



THE SPA  
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MANDARIN ORIENTAL  
—  
SINGAPORE



# Ayurveda and Tok Sen Therapy with Emiliana Pappalardi

*Wellness Practitioner*

Discover the holistic health benefits of Ayurveda and Thai Therapy with our visiting wellness practitioner, Emiliana Pappalardi

An experienced multidisciplinary therapist, Emiliana uses special techniques customised for your unique needs, promising a natural improvement of your overall health and well-being.



**5 - 16 JUNE 2025**

## **Ayurvedic Consultation**

Through evaluation of your dosha (body-mind constitution) and identifying imbalances, the consultation provides recommendations for tailored treatments, diet adjustments, and practices to promote harmony, vitality, and balance.

**SGD 180 per person (30 minutes)**

## **Padabhyanga Massage**

This soothing Ayurvedic foot massage focusing on vital energy points in the feet using herbal oils, enhancing circulation, alleviates fatigue, and promotes deep relaxation.

**SGD 180 per person (30 minutes)**

## **Shiro Abhyanga Massage**

This Ayurvedic head massage which includes the back, shoulders, neck and face uses warm herbal oil to relieve stress, improve blood circulation, enhance scalp health, and promote clarity, leaving you refreshed, balanced, and tension-free.

**SGD 240 per person (45 minutes)**

## **Marma Point Massage**

As part of Ayurvedic medicine, Marma Point Massage involves stimulating 107 vital energy points in the body, promoting physical and mental healing when combined with abhyanga massage, bringing longevity, relaxation, and strength to your body.

**SGD 310 per person (1 hour 30 minutes)**

## **Tok Sen Therapy**

An ancient northern Thai treatment that uses wooden sticks and tamarind bark wedges to tap along the body's energy lines, creating vibrations that relieve tension, clear blocked energy, and restore balance, benefiting those with chronic pain, muscle stiffness, stress, and insomnia.

**SGD 310 per person (1 hour 30 minutes)**

For inquiries and reservations, please call +65 6885 3533 or email [mosin-spa@mohg.com](mailto:mosin-spa@mohg.com).

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





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