloe Vera 250 B extra

REFLEXOLOGY MASSAGE

This treatment focuses on specific points on the foot that are connected and relate to various body organs. Your feet can hold tension and stress that mirrors what is happening internally in your body. Massaging the feet is a highly effective method to address conditions in the entire body. Aromatic oils are used to support comfortable massage strokes in addition to helping to relax the feet.

Practitioner: All Atmanjai massage staff

Session Time: 50 minutes

Price: 500 B

(You can select this for the daily massage included in your detox program)

THAI HERBAL COMPRESS

This ancient Thai treatment involves the application of heated herbs in a muslin bag to areas of your body that require treatment for aches, pains, bruises etc. If you are feeling sore and or uncomfortable then this treatment could be perfect for you. Your sore points will be massaged, invigorated by the herbal compress and if necessary massaged again. The treatment may be applied in several repetitions depending on the condition that is being addressed.

Practitioner: All Atmanjai massage staff

Session Time: 50 minutes

Price: 700 B

(You can pay a supplement of 150 B to substitute this for the daily massage included in your detox program)

THAI MASSAGE

Thai massage originated in India and is based on the ancient healing sciences of Ayurveda and Yoga. Thai massage also incorporates elements from many different healing arts both ancient and modern. Acupressure, reflexology, and energy meridian work can be used in one session. It involves stretching and pressing in a rhythmic movement along with gentle rocking on different points of the body to help open up areas where tightness and inflexibility have formed. It is a very thorough massage.

Thai Massage is traditionally performed on a comfortable mat on the floor, with the client wearing clothing that allows for easy movement. No oils are used in Thai massage. At Atmanjai, we recommend you enjoy Thai massage in our open air beachfront sala.

Practitioner: All Atmanjai massage staff

Session Time: 50 minutes

Price: 600 B

(You can select this for the daily massage included in your detox program)

EAR CANDLING

This is a traditional therapeutic treatment well known by the Indian tribes of North America. Ear candlings marvelous curative effects are reputed to include; healing ear infections, cleansing the soul, calming the mind, balancing airstreams in the head, and helping regulate the body's metabolism. Ear Candling is quite relaxing and your therapist will give you light intuitive massage during the process. It is common for clients to fall asleep for brief periods during a session.

Practitioner: All Atmanjai massage staff

Session Time: 50 minutes approx.

Price: 1,000 B

BODYSCRUB

Firstly a seaweed gel is spread over your entire body and then your therapist will rub the seaweed into the skin. The seaweed dries and in combination with the rubbing removes dead skin cells, impurities and toxins that are sitting on your skin. After this process a marine based moisturizer is massaged gently into the skin.

Practitioner: All Atmanjai massage staff

Session Time: 45 minutes

Price: 1,500 B

(A BodyScrub is included in Master Cleanse and Ultra Cleanse Programs)

BODY WRAP

We have three different body wrap treatments available. Each is effective for cellulite reduction.

- ***Water Retention***
- ***Slenderising***
- ***Body Firming***

Step 1. All 3 wraps begin with a Marine Body Scrub to clean the skin, remove surface toxins and open pores.

Step 2. All 3 wraps then feature a massage with a slenderising catalyst of seaweed oil that dilates pores and stimulates circulation to support absorption of ingredients in the following steps.

Step 3. Wrap - Rinse - Application of hydrating complex

a) *Water Retention Wrap* - therapist will mix and apply a contouring wrap seaweed compound with a draining complex before your whole body is wrapped, and covered with a blanket for 30 mins.
Shower to remove the compound
Apply citrus contouring pulp to entire body

b) *Slenderising Wrap* - therapist will mix and apply a contouring wrap seaweed compound with a slenderising complex before your whole body is wrapped, and covered with a blanket for 30 mins.
Shower to remove the compound
Apply citrus contouring pulp to entire body

c) *Body Firming Wrap* - therapist will mix and apply a contouring wrap seaweed compound with an essential toning complex before your whole body is wrapped, and covered with a blanket for 30 mins.
Shower to remove the compound
Apply firming body cream to entire body

Practitioner: All Atmanjai massage staff

Session Time: 2.5 hours

Price: 3,500 B

(A Body Wrap is included in Master Cleanse and Ultra Cleanse programs)

FACIAL

Using high quality French Marine Botanicals, any make-up or surface lotion is gently removed before your skin is exfoliated with an enzymatic exfoliating gel. Under tender circular massage, it transforms into nourishing oil and releases dead skin cells and other impurities. Chilled cryogenic globes are applied to the face stimulating capillaries to open up and calm any facial irritation. Your therapist then applies an emulsion precisely proportioned to meet the specific needs of your skin. Your face is covered with a refrigerated mask which activates the penetration and stimulation of the emulsion in order to support blood circulation. While the mask is on, a massage of hands or feet is given to help support relaxation.

Practitioner: All Atmanjai massage staff

Session Time: 90 minutes

Price: 3,000 B

(A Facial is included in Master Cleanse and Ultra Cleanse programs)

ION CLEANSE

Once you are comfortably seated with your feet resting in a tub of water, the operator will turn on the Ion Cleansing unit. An array in the tub of water that is attached to the Ion Cleansing unit will generate a stream of positive and negative ions. The positive ions attract and bind with charged toxic particles. During your session the water in the tub may change colour. A chart is available that indicates which organs are detoxifying based on the colour of the water. Most people have a body chemistry that is acidic on the pH scale, (their body contains an excess of hydrogen ions, and their blood pH is lower than 7.45). These people benefit from exposure to high concentrations of negatively charged ions.

Practitioner: All Atmanjai massage staff

Session Time: 45 minutes

Price: 750 B

(Ion Cleanse treatments are included in Master and Ultra programs)

We are blessed to have so many high quality practitioners available and willing to work with Atmanjai clients.

Because of the quality of their work some of our practitioners are called on to travel and teach abroad, as well as to attend to clients in their own practice.

From time to time they may not be available for you if they have prior commitments so do book early to avoid disappointment.

ULTRASONIC ZAPPER

This is the most popular elective service for clients on detox programs. The Ultrasonic Zapper sends millions of ultrasonic harmonic frequencies through your body which safely disable harmful parasites, bacteria, fungus and viruses. These frequencies also energise your immune system and clean the blood. This is an excellent way of eliminating harmful pathogens from the intestines, organs and blood without any harmful side effects.

IMPORTANT: People with pace-makers or any type of implanted electronic device CANNOT use this device. As a precaution, pregnant women are also not advised to use this device.

Practitioner: Atmanjai staff
Session Time: 50 minutes
Price: 750 B per session
2,950 B for 5 sessions
3,950 B for 7 sessions
4,950 B for 10 sessions

FAR INFRA RED SAUNA + OZONE

There are many benefits to Far Infra-Red in combination with Ozone. It is a cornerstone of our Ultra Cleanse Program because of its high efficacy in inducing, supporting and accelerating release of toxins and energising the body. Amongst the reported benefits are; reduction in stress and fatigue, removal of waste and toxins, strengthen the immune system, relief of pain and joint stiffness, increases circulation, strengthens cardiovascular system, improves skin condition, burns calories and reduces cellulite.

The infusing of ozone during the Far Infra-Red sauna supports the following; stimulates the immune system, supports and enhances the healing process, cleans arteries and veins, breaks up red blood cell stacking, purifies the blood and the lymph, normalizes hormone and enzyme production, reduces inflammation, reduces pain and calms the nerves, prevents shock, scavenges free radicals, improves brain function and memory, oxidizes toxins - facilitating their excretion and chelates heavy metals.

IMPORTANT: Pregnant women, hemophiliacs, people with lupus or MS and any person with an enclosed infection CANNOT use this device. As a precaution, people with recent (within 48 hours) acute joint injuries are also not advised to use this device.

Practitioner: Grant Snell
Session Time: 45 minutes
Price: 1,590 B per session
6,000 B for 5 sessions
1,000 B per session for 6+ sessions

MULTI-WAVE OSCILLATOR

Your living cells can be a transmitter or receiver of radio-electric waves. These radio-electric waves give rise to high frequency currents in the circuits of the cellular nucleus.

The Multi-Wave Oscillator radiates a bandwidth of radio frequency energy from audio frequencies to beyond microwave frequencies. Within this multiple-wave range of frequencies, every cell in the body can find its ONE resonant frequency and absorb energy at its own natural wave length.

It is theorised that stimulating the cell nuclei with electromagnetic energy induces an electric charge in the cell. This follows the long established principle of electromagnetic induction. This raises the energy level and perhaps the vitality of every cell in the electromagnetic field simultaneously.

The Electromotive Force (EMF) produced by the Multi-Wave Oscillator and induced in the cell nucleus, can raise the cell's metabolic rate to levels experienced at a younger age, thus delivering rejuvenation.

Practitioner: Grant Snell
Session Time: 15 minutes
Price: 750 B per session
3,000 B for 5 sessions
550 B per session for 6+ sessions

PHOTON LASER

A small probe is inserted in the nasal cavity and a low frequency pulse of light is delivered through the probe. Low frequency laser light pulses have been shown to stimulate nerve muscle tissue, improve blood circulation and afford pain relief. The light permeates the mucal membrane and transfers into the blood as it passes the nasal cavity.

Within 30 minutes a slight negative electrical charge is present in the blood that allows red blood cells to repel each other. This facilitates greater surface cell area for the absorption of nutrients and oxygen, and allows waste products to detox properly.

Practitioner: Grant Snell
Session Time: 15 minutes
Price: 750 B per session
3,000 B for 5 sessions
550 B per session for 6+ sessions

ACUPUNCTURE

A Traditional Chinese Medicine (TCM) thousands of years old, subscribing to the ancient view that the basis of good health is the harmonious balance of qi (chi), the vital life force that empowers the body. An Acupuncture treatment is virtually painless and will help to alleviate a multitude of symptoms such as; **Acute & Chronic Pain, Insomnia, PMS, Weight Gain, Arthritis, Sciatica, Stress, Smoking, Alcohol & Drug Dependency, Facial Rejuvenation and much more.**

Atmanjai is pleased to introduce visiting Acupuncturist

Dr. Francesca D'Cruz BHSc.TCM.Acu

Visiting Atmanjai from September 09th to November 15th

Pain Management with Acupuncture

If you want to relieve aches & pains, this acupuncture treatment is for you. This pain management therapy will reduce or eliminate acute or chronic back, neck and joint pain, including headache.

Weight Loss Acupuncture

Having trouble shedding those extra pounds? This Acupuncture treatment will help kick-start the process of losing weight safely and effectively by aiding digestion and stimulating your metabolism.

Detoxification Acupuncture

This treatment is designed to work hand in hand with your detox program at Atmanjai Wellness Centre, providing an extra internal boost to eliminating toxins on a cellular level, and leave you feeling cool, calm and confident throughout your Detox experience.

Stop Smoking Acupuncture

Kick the habit naturally and allow this treatment to reduce your cravings, calm your mind & relax your body while it aims to clean your internal system.

Stress Management Acupuncture

Melt away stress and worries with this deeply relaxing form of Acupuncture. This treatment is specially designed to refocus you physically, mentally and emotionally.

Facial Rejuvenation

Get a younger more vibrant look without undergoing an invasive procedure. This natural approach to anti-aging targets & reduces puffiness and treats fine lines and wrinkles.

Practitioner: Francesca D'Cruz
Session Time: 60 minutes approx.
Price: 3,000 B - 1 Session
8,500 B - 3 Sessions
11,500 B - 5 Sessions
Booking: via Atmanjai

Visit Francesca's very informative evening seminars for more information

INTEGRATIVE BODYWORK

An interactive and deeply transformative experience designed to cultivate awareness of the connection between body, mind, emotions and spirit. Specialized massage techniques work with the deep physical and subtle energetic structures of the body, assisted by guided breathing exercises and visualization to find a new balance point within – a place from where painful and limiting patterns are released, unhealed wounds are brought to the surface and resolved, and the flow of creative and generative life force energy restored. From this space you will begin to tap into the innate wisdom within us all to manifest a life that is more conscious, joyful and free.

Practitioner: Jason Blackman
Session Time: 90 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

THERAPEUTIC BODYWORK & MASSAGE

Find freedom and relief from many common chronic or acute physical and soft-tissue syndromes, ailments, injuries, stiffness, tension, pain, numbness and more with a combination of techniques based in Thai massage, Swedish, myofascial release, connective tissue massage, shiatsu, sports massage, reflexology and others.

Practitioner: Jason Blackman
Session Time: 60 - 90 minutes
Price: 5,000 B
Booking: via Atmanjai

5-ELEMENT EMOTIONAL DETOXIFICATION MASSAGE

A deeply transformative and interactive experience, which combines thoracic, abdominal and pelvic massage techniques with specific breathing exercises, guided meditation and sounds to clear stagnant energy and toxins from internal organs, fascia and meridians on both the physical and emotional levels. This powerful process also imparts an existential understanding of five-element theory, an awareness of archetypal emotional and energetic patterns within our organs and ways to keep these energies flowing freely. Self-study material is available for those who wish to continue this powerful practice on their own.

Practitioner: Jason Blackman
Session Time: 90 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

PRANIC HEALING & CHAKRA BALANCING

Specialized massage stimulation of marma, acupressure and lymphatic drainage points together with guided meditation, breathing exercises, (pranayam), and sound open the energy centers of the subtle body (chakras) to strengthen, realign and balance the endocrine, nervous and lymphatic systems of the body. This session is interactive and will help you to increase energy awareness and learn self-healing techniques that can be used anytime anywhere and by anyone.

Practitioner: Jason Blackman
Session Time: 90 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

TRANSFORMATIONAL HEALING

The transformational journey is an intuitive blend of Eastern and Western healing modalities applied in a manner specific to the uniqueness and diversity of each person. It is structured toward creating a deeper awareness of the connection between our physical body, thoughts, emotions and outside influences. Your session may draw upon various massage and bodywork techniques, yogic breathing exercises and postures, guided meditation, visualization, qigong, reiki and other forms of energy medicine... all geared towards unfolding not mere symptomatic relief but a new balance point within – a place from where real freedom can be cultivated and true healing can begin.

Who will benefit from this inner journey?

People of all ages and levels of health who are keen to;

- take greater responsibility for their physical, psychological, emotional and spiritual health.
- bring more balance and energy to their body and life and reduce the effects of stress.
- learn complementary techniques to encourage healing. Very suitable for people who are currently undergoing medical treatment, or suffer from any painful condition, traumatic injury, and/or physical limitation.
- learn more about energy medicine, meditation and healing practices.
- Yoga and meditation practitioners, teachers, body-workers, therapists, athletes, dancers, martial artists or anyone who would like to deepen their practice, become more effective in their art, increase their awareness of energetic anatomy, breath-work and the healing power of touch.

Practitioner: Jason Blackman
Session Time: 2 hours approx.
Price: 5,000 B
Booking: via Atmanjai

ENERGETIC BALANCING

Increase and enhance vitality, immunity, emotional well-being, reduce pain, stress and restore harmony to the body with gentle, non-invasive energetic healing and balancing methods.

Great for everyone and is highly recommended for people convalescing, recovering from illness, injury, surgery, or undergoing palliative care. In home or hospital visits can be arranged.

Practitioner: Jason Blackman
Session Time: 90 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

HEALING PATHS

Embrace the power of change in your life. Healing Paths is a powerful energy healing and intuitive therapy designed to empower you with a deeper understanding of who you are and what you can do to create a better future for your self.

Orranut and Michael believe that empowerment is the greatest healing resource and instruct their clients on how to tap into and develop their own sources of power to create a sustainable process by which people can heal themselves.

A one-hour Reiki session is followed by an intuitive card reading and discussion into the root causes of any energetic issues detected during the therapy. This process is designed to offer you maximum awareness and input into your own self-improvement and healing process and to empower you with wellness techniques that you can take away and practice long after the session has ended.

Your Healing Paths session will leave you refreshed, energized and ready to forge your own path to wellness.

Practitioner: Orranut (Koong) and Michael Stephens
Session Time: 2 hours approx.
Price: 6,000 B
Booking: via Atmanjai
(Includes the Life Cards session by Orranut Stephens)

LIFE CARDS

Orranut is a gifted intuitive with a powerful ability to read cards and tap into the boundless information of the spiritual world. Using both tarot and her preferred Spanish playing card deck, Orranut's Life Card session is a powerful and in-depth reading of what is on the cards in your life.

With an impressive reputation for the accuracy and applicability of her readings, Orranut often connects with your spirit guides or people to whom you are closely connected in the spirit world. Whether you seek answers to your problems or a new direction in life, Life Cards will show you how the current conditions in your life have evolved and what the future holds. Ask questions, receive answers.

Practitioner: Orranut (Koong) Stephens
Session Time: 1.5 hours approx.
Price: 4,000 B
Booking: via Atmanjai

METAMORPHOSIS

Includes Indian Head massage, Reiki, and Reflexology to induce a deep state of relaxation, and mental peace.

Practitioner: Roger Moore
Session Time: 80 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

SEVEN CHAKRA MASSAGE

A very deep, intense & stimulating treatment working on major energy and pressure points helping detoxification, releasing energy blocks and emotions.

Practitioner: Roger Moore
Session Time: 80 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

QI GONG THERAPY

A blend of movement, exercise, coupled with breath work and massage, to help increase lymphatic flow, hormones and release tension in muscles and joints. Calms the mind, and improves vital force energy.

Practitioner: Roger Moore
Session Time: 60 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

WATSU

An aquatic therapy blending Shiatsu, Tai Chi, and Massage in the water. Helps elongate the spine, improve circulation, and increase flow of chi. Deeply relaxing and peaceful.

Practitioner: Roger Moore
Session Time: 60 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

'F.I.T' (Functional Insight Training)

A blend of exercises from East and West. This session balances the body's natural 'Ying (Soft), and Yang (Hard) states. It is suitable for all levels of fitness.

Practitioner: Roger Moore
Session Time: 60 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

PERSONAL QI GONG/TAICHI CLASSES

Movement, breath and focus. Based in the philosophy of Martial arts to empty the mind, and come from pure source of energy & awareness.

Practitioner: Roger Moore
Session Time: 60 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

INDIAN HEAD MASSAGE

An ancient Ayurvedic neck, shoulder and head massage practiced by yogis for improved mental and physical well-being.

Practitioner: Roger Moore
Session Time: 45 minutes approx.
Price: 4,500 B
Booking: via Atmanjai

BALANCED LIVING for WELL-BEING

In Nature opposites balance one another, for example; Children are by nature energetic, playful, spontaneous, lack responsibility, boundaries and discernment, and Adults are serious, structured, responsible, cautious and have dissipated energy.

Our mind and heart are two opposite aspects of our Human Nature. When either one is too dominant, the resulting imbalance often causes dysfunctional if not destructive behaviors.

Your session will firstly identify where in your life imbalances are showing up to sabotage your success, relationships and happiness. Then address these with specific direction and practical tools.

These simple tools can be used at any time to resolve whatever present challenges you may be facing. This powerful practical work is recommended for individuals as well as couples. By learning these techniques you will be better able to cultivate a loving and accepting relationship with yourself and loved ones.

Practitioner: Len Blank
Session Time: 90 minutes approx.
Price: 3,500 B
Booking: via Atmanjai

WATER THERAPY

During Water Therapy you are gently moved in water approximately the same temperature as your body. This allows deep internal relaxation, which permits awareness to expand consequently resulting in the mind becoming quiet and still.

In this state, individuals have reported the following: feeling deeply nurtured, experiences of connecting to birth, releasing life-traumas, connecting with states of deep relaxation, and feelings of deep peace and contentment.

Individuals with trust issues find this therapy extremely beneficial, as the water supports letting go resistance. Humans are 70% water, and we all lived in a water medium for the first nine months of our lives. Our intimate, cellular connection to water is what underpins the potency of this gentle work.

Practitioner: Len Blank
Session Time: 60 minutes approx.
Price: 2,500 B
Booking: via Atmanjai

AYURVEDA BASED NUTRITIONAL CONSULT

There is much confusion and conflicting advice about eating and nutrition. Food is necessary for life itself and the emotional and social role it plays is very important in our lives.

Ayurveda has been proven over thousands of years as a consistent methodology for vibrant health. Your consultation will consider your personal body type and what is most appropriate for you in the Ayurvedic sense.

This session will focus on the best foods to eat and other important factors necessary to consider when you are eating.

This session can be vitally important for those people who wish to make changes in their diet and eating habits after their detox.

Practitioner: Len Blank
Session Time: 60 minutes approx.
Price: 2,000 B
Booking: via Atmanjai

CHI NEI TSANG

This potent internal organ massage has been practiced in Thailand for many centuries and popularized globally by Master Mantak Chia. Concentrating in and around the region of the navel, this massage releases congested and blocked energy which is affecting the organs in the abdominal area. CHI NEI TSANG assists in the elimination of toxins and assists and supports lymphatic drainage.

The benefits are both physical and emotional because stress and negative emotions are stored in these areas of treatment. Releasing blocked energy helps to release the emotions which also affect the physical body.

Clients experience comfort in the abdomen region and relief for constipation, digestive ailments such as IBS, bloating and gas. This treatment is highly recommended as a support to maximising our detoxification programs.

Practitioner: Khun Tim Thunrat
Session Time: 90 minutes approx.
Price: 4,000 B
Booking: via Atmanjai

KARSAI NEI TSANG

This is a sister treatment of Chi Nei Tsang that addresses physical, energetic and elemental blockages in the circulatory system that affect blood and lymphatic flow. Specifically the therapist focuses on blockages in the genital area. With poor blood flow to the genital area, men will experience difficulty in achieving and maintaining an erection. Similarly, a woman's arousal and sexual pleasure will be diminished as it is in large part dependent on a healthy blood flow in order to achieve the proper swelling of her labia, clitoris and production of sexual fluids. Karsai Nei Tsang releases the blockages and sedimentation that cause poor blood flow so that men and women can regain healthy sexual function.

NOTE: Karsai Nei Tsang is not intended as a titillating or sexually entertaining treatment. Prior to being accepted for a Karsai Nei Tsang session with Khun Tim, a client must have had a Chi Nei Tsang treatment with her, and then read and understood literature we have available on Karsai Nei Tsang. Any inappropriate behaviour by a client during a Karsai Nei Tsang session will result in the immediate ending of the session.

Practitioner: Khun Tim Thunrat
Session Time: 90 minutes approx.
Price: 4,000 B
Booking: via Atmanjai

CORE SYNTHESIS

An integration of 3 techniques to address multiple body systems; Craniosacral Therapy, Visceral Manipulation and Lymphatic Drainage.
Craniosacral Therapy evaluates & enhances function of the craniosacral system, the membranes and cerebrospinal fluid surrounding the brain and spinal cord. Using soft touch your practitioner releases restrictions in the craniosacral system to improve function of the central nervous system. A profound change of the body, mind and emotion often occur on or even several days after a session.
Visceral Manipulation encourages normal mobility of any dysfunctional organs and harmony with surrounding viscera. This alleviates emotional tension in the 'gut' resulting in holistic body correction at 'the source'.
Lymphatic drainage activates lymph and interstitial fluid circulation, stimulating the immune and nervous systems to detoxify the body.
Core synthesis is ideal for migraines, chronic neck & back pain, chronic fatigue, orthopedic problems, stress related problems, digestive issues, jet-lag and reduction of edema amongst many other benefits.

Practitioner: Khun Pat Thummandond
Session Time: 90 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

Chinese Astrology - 'BAZI' or 'Four Pillars of Destiny'

A profound system of individual destiny analysis – career, relationships, money, family, health, education, personality and changing fortunes based on your birth data and ancient Chinese wisdom.

Practitioner: John Campbell
Session Time: 90 minutes approx.
Price: 4,500 B
Booking: via Atmanjai

Feng Shui

The Chinese say 'First is destiny, second is luck and third is Feng Shui'. Destiny is your BAZI chart, luck is the pillars in the chart showing your changing fortunes over time and third is to apply Feng Shui remedies and enhancers. In Phuket the fee for a typical three bedroom home is 15,000 THB. Business premises and large villas may be extra. Overseas consults by request.

Practitioner: John Campbell
Session Time: 2 days approx.
Price: From 15,000 B
Booking: via Atmanjai

Pranic Healing

Ancient system of proven, documented, scientific no-touch healing for the energy body, aura, chakras, meridians and physical body.
Pranic Healing is effective for physical, emotional, mental and spiritual ailments.

Practitioner: John Campbell
Session Time: 60 minutes approx.
Price: 4,000 B
Booking: via Atmanjai

Pranic Facelift

Painless, non-surgical removal of lines, wrinkles and double chins with a proven, scientific energy healing process. As featured on CBS network - Seeing is believing.

Practitioner: John Campbell
Session Time: 60 minutes approx.
Price: 4,000 B
Booking: via Atmanjai

Pranic Body Sculpting

Powerful and effective non-surgical treatment using energy healing and meditation to effect measurable differences in body shape. Remove cellulite, reform shape of various body areas such as bottom, breasts, chin.

Practitioner: John Campbell
Session Time: 90 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

Co – Dependency

Fast insight into the cause and remedy of issues from childhood that unwittingly sabotage adult relationships.

Practitioner: John Campbell
Session Time: 2 hours approx.
Price: 6,000 B
Booking: via Atmanjai

Self Realisation

“We are what we think, all that we are arises with our thoughts, with our thoughts we make the world.” The Buddha. Rapid insight using techniques from Byron Katie and others. Life changing potential.

Practitioner: John Campbell
Session Time: 90 minutes approx.
Price: 5,000 B
Booking: via Atmanjai

Learn Pranic Healing Workshop

2 day, intensive workshop. Self healing, heal others, distant healing, Law of Karma, Twin Hearts Meditation, Chakra system explained. John is the only Pranic Healer teacher living in Thailand. Includes; Book, CD, Certificate of Completion.

Practitioner: John Campbell
Session Time: 2 day workshop.
Price: 9,000 B per person, (minimum 3 persons)
Booking: via Atmanjai

Meditation and Pranayama

One to one private class.

Practitioner: John Campbell
Session Time: 60 minutes
Price: 3,500 B
Booking: via Atmanjai

Osteopathic therapy/treatment

Osteopathy aims to improve the overall structure of the body by means of manipulation and naturopathic techniques which improve nerve function and blood circulation.

Osteopathy places great emphasis on differential diagnosis, examination and medical history of the patient, as well as diet and nutritional factors.

Practitioner: Garnett Symonds
Session Time: 60 minutes
Price: 3,000 B
Booking: via Atmanjai
Note: Garnett practices from a home office. You will need to travel to see him. Approx. 10 min drive, taxi fee 200 B each way.

Homeopathy

A system of medicine based on the *law of similars*, which states that 'like cures like'. Remedies are made using the smallest amounts of a specific substance, which is then diluted and succussed in order to produce potentization.

Homeopathy is safe and effective therapy for both children and adults. Remedies consist mainly of electro-magnetic energy patterns from their original source.

Practitioner: Garnett Symonds
Session Time: 60 minutes
Price: 3,000 B
Booking: via Atmanjai
Note: Garnett practices from a home office. You will need to travel to see him. Approx. 10 min drive, taxi fee 200 B each way.

Acupuncture

One of many therapies which affects 'subtle energy' also known as Chi or Qi. The treatment may be given using very fine silver or steel needles (disposable) in order to stimulate the body's energy via certain acupuncture points located on the body. Electro-puncture and moxibustion are also used. The point of focus is upon the yin/yang energy that flows through acupuncture (channels) meridians. Acupuncture helps balance this constant flow of energy and assist the body's natural healing process.

Practitioner: Garnett Symonds
Session Time: 60 minutes
Price: 3,000 B
Booking: via Atmanjai
Note: Garnett practices from a home office. You will need to travel to see him. Approx. 10 min drive, taxi fee 200 B each way.

Iridology

This is the science of analyzing the delicate structures of the iris of the eye. The iris reveals body constitution, inherent weaknesses, level of health and transitions that take place in our body according to the way we live. Nerve fibres in the iris respond to changes in body tissues by manifesting reflex physiology that corresponds to specific tissue changes and locations.

Practitioner: Garnett Symonds
Session Time: 60 minutes
Price: 3,000 B
Booking: via Atmanjai
Note: Garnett practices from a home office. You will need to travel to see him. Approx. 10 min drive, taxi fee 200 B each way.

Private Yoga Class

Practicing Yoga Asanas is an excellent way to prepare for meditation, certainly for Westerners. This is especially true when we use our breath to focus attention on letting go of our thoughts, both of which we are doing constantly in our lives. Besides which, doing Asanas is a wonderful way to stay healthy and in shape. Not only that, but while you're going through the detox and cleansing program at Atmanjai, yoga assists greatly in the detox experience. It does this by supporting the body to be more flexible along with helping the lymphatic system move toxins from the body. In addition, breathing more fully helps to strengthen, feed and nourish the cells in the body.

Practitioner: Len Blank
Session Time: 60 minutes
Price: 1,500 B
Booking: via Atmanjai

PRACTITIONER LISTING

GARNETT SYMONDS

Prior to moving to Thailand, Garnett was a practicing Complementary Health-Care Practitioner in London for 25 years. In addition to his private practice, Garnett has also presented workshops and seminars in the UK and abroad, and has served as a council member with the British and European Osteopathic Association and the Guild of Osteopaths. He has also been a visiting lecturer at the Oxford Brooks School of Osteopathy.

JASON BLACKMAN

Jason is a bodyworker and paramedic with more than 20 years of experience in the holistic health and medical fields. His Integrative Wellness sessions are an interactive experience, which combine elements of Eastern and Western bodywork and energetic healing techniques, yoga, qigong and guided meditative practices. He has had tremendous results with people of all ages, backgrounds, injuries and levels of health.

LEN BLANK

Len has been involved in alternate health for more than 35 years. His background includes 25 years as a pioneer who introduced Ayurveda to the West. Ayurveda is from India and is the oldest natural health-care system, having been practiced continuously for more than 5,000 years. For the past 15 years, Len has been a counselor and life-coach, with a focus on nutrition, and Life Balance. He has practiced primarily within Detoxification Centers across America, in Australia, India and Thailand.

Len's experience is that addressing emotional challenges, in concert with a detoxification program generates more dynamic, longer lasting, better integrated, and even life-transforming results. Since 1995 Len has also been a practitioner of Water Therapy.

K. TIM THUNRAT

K. Tim has more than 10 years experience in Chi Nei Tsang and Karsei Nei Tsang therapies. She is trained in many other forms of bodywork including Thai Massage, and has having an extensive background in the application of healing herbs. She trained and worked extensively with the famous Thai healer, Master Mantak Chia. Her healing hands and intuitive approach to recognizing and addressing the various individual physical challenges has put her in great demand as a healer.

ROGER MOORE (IIHT.IIST)

Originally from the UK, Roger has traveled and studied extensively throughout USA, Europe, and Asia over the past 20 years. His qualifications and experience range from the western medical approach through Eastern "Shamanic" esoteric spiritual well being and happiness. He has studied with renowned I Gong Tao-ist Master Mantak Chia, and the famous Newcastle University of Sports Science. He is privileged to be one of the few 'Outsiders' ever initiated in the North American Indian 'Sundance ceremony' of the Hopi, and Iraqwi tribes of America. Roger travels the globe with his work, and has a list of celebrity clientele. In 2007 'Tatlers "Best of the Best' magazine, he was listed amongst "the top 8 therapists of the World worth traveling around the globe for" by Joe Foley Spa Specialist journalist.

PAT THUMMANDOND

Pat is a registered Physical Therapist and a certified craniosacral therapist trained in the U.S. with over 20 years of experience. She assists the Upledger Institute in teaching these modalities worldwide and is a contributing author of the book 'Working Wonders'. Pat also practices in International Health resorts frequented by dignitaries and movie stars.

MICHAEL & KOONG STEPHENS

This wonderful couple offer energy healing, intuitive guidance and life coaching. Both are acknowledged and documented powerful healers, deeply committed to empowering you with wellness techniques providing a sustainable means to revitalize your health and happiness. Michael is the author of *Provolution – A Guide to Global Transformation Through Personal Evolution* – a wellness book being published by O-Books for release in mid-2010.

JOHN CAMPBELL

Originally from the UK, John is the only resident Pranic Healing Instructor in Thailand. Knowing that 'everything is energy', he uses proven, advanced methods to bring about positive change in clients lives on the physical, emotional, mental, and spiritual levels. You may be aware of the external factors affecting you, and John will help you to understand the much less understood internal factors that can create havoc in our health, wealth and relationships. He offers Advanced Pranic Energy healing for serious physical or psychological illnesses and teaches clients how to reduce stress using mediation, breathing techniques and the Law of Karma.

Sessions with John integrate his knowledge of BAZI Four Pillars of Destiny, a branch of Chinese Astrology, Byron Katie techniques, Pranic Healing and in depth explanation of codependency.

FRANCESCA D'CRUZ

Francesca has practiced Traditional Chinese Medicine for almost 11 years. Graduating from Victoria University, Melbourne, Australia in 1998, where she attained her Doctorate of Traditional Chinese Medicine & Acupuncture.

Having begun her professional career as a volunteer Acupuncturist at Windana Natural Drug Rehabilitation Centre, Francesca assisted people to naturally shun drug dependency.

She then moved on to join 2 multi-discipline clinics where she worked along side Chiropractors, Physiotherapists, Massage Therapists and Osteopaths dealing with patients suffering from Musculoskeletal disorders, post-trauma & post-operative care, pain, headache, infertility, stress, weight management, internal body cleansing (detox), including nutritional dietary advice.

Francesca made a mark in history by introducing Acupuncture on passenger cruise ships out of the USA, and contributed largely to the on-board training of 65 Practitioners working at sea today.

Francesca's Acupuncture treatments treat a wide range of injuries, mental & physical imbalances, and acute & chronic disorders. We are privileged to welcome Francesca to Atmanjai as a visiting practitioner between September and November this year.

GRANT SNELL

Born in Thailand and raised in Canada from the age of 3 months to 8 years, Grant has been exposed to complementary health technology since he was a baby. His father Phil is a well known distributor of complementary and alternate health care products and equipment throughout Asia, and incorporates these technologies in his daily life.

Through his constant exposure to information, experiences and education from his father and his fathers' colleagues, clients and connections, Grant has a broad understanding of the benefits of a wide range of health care technologies.