



Dr. Buathon at The Oriental Spa

22nd February – 7th March 2016

Dr. Buathon is a renowned holistic practitioner from Thailand with extensive knowledge of alternative medicine. She uses her background in nursing, psychology and health sociology to offer you a tailor-made plan to help improve your wellbeing, body, mind and soul.

During her residency at The Oriental Spa, Dr. Buathon will apply her self-developed ZenNaTai, a unique approach to holistic healing that allows the body to release tension, generate chi flow - or life energy - and encourage a peaceful state of mind. Experience a personal healing journey, restore your sense of harmony, and allow your body and mind to become one.



For more information, or to make a reservation, please call
+66 (2) 659 9000 or email mobkk-spa@mohg.com

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Our Body Our Emotions Workshop 1 hour and 30 minutes

THB 6,900

In this workshop, you will learn to understand the connection between our emotions and our body's major organs and how it affects our overall well-being. You will be guided through a traditional Taoist Breathing Technique known as the Healing Sounds, which helps you connect with your emotions through internal sound vibrations to bring about a positive transformation. These Healing Sounds are powerful tools to harmonize our body and mind into a deep state of serenity.

Sound Healing Workshop 1 hour and 30 minutes

THB 6,900

Learn to connect with sound vibrations and allow subtle sound frequencies to calm your body and mind. Utilize 'toning technique' to cultivate energy flow and create your own space for physical and mental transformation. This workshop is suitable for self-expression and mental clarity.

ZenNaTai 1 hour / 1 hour and 30 minutes

THB 4,900/6,900

This customized therapeutic massage is designed to encourage energy (Qi) to flow throughout the body, to release cranial, chest and abdominal tension as well as to stimulate the lymphatic flow thereby supporting detoxification. ZenNaTai induces a deeper state of relaxation and a peaceful state of mind.

Energy Enhancing 1 hour and 15 minutes

THB 6,200

The chakra energy is awakened using seven precious healing oils to activate the body's subtle energy flow. The experience is enhanced with restorative sound vibrations created from Tibetan singing bowls that resonate with the body fluid leading to energy cleansing and rejuvenation.

Mind Transformation 1 hour / 1 hour and 30 minutes

THB 4,900/ 6,900

The mind is the master of the body. A mind transformation session promotes emotional wellness through conscious breathing, unlocking your 'unfinished matter' and transforming your stress and emotions into vitality.

Sound Meditation 1 hour

THB 4,900

Energize your body and mind by listening to different sounds and tones, thus allowing your body to connect to the vibrations of sound. Create your own sounds of expression to transform stress into vitality.

1 hour Complimentary 'Silence Your Body & Mind Workshop' on 22nd February 2016

In Thai from 2pm – 3pm and in English from 3.30 to 4.30pm at Baan Noi

Learn the simple techniques of mindfulness breathing to awaken the connection of your body, and to calm your mind and increase your mental stability, vitality and peace within.