



*Amilla*  
MALDIVES

# JANG KANLAYANEE

1-30 APRIL 2024

Jang, a Thai native with a background in Health Science, brings over 20 years of experience in the spa and wellness industry. Having worked in five-star resorts across Thailand, Maldives, and Australia, she has held roles such as Senior Spa Therapist, Holistic Practitioner, and Spa Trainer. Passionate about teaching wellness and yoga therapies, Jang aims to share her knowledge in aligning the body and mind for overall well-being.

## SIGNATURE TREATMENTS

	MINUTES	USD
<b>EMOTIONAL RELEASE MASSAGE (CHI NEI TSANG)</b>	60	230
A detoxifying and stimulating massage focusing on the abdomen area, unlocking emotional and energetic blockages stored in the internal organs with hands and crystal techniques. Enjoy benefits such as stress relief, improved digestion, and stimulation of chakras 1, 2, 3, and 4.	90	280

Prices are in US Dollars per person and are subject to a 10% service charge and 16% TGST.  
Please book with your Katheeb(a) or contact Javvu Spa reception.

	MINUTES	USD
<b>BODYWORK ALIGNMENT MASSAGE (*MODERATE-DEEP)</b>	60	220
Years of bodywork experience combined to tailor a massage that suits your needs and brings balance to your body and mind. Add cupping or Tok Sen (traditional Thai Lanna style)	90	270
<b>CRYSTAL SOUND HEALING MASSAGE (ENERGY AND RELAXATION FOCUSED)</b>	90	280
Flow techniques with gentle oil massage to activate the lymphatic system. Using the vibrations of the crystal bowls to enhance health, natural immune system, and deep relaxation of the mind leading to efficient energy flow.		
<b>FOOT AND HAND REFLEXOLOGY</b>	60	200
Massage with a focus on feet, legs, and hands. Using hands and crystal stones, the pressure is applied to reflexology points and meridian lines connected energetically to specific organs and body parts. This massage improves energy flow and overall well-being.	90	250
<b>CHAKRA HEALING (REIKI)</b>	60	230
Using the crystal stones on chakra and using hands to heal by gentle touch. Reiki is relaxation, assisting the body's natural healing processes, and developing emotional, mental, and spiritual well-being. It is also to induce deep relaxation, help relieve emotional stress, and improve overall wellbeing.		
<b>PRIVATE YOGA</b>	60	180
Private one-on-one sessions (maximum 2 people): Jang, skilled in various yoga modalities and an enthusiastic practitioner herself, tailors classes to your preferences and experience level, be it meditative or dynamic.		
<b>SOUND BATH HEALING WITH SINGING BOWLS</b>	45	150
Private one-on-one sessions (maximum 2 people): Deep relaxation and meditation session with sound and vibration. A singing bowl enhances focus and deepens meditation, guiding you into a relaxed, centered, and reflective state. This experience alleviates stress, enhances focus, and promotes overall relaxation of the mind and body.		
<b>BODY AWAKENING 150 MINUTES</b>	150	480
Bodywork Alignment 60 min Chi Nei Tsang 30 min Foot and hand reflexology with crystals 60 min		
<b>WELLNESS AWAKENING 180 MINUTES</b>	180	590
Chi Nei Tsang 60 min Foot and Hand reflexology with crystals 60 min Crystal sound Ki energy massage 60 min		

## WELLNESS ACTIVITY CLASSES

	MINUTES	USD
<b>YOGA – HATHA, VINAYASA FLOW (BODY AND MIND FOCUSED)</b> Private one-on-one sessions (maximum 2 people): Jang, proficient in diverse yoga modalities and a dedicated practitioner, tailors classes to your preferences, offering a personalized experience whether you seek a more meditative or dynamic session.	45	150
<b>SOUND BATH HEALING WITH CRYSTAL SINGING BOWLS (MIND FOCUSED)</b> A deep relaxation and meditation session with sound and vibration. A singing bowl can help you focus and dive deeper into a meditative state. The soothing sound promotes a relaxed and focused atmosphere, leading to a powerful, reflective state that eases stress, improves focus, and relaxes your mind and body	30	135
<b>TAI CHI EXPERIENCE</b> Tai Chi is a Chinese healing art that emphasizes mindful movement, focuses on physical posture, and harmonizes the flow of chi within the body.	45	150