



Consultations, assessments and information with EFi energy status scanning, Hair Profile test, Ajna Light and InterX by Dr John Rogerson

Dr. John is a functional wellness practitioner, research scientist and teacher, offering evaluations and treatments to restore optimum health in easy to follow plans. His methods give insightful assessments and evaluations on a person's health. He also provides effective solutions for pain and stress relief, cleansing techniques, weight management programs with all-round improvements in vitality, digestive and immune functions.



About Dr. John

His expertise is in bio physics research, spending 20 years studying and understanding complementary, medicinal and wellness practices from all over the world. He is qualified in Specialised Kinesiology, a Reiki Master and Reflexologist and also an Ayurvedic and Ajna Light practitioner. He invented EFi energy status screening system, a trainer of InterX stress management and developer of Cell Wellbeing's hair profiling services. John also consults for organisations, and has clinics benefitting from his evaluation methods and treatments.

Offering:

EFi 'Energy Status' Scanning

60 mins

THB 5,500++

EFi is a sensitive light meter which safely shows the body's energetic status in vivid colours and dynamic patterns. It indicates where issues are sited, as well as areas which are free from stress, congestion or inflammation. EFi also reveals posture imbalance, as well as the body's energy flow, where it stagnates and gives rise to stressful symptoms. Dr. John provides guest with valuable records, scans and advice on how to remedy and tackle issues with ways to strengthen your immunity in easy to follow plans for clients to take home.



Hair Profiling and Testing

60 min

THB 5,500++

Hair profiling and testing provides a wealth of information on a person's wellbeing and gives likely reasons for problems. John takes a small sample of hair which determines sensitivities across nine parameters – **foods** which suit or stress, **microbiological** indicators (*parasites, viruses, bacteria, moulds, spores*), **toxicity** and electrical sensitivities (*metal, chemical, radiation build up*), **antioxidants** and **vitamins** which are lacking, and the body's specific **mineral, omega, amino, and essential fatty acid levels**. John offers a free consultation to discuss this method*.

Ajna Light Treatments

30 mins

THB 2,000++

60 mins

THB 3,500++

This pioneering new system offers a range of meditative and relaxed states using a selection of light frequency patterns, which help to activate the pineal gland and release endorphins to ease any tension. The light enhances a deep sense of relaxation, easing issues naturally and calms the chattering mind to allow a clearer perspective. During the session, the guest simply lies down with headphones listening to calming music, which helps to reach a deep sense of wellbeing with colourful visions from the lights. Enjoy a free five minute session to experience the Ajna Light.

InterX and Scenar Treatment

30 mins

THB 2,000++

60 mins

THB 4,000++

InterX Treatment is a FDA approved pain management system which is proven to reduce stress and healing times. It is conducted via a hand held unit applied to the body, passing varying frequencies of alpha, beta, delta and theta waves. This treatment significantly aids the healing process, easing aches and pains, releasing blockages and stress, and is especially effective at treating neck, back ache, joint and digestive issues. It is not available to those with a pace maker. Try a free five minute treatment to experience InterX.

To reserve a private session with Dr John, please contact Anantara Spa. Prior booking and only by appointment.

*All prices are in Thai Baht and subject to 10% Service Charge with 7% Government Tax. Prices are subject to change without prior notice. *Dr John is subject to availability.*