



SIX SENSES SPA



Deep Relaxation & Healing with the Garcia Method

7th December 2016 – 7th January 2017

Meet an expert in Bodywork, Yoga & Meditation

Dr. Lisette Garcia has a Ph.D. from Tufts University in Psychology. She has also done over four years of silent meditation retreat. Lisette has followed the path of yoga and meditation to prove its efficacy in changing one's mind, heart, and reality. Her goal has been to distill her knowledge and teach others fast and efficient methods to achieve optimal health, mindfulness, happiness, success and positive neural pathway change.



Complimentary Consultation

20 minutes

The Garcia Method

90 minutes THB 9,000 / 120 minutes THB 11,000

The Garcia Method is a form of bodywork that integrates a profound understanding of the body's energetic, emotional pathways (e.g. meridian and acupuncture points) and muscular/structural components.

It is a deep tissue manipulation that stretches one's physical and emotional being. It releases blockages, allows for deep relaxation and creates space for healing. The experience will open one up to their higher potentials both physically and mentally. It's an excellent for long term injury relief as well as the perfect supplement to any physical practice.

- A 90 minute treatment is a general full body tune-up. We will explore how your mental propensities have influenced your physical limitations. Instruction will be given on posture and helpful/healing yoga poses will be suggested.
- The 120 minute treatment is an in-depth full body treatment that allows for a good deal of time for problem areas to be addressed. We will explore how your mental propensities have influenced your physical limitations. Instruction will be given on posture and helpful/healing yoga poses will be suggested.

WHAT CLIENTS SAY

"As someone who has never been very comfortable going to a chiropractor, going to get a massage, or seeing a therapist, I was a bit hesitant to give Lisette's body work a try. I had been physically and emotionally exhausted for a while, so I decided it was time to just get over my fear. I'm glad I did, because it was amazing. I had cried because it hurt, cried because I talked about things typically difficult to discuss, learned how to stretch my always-aching hips, and left feeling more comfortable with my body and more comfortable confronting fears I have in relation to my health. It was so good I was back for a second session two days later."

Meghan Houck, Model and Videographer

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