



THE SPA
— AT —
MANDARIN ORIENTAL
—
SINGAPORE





Emotional Wellness with Dr. Buathon Thienarrom PhD

Visiting Practitioner

Pursue elevated mental clarity when you join our visiting practitioner, Dr. Buathon Thienarrom, an expert in Asia's leading healing traditions, for restorative workshops and private sessions.

Dr. Buathon approaches health and well-being based on holistic practices to deliver an integration of the body, mind and spirit. Her specialised treatments are drawn from her extensive expertise in nursing, psychology, health sociology, mind training, and Tibetan medicine.

Workshops

14 to 18 March

14 March, Thursday
7 to 7.45pm (45 minutes)
Complimentary

Emotional Well-being

This introductory workshop will help you understand how emotions influence your physical and mental health and well-being.

16 March, Saturday
2 to 6pm (4 hours)
SGD420 per person
inclusive of light refreshments

Self-healing

Let an inner healing begin from a calm mind that cultivates mental stillness and clarity, understand your body and your emotion, and alleviate emotional baggage through mind transformation. Recalibrate a new balance with Healing Bowl Vibration.

18 March, Monday
7 to 8.15pm (75 minutes)
SGD150 per person

Healing Bowl Vibration

Unwind through mindful breathing guided by Dr. Buathon and allow the healing vibration from the Himalayan Healing Bowl bring peace within.

For inquiries and reservations, please call +65 6885 3533 or email mosin-spa@mohg.com.

*Advanced booking is required and subject to availability.
Prices are subject to 10% service charge and prevailing government taxes.*



Private Sessions

15 to 19 March

Energy Healing & Himalayan Healing Bowl Therapy

Enhance the body's subtle energy flow with restorative sound vibrations from Himalayan Healing Bowl resonating with the body, resulting to cleansed and rejuvenated body energy. This therapy will slow down the brain wave frequencies and rest the mind to a pre-meditative state.

75 minutes
SGD484 per person

ZenNaTai: Physical Tension Release & Abdominal Detox

A unique approach to holistic healing massage that generates *qi* to flow throughout the body. ZenNaTai can release chest, cranial and abdominal tensions, and stimulate the lymphatic flow to alleviate body toxins. ZenNaTai induces a deeper state of relaxation and a peaceful mind.

75 minutes
SGD484 per person

Integrative Healing: Release and Restore

A bespoke healing session tailored to your needs to release unnecessary energy and restore your new focus for a greater alignment of body, mind, and soul.

90 minutes
SGD570 per person

For inquiries and reservations, please call +65 6885 3533 or email mosin-spa@mohg.com.

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