



Reiki and Crystal Therapy by Monica Sanhueza

Blending the ancient art of Reiki and crystal healing, Monica Sanhueza offers non-invasive, holistic healing treatments. Her methods promote inner balance and self-improvement. Reiki expands the chakras and auras, and works to unblock our life force energy. It fosters deep relaxation, eases injuries and chronic problems, supports the immune system and increases vitality among other benefits. Crystal therapy uses crystals placed precisely to interact with the body's energy centres to also remove blockages and improve flow.



About Monica

Monica is a certified Reiki Master and Crystal Healing Practitioner from Siam Reiki, endorsed by the Institute of Applied Holistic Health Sciences. Always being interested in health, nutrition and well-being, Monica has been in the hospitality and spa industry for more than 15 years. After suffering joint pain in her hands and being unable to find a cure through more conventional medicine Monica came upon Reiki and Crystal healing. She has also completed courses in the Development of Physic Awareness, Pendulum Diagnosis, Transcending Entities and Singing Bowl Therapy.

Holistic Therapies Offered:

Reiki (60 mins)

THB 5,500++

Reiki is performed by placing the hands lightly on body of the recipient, while the therapist acts like a channel for the energy flows. These are transferred to the recipient and areas of blocked or congested energy can be identified. When the flow is blocked or weakened, health problems arise. Through the unblocking of energy a healthier mind, body and spirit is obtained, healing physical, mental, spiritual and emotional issues.



Reiki Combined with Crystal Therapy (60 mins)

THB 5,900++

Through Reiki, energy blockages can be identified, then crystals are placed on the body to enhance energy flow and to speed up the healing process. Every crystal has its own unique electromagnetic charge or 'healing vibration', which interacts with the body's energy centres to remove blockages and restore the natural flow.

To reserve a private session with Monica, 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. Monica is subject to availability.