



Reiki, Sound Healing and Chakra Balancing with Ella Rankine

Holistic healing sessions facilitate the integration of body, mind and spirit. Ella's intuitive ability to tune into a person's energy field helps to unlock and clear energy imbalances, whether their root causes are spiritual, emotional or physical. By bringing these insights and understanding into awareness, the energy shifts required can take place, enabling a client to clear life patterns that may be holding them back, whilst creating a positive, lasting and profound healing experience.



About Ella

Ella is a Reiki Master and Advanced Theta Healing Practitioner, and has trained in various other modalities such as Massage, Hot Stone Fusion, Reflexology, Ear Candles, Chakra Balancing and Sound Healing. Her journey into holistic therapies began over 15 years ago on the beautiful Thai island of Koh Phangan, where she currently lives and works.

Holistic therapies offered:

Reiki (60 Mins)

THB 3,500++

Reiki treats the whole person. This powerful healing technique works on the physical, mental, emotional and spiritual bodies. Life force energy is channelled via the hands, helping to release energy blockages and allow a good circulation of vital body energy. A Reiki treatment leads to deep levels of relaxation and promotes a general sense of wellbeing.

Sound Healing Therapy (60 Mins)

THB 3,500++

Sacred sound is considered the oldest form of healing. Sound healing uses the power of vibration to restore your body, mind and spirit to a place of balance and harmony. Experience the healing tones of Tibetan Singing Bowls, Tuning Forks, Tibetan Bells and Tinghaws taking you on a journey into deep relaxation. The vibrations of these sounds are known to relieve pain and stress, and harmonise your entire energy system promoting feelings of deep inner peace and tranquillity.



Chakra Balancing (60 Mins)

THB 3,500++

We have seven energy centres that are commonly known as 'chakras' – the Sanskrit word meaning 'wheel' or 'disk'. The chakras are the network through which body, mind and spirit act as one holistic system. The laying on of precious stones is used to restore balance to the chakra system, with each stone having its own individual healing qualities. The beautiful healing energy of Reiki is used throughout the treatment restoring balance and harmony.

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

All prices are in Thai Baht and subject to 10% Service Charge and 7% Government Tax. Prices are subject to change without prior notice.