



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

4 & 7 September

4 September, Wednesday
7 to 8.15pm (75 minutes)
SGD128 per person

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.

7 September, Saturday
11 to 12.15pm (75 minutes)
SGD128 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

4 to 9 September

10am to 8pm

75 minutes
SGD380 per person

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
SGD380 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.

90 minutes
SGD450 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.

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5 Raffles Avenue, Singapore 039797
T: +65 6338 0066
mandarinoriental.com/singapore

