



Reiki & Energy Healing, Meditation & Mind Detox

with Nikorn Banjerdlert

Nikorn is a Life Coach and Reiki Master, and is also trained in a variety of additional holistic therapies, such as Language of Light, Tibetan Energy Balancing, Meditation, Massage and Deep Listening. The purpose of the therapies he offers is to feel good and be happy, by taking clients on a journey to listen to their body, feelings and emotions, and give the mind and body what is needed for clarity and balance.



About Nikorn

Nikorn is a former Buddhist monk and the bestselling author of *You Can Do More Than What You Think* and *You Receive What You Believe* in Thai. Nikorn believes that giving is receiving and that when we help others we help ourselves. He loves practicing The Law of Attraction, has transformed himself by using the healing techniques he has learned, and now offers these tools to others. With 20 years' experience in holistic health, Nikorn freelances for world famous spas on the island of Phuket, owns his own spa and offers private sessions, workshops and group spa retreats both in Thailand and overseas.

Holistic Therapies Offered:

Reiki & Energy Healing (75 mins)

THB 5,900++

Reiki is Universal Energy Healing which is very relaxing yet powerful. Through the laying on of hands, the Reiki practitioner channels energy to the client, activating the body's innate healing ability. It helps to harmonise body, mind and spirit and is excellent for stress reduction and relaxation. This therapy will leave you with feelings of profound peace and wellbeing.



“FIX ME” – Tailored Private Session (75 mins)

THB 5,900++

Combining Nikorn’s lifetime of knowledge with energy healing and self development techniques, these tailored sessions offer a life changing experience to those who are open to change, by unlocking hidden potentials and revealing a pathway to self love and understanding.

Meditation / Mind Detox (60 mins)

THB 3,500++

In these sessions Nikorn combines breathing, self development and mind training techniques with the secrets that have existed for over 2,500 years in Buddhism to go within in order to find the ultimate truth, pure happiness and clarity, which in turn can be used to overcome personal challenges and issues wisely. This approach is based on the premise that to live a happy life we need to clean our mind regularly like the body. We normally use only 5 - 7% of our mind’s potential, yet Buddha, Einstein and The Law of Attraction all agree that our mind is the most powerful thing in the universe. The best way to start is to quiet our mind and stop thinking. This will help you feel calmer, happier and wiser.

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.