



Biopulsar Wellness with Manida White

Manida offers a variety of holistic healing modalities. Based on each client's biofeedback reflexograph results from the Biopulsar® imaging system, the ideal therapy is recommended. Combining her knowledge and expertise in ancient eastern wisdom and advanced western science, Manida works on every level of a person's being to reveal the source of their issues and how to manage effective long term solutions for health and prosperity, personal and family relationships, joy and inner peace.



About Manida

Growing up in Asia and moving to the USA afforded Manida the opportunity to combine eastern and western knowledge and techniques. After qualifying as a California licensed nurse and achieving a B.Sc. degree in Health Care Management, Manida also became a certified Biopulsar Analyst & Instructor, Classical Feng Shui Practitioner, Clinical Hypnotherapist and Quantum-Touch Instructor, and has also created her unique Luminous Health concept of "Mind-Body and Soul in Balance". With over 30 years' experience in alternative and integrative health care, she has empowered clients

from all walks of life all over the world, including professional trainers, single mothers, couples, families, high profile business people and holistic practitioners, as well as companies such as Six Senses and Christian Dior.

Holistic Therapies Offered:

Mind-Body & Soul in Balance (120 mins)

THB 7,600++

In a private Biopulsar consultation, Manida employs a biofeedback imaging system to study and analyse the aura that surrounds the body. This provides specific energetic status information for 49 organs and systems, how thoughts and feelings affect the physical body, as well as emotional and spiritual snapshots. Since this system is in real time, progress is measureable and both the cause and effect are visual. This helps to understand the connection between mind, body and soul, and reveals each person's challenges. Combining the Biopulsar data, patterns of energy through time and classical Feng Shui, Manida assists her clients in co-creating balanced wellness through an individualised pathway to achieve real results.



Holistic Fitness with Biopulsar® (60 mins)

THB 5,600++

Benefit from an individualised health and fitness programme with the Biopulsar system analysis that is designed for authentic self improvement.

Chromalive® Colour Therapy (60 mins)

THB 5,600++

Experience the natural healing effect of gentle colour therapy. Chromalive is a directed light, holistic beauty and wellness therapy instrument that utilises colour wavelength filters through a quartz tip. Once the Biopulsar system analysis determines each person's need, the appropriate colour filters are selected and the ideal method of treatment is determined. An ideal experience for energy balancing, anti-ageing, beauty and wellness.

Luminous Health Meditation (30 mins)

THB 2,800++

This unique moving meditation combines relaxing movements, visualisation and meditation to leave you feeling grounded, focused and energized in the morning and tune down in the evening.

(AM meditation for morning session and PM meditation for afternoon/evening session)

Meet Your Aura/Biofield (120 mins)

THB 4,900++

Minimum of 2 participants

This fun workshop helps you to understand the colour of your aura, as well as how to balance your chakra energy and empower intuition.

**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.