

Paul Emery



5th Oct 2023 to 5th Nov 2023

Transform your life with the help of a wellness expert! Meet Paul, who overcame his own severe anxiety and social phobia after 35 years of searching for solutions and training with prominent doctors, neuroscientists, and therapists. Now, he wants to share his knowledge and expertise with you!

Since 2002, Paul has worked with 22 international wellness resorts across Thailand, Dubai, India and Australia. He won the 'Asia Spa Holistic Treatment of the Year' in 2010 and was a featured speaker for the 'Global Wellness Day' in 2020 and 2021. He has been featured in top media outlets such as Forbes, Vogue, Fox, Sky, Cosmopolitan, Marie Claire, and Harper's Bazaar, and is a contributing co-author of two Amazon bestselling books: 'The Soul of Success' with Jack Canfield and 'the Winning Way' with Brian Tracy. Paul has worked with royalty, doctors, athletes and celebrities from the worlds of rock, pop, TV and Bollywood.

If you're looking to improve your emotional health, Paul has the expertise to help you achieve your goals. Take the first step towards a happier, healthier life and book a session today!

The Peaceful Mind Solution - Paul's Signature Treatment

Whether you're feeling stressed, anxious, worried, angry, sad, or dealing with a past trauma, Paul's neuroscience touch-based mind-body treatment will help you manage your emotions, be more peaceful and function better.

Perhaps you're facing a current challenge that you'd like to handle more calmly and resourcefully, or struggling to quit smoking. Whatever you're going through, Paul will help you. With his cutting-edge treatment, you will be able to move forward in life with greater ease, confidence, and emotional strength. Don't let your emotions hold you back - let Paul help you find the peace of mind you deserve.

The Sleep Better Solution

Do you struggle to get the restful sleep you need? Do you find it difficult to get to sleep, have racing thoughts or does constant waking disrupt your slumber? Together, we'll evaluate your mental, environmental and practical factors and develop a plan for better sleep and health. With my proven psychological and relaxation techniques, you'll drift off easier, stay asleep longer, and wake up feeling more refreshed and alert.

80-minute session USD 300++

45-minute follow-up USD150++

The Weight Loss Solution

Are your eating habits holding you back? Have you tried countless diets without success? With my non-diet, 4-step Healthy Eating System, you'll achieve and maintain your optimal weight and eating goals. Say goodbye to stress, anxiety, cravings and emotional eating, and say hello to a thinner, more positive and confident you!

80-minute session USD 300++

45-minute follow-up USD150++

The Inner Balance Meditation Experience

Do you struggle to quiet your mind and find inner peace? My unique guided visualization and self-soothing touch-based meditation will leave you feeling calm, centered, and in control. Experience a long-lasting sense of tranquility and gain tools to reduce stress, anxiety, and worry for life.

50-minute session USD 250++

The Physical Health Booster

Are physical ailments holding you back from the activities you love? I'll address the possible root cause of your symptoms - emotional factors such as stress, anxiety, anger. I'll also help strengthen your internal health systems for maximum wellness. Overcome acute or chronic pain, injuries, or autoimmune issues and live a longer, healthier, and stronger life.

80-minute session USD 300++

45-minute follow-up USD150++

Prices are in USD and are subject to 27.6% government taxes and service.
Please book with your Katheeb/a or contact Javvu Spa reception.