



“Heal Your Body and Transform your Mind” with Buathon Thienarrom Ph.D.

Life is a journey, expand your greater moment on the private island into wellness escape, immerse your true self with a boundless blue horizon at Anantara Kihavah Villas and renew your body–mind and soul. **Join Dr. Buathon for a complimentary wellness consultation** to understand the greater awareness of body and mind, and experience her range of integrative practices to rejuvenate your body and nourish your mind.



About Dr. Buathon

Buathon Thienarrom, Ph.D. (aka Dr. B) is a Wellness Practitioner from Thailand with an extensive knowledge of Alternative Medicine, Taoist Practice and Tibetan Medicine. Drawing on her background in Nursing, Psychology and Health Sociology, Dr. Buathon shares her passion for body, mind, spirit connection through a variety of holistic healing practices, with notable clients including celebrities and royalty in the Middle East.

“It is far better if we can heal ourselves without relying on doctors and health practitioners. And wouldn’t the world be a much nicer place if it was filled with healthy, happy people?”

Signature Treatment

ZenNaTai (60 / 90 mins)

Physical Tension Release & Abdominal Detox

Through hands-on experience, Dr. Buathon created ZenNaTai; a unique approach to holistic healing massage that generates energy (Qi) to flow throughout the body. ZenNaTai can release chest, cranial and abdominal tension, and stimulate the lymphatic flow thus supporting the release of toxins. ZenNaTai induces a deeper state of relaxation and peaceful mind. The treatment promotes better digestion, postural alignment, sleep quality; can restore harmony between the mind and body, relieve tension headaches and improve concentration.



Energy Enhancing (75 mins)

Energy Healing & Tibetan Sound Therapy

Awaken the chakra energy with precious healing oils that activate the body's subtle energy flow. Enhanced with the restorative sound vibration from Tibetan singing bowls that resonates with the body fluid, the body's energy is cleanse and rejuvenate. This treatment helps to slow down the brain wave frequencies and is able to rest the mind to a pre-meditation experience.

Mind Transformation (60 mins)

Emotional Wellness & Mind training

The mind is the master of the body. While a healthy mind can enhance physical wellness, an unhealthy mind that is, in Tibetan medical terms, 'tainted' by the 'three mental poisons' of attachment, hatred and closed-mindedness, is often the cause of disease. Mind Transformation promotes emotional wellness through conscious breathing, unlocking your "unfinished matter," and transforming your stress and emotions into vitality. This treatment promotes mental clarity and self-empowerment.

All sessions are available by appointment. For more information, please contact the Anantara Spa.

*All treatment prices are in USD and subject to 10% Service Charge with 12% Government Tax.
Please inquire for pricing at spa.kihavah@anantara.com*