



Dr. Tridendra

10 NOVEMBER TO 10 DECEMBER 2023

Experienced Medical Doctor Tridendra Shakya has over 17 years experience with holistic medicine such as manipulative massage therapies, acupuncture, reflexology, cupping, therapeutic yoga and stress management through breathing techniques.

ACUPUNCTURE (PAIN MANAGEMENT)

A Traditional Chinese medicine, also alternative medicine, having a history of thousand years in practice: thin needles are inserted into the body to correct the flow of energy (Chi/ Qi), through the meridians. Ideal for both physical and mental ailments like chronic back pain, arthritis, migraines, sinusitis, and general stress and enhancement of well-being.

60 minutes \$249++ | Includes Wellness Assessment

ACUPUNCTURE FOR WEIGHT LOSS

Imbalances in your body's Qi can lead to decreased metabolism function and unnatural weight gain. Inserting fine needles into specific hidden meridian lines suppress your appetite, boost your body's natural metabolism and detoxification process, and help maintain optimum body weight.

60 minutes \$249++ | Includes Nutritional Consultation

FACIAL REJUVENATION ACUPUNCTURE

An effective, non-surgical, traditional treatment to reduce the signs of ageing, and stimulates collagen production. Tiny needles are inserted along meridian lines and acupuncture points to increase blood circulation and create micro trauma to sub dermal layer of skin, helping to nourish and oxygenate the skin from the inside out.

60 minutes \$249++

ACU-MASSAGE

Deeply remedial three-step treatment of acupuncture, Marma Point Massage, and the 3,000-year-old practice of cupping improves the flow of Qi to release pain and tension from the back and neck area.

90 minutes \$349++ | Includes Wellness Assessment and Exercise

VEDIC SINUS CLEANSING (FOR SINUSITIS, MIGRAINE, CLAIRVOYANCE & IMMUNE ENHANCING)

Combination of three detoxifying yogic kriyas Jala Neti (Nasal Irrigation), Sutra Neti (Nasal de-sensitization) and Kapalabhati Kriya (inner & outer peace) followed by acupuncture and deep relaxation techniques to release blockages, to support eliminating toxins that build up through the course of everyday life in the body's digestive, endocrine and lymphatic systems. The natural way of purify and boost immune system.

120 minutes \$349++

YOGA NIDRA (SLEEP MEDITATION)

A guided meditation known as "Psychic sleep", in which different visualization techniques are used to awaken awareness and relax the conscious mind.

45 minutes \$169++ | Includes wellness assessment

SLEEP WELL PACKAGE (ANTI-SNORING/STRESS, INSOMNIA)

Superb gift to your loved one. Sequence of three-step treatments of Acupuncture, Conscious Breath Restraint and Effervescent Foot Bathing enhances the flow of Qi that widens the airways, increases lung function, and improves blood circulation, put together proved more effective than a CPAP machine when it came to breathing and oxygen levels.

120 minutes \$349++ | Includes Wellness Assessment

HEAD TO TOE REVIVER

Switch on the body and mind. Relaxation combined with the energizing and invigorating effects of head, and yoga-Thai massage help you feel mentally and physically restored. Reflexology points on the feet correspond to organs in the body, works on energy pathways similar to acupuncture to relax you, ease stress and tension and help with general well being.

120 minutes \$349++ | Includes Wellness Assessment

YOGIC CLEANSING OR DETOX

Ancient yogic technique to clean the body internally, clearing the toxins from the alimentary canal tones the internal organs like the liver, kidney, digestive organs, and glands. This technique is beneficial in the purification of blood by the reduction of excessive mucus.

120 minutes \$299++ | Includes Wellness Assessment

ADD-ONS TO ENHANCE THE EFFECT OF TREATMENTS

Extra Electrical Stimulation \$60++

Extra Cupping Therapy \$50++

Extra Auricular Seed Acupuncture \$45++

Extra Facial Lymphatic Marma Massage to face and neck \$60++