

ÄMÄN
SPA



Visiting Specialist



Dr. Buathon Thienarrom

From 23 December 2024 to 14 January 2025

This season, Amantaka's tranquil Aman Spa welcomes Dr. Buathon Thienarrom, Ph.D., affectionately known as "Dr. B," hails from Thailand and boasts a wealth of expertise in Alternative Medicine, Taoist Practice, and Tibetan Medicine. With a unique foundation in Nursing, Psychology, and Health Sociology, Dr. Buathon is dedicated to promoting the harmonious integration of Body, Mind, and Spirit in pursuit of optimal health. Her healing practice has attracted a diverse clientele, including celebrities and members of royal families in the Middle East and Bhutan, as she passionately shares her holistic approach to well-being.

Treatments

ZenNaTai - Physical Tension Release & Abdominal Detox

60 / 90 minutes

Through hands-on experience, Dr. Buathon developed ZenNaTai, a distinctive approach to holistic healing massage that facilitates energy (Qi) to circulate throughout the body. ZenNaTai can alleviate chest, cranial, and abdominal tension, as well as stimulate the lymphatic flow, thereby aiding in the elimination of toxins. ZenNaTai induces a deeper state of relaxation and promotes a peaceful mind.

Energy Enhancing - Energy Healing & Tibetan Sound Healing

75 minutes

By harnessing the restorative sound vibrations produced by Tibetan healing bowls, the body's subtle energy flow is elevated, resonating harmoniously with the body's fluids, resulting in a cleansing and rejuvenating effect. This treatment aids in the reduction of brain wave frequencies, inducing a mental state akin to pre-meditation, providing deep relaxation and tranquility.

Mind Transformation - Emotional Wellbeing & Mind training

60 / 90 minutes

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.

Integrative Healing - Release and Restore

Three 90-minute sessions

Your healing journey for a series of three private healing sessions of 90 minutes that customised to your needs to release unnecessary energy and restore your new focus for a greater alignment of body-mind and soul. A private consultation is required prior to signing up the journey.

All price are subject to tax and service charge. For bookings or enquiries, please visit the Aman Spa or dial 2 from your room. Rates are subject to local taxes and service charge.

For cancellations made on the day of the booking, the full charge will apply.

Complimentary Wellness Group Class

Experience a complimentary 60-minute group wellness class with Dr. Buathon Thienarrom, an expert in Alternative Medicine, Taoist Practices, and Tibetan Medicine. Drawing on her unique background in Nursing, Psychology, and Health Sociology, Dr. Buathon teaches participants how to harmonize Body, Mind, and Spirit to achieve profound well-being.

Heal - Nurture Your Being

Embark on a transformative journey to inner peace, where mindfulness meets profound physical relaxation through the soothing vibrations of healing bowls and conscious breathing. Embrace the path to your core self, unlocking serenity through self-reflection, tranquility, and transformative practices. Cultivate inner stillness as you immerse yourself in the healing frequencies of the bowls, allowing them to guide you toward balance and renewal.

Voice of Love - The Sound of Transformation

Sound becomes a powerful mindfulness practice to elevate consciousness. Through intentional mantra chanting and vocal sound expression, you'll vibrate in harmony with your body, mind, and soul, tuning to the rhythm of love and compassion. Allow these sacred sounds to foster deep transformation, awakening healing energy within you.

Healing Bowl Meditation - A Practice of Unwinding

Release the clutter of the mind through the resonant sound vibrations of healing bowls. This practice helps shift your focus, guiding you to a place of stillness and clarity, as you immerse yourself in the transformative power of sound. Through these vibrations, you can quiet your thoughts, promote healing, and reconnect with your deeper self.

30-Minute Complimentary Consultation Session

Discover the interconnectedness of body and mind in this personalized session, designed to assess your overall well-being. Together, we'll explore how physical, mental, and emotional health influence one another, and identify pathways to greater balance and harmony.

Our classes are suitable for all guests, with the exception of pregnant women and children under 10 years old.

For more information or to reserve your spot, please contact the Aman Spa or dial 2 from your room.



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