



Vibrational Facelift and Deep Relax Body & Mind Transformational Technique with Carina Lindström

Experience unique holistic techniques that are gentle, safe and are highly effective in promoting long lasting wellbeing. Reducing stress decreases heart rate and blood pressure, aids digestion, relieves muscular tension and enhances the immune system and the ability to deal with pain and discomfort. A sense of deep and blissful relaxation melts away stress to leave you feeling rejuvenated and revitalised. Benefit from a body-mind connection that empowers, opening you up to physical awareness and healthier habits, and also greater clarity that allows for more inspiration and creativity.



About Carina

A coach, entrepreneur, therapist and healer, as well as the creator and founder of the Spa & Wellness company “ATMOSPHERE - Conscious Body Mind & Being” in London, Carina has more than 25 years’ experience in ancient and modern holistic treatments. Growing up in the countryside of Switzerland, since childhood she has been able to sense energies inside and around a person, and intuitively communicates with the body. Spending several years in Asia in her 20s, she was introduced to yoga, meditation and reflexology, and later was inspired to learn and practice other healing modalities, including Jin Shin Juytsu / Chakra and Meridian Balancing, Cranio Sacral Therapy, Connective Tissue Release and Intuitive Healing.

In pursuit of understanding a relaxed mind and body, Carina developed the original and cutting-edge modalities Deep Relax Body & Mind and Vibrational Facelift. Both techniques assist self-healing, in which the mind is deeply relaxed and the body-mind connection is often instantaneous.

**To reserve a private session with our expert practitioners, please contact Anantara Spa.
Advance booking is required.**

All prices are in USD and subject to Service Charge and Government Tax. Prices are subject to change without prior notice.



Holistic Therapies Offered:

Deep Relax Body & Mind

30 mins	USD 160++
45 mins	USD 250++
60 mins	USD 360++
3 x 60 mins sessions are recommended	USD 890++

This transformational technique combines Reflexology, Cranio Sacral Therapy and Intuitive Healing in a cutting-edge treatment that deeply relaxes, and at the same time activates all areas of the brain, the chakras, meridians, fascia and bodily functions. The different areas around the head, neck, shoulders back and front, are activated by a slight touch/lift and then held softly. This treatment clears and quiets the mind, and also relieves stress, tension, tiredness, anxiety, depression and pain.

Vibrational Facelift

45 mins	USD 280++
60 mins	USD 360++
3 x 60 mins sessions are recommended	USD 890++

This hands-on, non-invasive treatment imbues skin cells with fresh energy and a lively flow of blood, oxygen and lymph, activating collagen as well as opening nerve pathways throughout the head. Always combined with the Deep Relax Body & Mind technique, this facelift offers a preventive and powerful anti-ageing treatment. In just one session an instant lift can be achieved, while a lifting of the whole body from top to toe can be felt. The results can also enhance surgical facelifts, scar healing and Botox and Filler interventions. Without products or machinery, this treatment turns back the hands of time and instead of inhibiting expression, it enhances a glow of youth and emotion.

Natural Lift and Rejuvenating Face Massage

45 mins	USD 200++
60 mins	USD 250++

A natural, painless way to lift and rejuvenate the face, neck, shoulders and décolletage. This amazingly relaxing natural lift massage is a unique blend of highly effective techniques, combining facial reflexology, connective tissue massage, lymphatic drainage and a face and neck muscle and connective tissue lifting technique. The stresses, strains and pollution of modern living, combined with the aging process shows on the delicate facial skin. This is an effective natural, holistic option and results can be felt and seen at once. Pure organic coconut, jojoba or almond oil and essential oils are used.