



## RENOWNED HOLISTIC PRACTITIONER IN RESIDENCE

### EMOTIONAL WELLNESS WITH DR. BUATHON

From 3-17 September 2023, The Mandarin Spa welcomes back Dr Buathon for her unique approach to holistic healing.

Her exclusive treatments include Body-Mind and Spiritual Wellbeing, to releasing physical tension, energy enhancing through Vibrational Healing Bowl and transform your mind for a greater mental clarity and alignment.

Guests will leave feeling euphoric and relaxed, have an increased chi flow (or life energy), and a peaceful state of mind.

For more information or to reserve, please call +852 2825 4888  
or email [mohkg-spa@mohg.com](mailto:mohkg-spa@mohg.com)





## Mind Transformation-Emotional Wellbeing & Mind training

The mind is the master of the body. While a healthy mind can enhance physical wellness, an unhealthy mind that is, in Tibetan medical terms, ‘tainted’ by the ‘three mental poisons’ of attachment, hatred and closed-mindedness, is often the cause of disease. Mind Transformation promotes emotional wellbeing through conscious breathing, unlocking your “unfinished matter,” and transforming your stress and emotions into vitality. This treatment promotes mental clarity and self-empowerment.

*60 minutes – HKD 2,220 per person*

## Energy Healing & Tibetan Sound Therapy

Enhanced body’s subtle energy flow with the restorative sound vibration from Tibetan healing bowls that resonates with the body fluid, the body’s energy is cleansed and rejuvenated. This treatment helps to slow down the brain wave frequencies and can rest the mind to a pre-meditation experience.

*75 minutes – HKD 2,820 per person*

## ZenNaTai - Physical Tension Release & Abdominal Detox

An unique approach to holistic healing massage that generates energy (Qi) to flow throughout the body. ZenNaTai can release chest, cranial and abdominal tension, and stimulate the lymphatic flow thus supporting the release of toxins. ZenNaTai induces a deeper state of relaxation and peaceful mind.

*75 minutes - HKD 2,820 per person*

## Integrative Healing -Release and Restore

A healing session that's customised to your needs to release unnecessary energy and restore your new focus for a greater alignment of body -mind and soul.

*90 minutes – HKD 3,330 per person*

Prices are in HKD and subject to 10% service charge.

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