



Visiting Practitioner “Pamela Young”

15th October – 15th November 2017

Pamela has worked in the medical fields of orthopedics and pathology until studying massage therapy in Scottsdale, Arizona and Watsu at Harbin Hot Springs in California made her opt for a career in the Spa industry. Pamela has worked at world class spas in Scottsdale, and most recently at World No.1 Destination Spas MiiAmo Spa in Sedona, Arizona and Ananda in the Himalayas, India. Specializing in therapeutic massage, she holds certification in deep tissue, lymphatic, Craniosacral therapy, Reiki, Thai massage and Watsu.

Deep Tissue Massage

90 min 9300 THB

An experience recommended for those really tense, knotted and painful areas. Using a variety of muscle release techniques, Pamela will work within your pleasure/pain threshold to release tension.

Therapeutic Fusion

60 min 7,400 THB

90 min 9,900 THB

A totally customize massage in which Pamela will create a unique experience from her variety of expertise. Create your own massage.

Craniosacral therapy

60 min 7,400 THB

90 min 9,900 THB

A very powerful but gentle treatment of the whole body originated from Osteopathy. Pamela is trained to feel and listen to the subtle motion of the Craniosacral Rhythm. Physical or emotional shock creates tension in the body, leaving the tissues tight and contracted creating short and long term pain.

Lymphatic

60 min 7,400 THB

Flowing wave-like movements softly stimulating the lymph and fluid circulation to boost up the immune system and detoxify the body. Ideal after a long flight or to promote detoxing.

Watsu

60 min 7,400 THB

Watsu offers gentle stretching and massaging treatment as you float in warm water. A profoundly moving and relaxing form of passive aquatic therapy, Watsu combines the therapeutic benefits of warm water with elements from such disciplines as zen, shiatsu, yoga, and meditation.

