

BUATHON THIENARROM

Integrative Bodywork/ Sound
Healing/ Mind Training

JOURNEY TO EMOTIONAL WELL-BEING

Dr. Buathon Thienarrom is a Holistic Practitioner from Thailand with an intensive knowledge in alternative medicine, Taoist practice and Tibetan medicine.

Her journey is to seek a way to deliver an integration of the Body, Mind and Spirit. With her exclusive background in Nursing, Psychology and Health Sociology. She gradually created ZenNaTai, a unique approach to holistic healing that allows the body to release the tension, generate chi flow and encourage a peaceful mind.

Dr. Buathon has shared her passion through her healing practice to various celebrities.

“It is far better if we can heal ourselves without relying on doctors and health practitioners. And wouldn't the world be a much nicer place if it was filled with healthy, happy people?”



Energy Enhancing Energy Healing & Himalayan Sound Therapy

Awaken the chakra energy with precious healing oils that activate the body's subtle energy flow. Enhanced with the restorative sound vibration from Himalayan singing 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 is able to rest the mind to a pre-meditation experience.

75 minutes \$328

Mind Transformation Emotional Wellness & 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 wellness 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 \$282

ZenNaTai Physical Tension Release & Abdominal Detox

Through hands-on experience, Dr. Buathon created ZenNaTai; a 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. The treatment promotes better digestion, postural alignment, sleep quality; can restore harmony between the mind and body, relieve tension headaches and improve concentration.

60 minutes \$282 / 90 minutes \$382

Sleep Enhancement

Your sleep enhancement begins with a private consultation to recognize your physical and emotional tensions. It includes a two-hour healing session per day customized to your needs base on your lifestyle including ZenNaTai, Energy Enhancing and Mind Transformation sessions to harmonize the body, mind and soul. Take home the healing oil to promote your evening journey.

120 minutes daily: 5 day programme \$2,520