

VISITING PRACTITIONER

JILL BANWELL AND CLAUDE SIMARD



JILL BANWELL

Reiki Master, Crystal Healer, Massage Therapist

Jill grew up close to nature, in a little village in Somerset, England. After studying Natural Sciences at Cambridge University, Jill first encountered the healing arts over 20 years ago. Since then she has explored the fields of Reiki, Therapeutic Tarot Reading, Crystals, Yoga, Massage Therapy and Meditation. Journeys to sacred sites around the world have helped her to become a more open channel for healing energies. Jill finds fulfillment in gently guiding people to experience a deeper, more harmonious level of themselves and life.

Crystal Healing Massage Journey

90 mins/USD 345

During this tailor-made oil massage treatment special crystals are placed on your chakras (*energy centres*) so you can benefit from their high vibrations. Following the massage, when you are fully grounded in your body, Jill will continue with reiki energy healing to complement the effects of the crystals. Benefits include: rebalancing, stress relief and tension release, leaving you feeling peaceful and calm.

Crystal Chakra Balancing

60 mins/USD 270 | 90 mins/USD 345

Beautiful healing crystals are placed on your chakras (energetic centers) to benefit all levels of your being. While your body, mind and spirit absorb the high vibrations of these special stones, Jill gives you a hands-on reiki healing to amplify the effects. This healing treatment cleanses, energizes, calms, inspires and rebalances.

Intuitive Massage Treatment

60 mins/USD 270 | 90 mins/USD 345

Holding a nurturing space, Jill intuitively uses a combination of bodywork techniques to encourage you to relax and let go, according to your personal needs and preferences. During the massage you can also receive some hands-on reiki healing to bring you into an even deeper state of balance, relaxation and release.

Deep Intuitive Massage Treatment

60 mins/USD 270 | 90 mins/USD 345

A deeper treatment including deep tissue techniques on targeted areas of the body where habitual reactions to stress have caused tensions to accumulate, such as in the shoulders, back and neck. Jill works to release this physical pressure from your muscles to leave you feeling more comfortable and peaceful in your body and mind.

Retention Relief Massage Treatment

60 mins/USD 270

This treatment addresses blockages in the digestive system and water retention. A firm, rhythmic abdominal massage focuses on the large intestine, together with massage techniques to reduce bloating. Water retention in the legs, ankles and arms can also be relieved. Relevant pressure points are stimulated to aid the process.

Therapeutic Tarot Reading Consultation

60 mins/USD 270 | 90 mins/USD 345

Jill uses the tarot as a tool for self-development and life coaching. The spiritual guidance offered brings you peace, healing, clarity, and understanding, offering you a higher perspective and shining a light on the way ahead. You are welcome to approach the cards with general curiosity, or with any specific issues or questions about your life.

Children's Healing & Massage Combo

60 mins/USD 270

Choose your favorite crystals from Jill's collection. Then receive a special combination of crystal healing, reiki and massage. This treatment has been appreciated by both smaller and older children. Jill mixes massage and healing throughout this child-led treatment according to the needs of each moment.

Emotional Detox (Reiki) Treatment

60 mins/USD 270 | 90 mins/USD 345

If you've been stressed lately, or if you had some difficult past experiences, this treatment can help you to rebalance. Hands-on reiki energy healing, breathwork, creative visualization and positive affirmations are used to help you to let go of internal pressure in a healthy way, so that you can come back to yourself in a deeply harmonized state.

CLAUDE SIMARD

Remedial Massage Expert & Inner Child Therapist

Claude is an internationally acclaimed Canadian Massage Specialist and Meditation Teacher with over 30 years of experience. He has helped many people from all around the world to recover from different kinds of physical and emotional issues. He specializes in remedial massage to treat physical conditions using his deep awareness of the body. In his signature treatment, Psycho-Energetic Massage, he uses his highly developed sensitivity and intuition to combine therapeutic massage with Inner Child work for a truly holistic experience.

Pain Relief Massage Therapy

60 mins/USD 270 | 90 mins/USD 345

Using his psychophysical knowledge gained from 30 years of experience in remedial bodywork, Claude works with specific techniques to address any painful sensations you are experiencing in your body. Please book a complimentary consultation if you would like to discuss your issues and concerns before the treatment.

Shiatsu & Acupressure Massage Treatment

60 mins/USD 270 | 90 mins USD 345

This therapy supports and strengthens the body's natural ability to heal and balance itself. Energetic lines and acupressure points are stimulated to tonify your internal organs, loosen joint articulation, relieve muscle stiffness and calm your nervous system. For physical issues this treatment rebalances the body, improving immunity and stimulating circulation. It is also very helpful in aiding detoxification and harmonizing digestion.

Deep Therapeutic Massage Treatment

60 mins/USD 270 | 90 mins USD 345

If you want to mobilize a stiff neck, relieve back pain, leg tightness or tense shoulders, this massage can help you. After warming up the muscles Claude uses direct deep pressure, concentrated on chronically tense areas, to break down adhesions and restore normal movement. Deeper layers of muscle and connective tissue are realigned. His deep bodywork techniques, together with the stimulation of specific acupressure points, gives the best results.

Psycho-Energetic Massage Treatment

60 mins/USD 270 | 90 mins USD 345

This special massage treatment enables you to access the healing power of your deep self, and is an opportunity for profound emotional rebalancing. During the massage Claude guides you to reconnect with your Inner Child, bringing you into contact with lighter, more playful energies, so that you can let go of stress and tension more easily. This treatment can help you to recover more completely from any negative experience that you went through in your life, so that you can feel happier and more in harmony with the universal flow.

Sports Massage Treatment

60 mins/USD 270 | 90 mins/USD 345

A specialized massage that relieves muscle stiffness and detoxifies the muscles following exercise and training. This treatment can improve performance and reduce the risk of injury. The massage can also be remedial to accelerate recovery from sports injuries.

Private Inner Child Meditation

60 mins USD 270

Connecting with your Inner Child enhances your self-expression, creativity and happiness. It is possible to work on any emotional or energetic blockages with this therapeutic meditation, as this somatic process progressively releases negative emotions and traumatic memories from the body. Liberating the expression of your Inner Child gives you more freedom to be who you really are so you can create the life that your heart truly desires. Claude can also guide you to understand and meditate with your dreams in order to access powerful messages coming from the personal symbols of your deep unconscious.

Reflexology Foot Massage

60 mins/USD 270

Specific acupressure points in the feet correspond to the organs and systems of the body. Claude stimulates these reflex points to relieve pain, promote good health and rebalance your body.

For reservations and further inquiries, please dial ext. 3045 or visit Anantara Spa at Anantara Dhigu.