



## **Natural Wellness Consultations & Therapies with Pilant Ananchaipatana-Auitragoon**

Pilant believes that by using our body's innate healing powers it is possible to achieve vibrant health and wellness. She specialises in integrative wellness and natural medicines, teaching her clients how the foods we eat can heal, how natural botanicals and traditional wisdom can put us back on a journey to holistic health, and how the stillness and simplicity of oriental wisdom can awaken the true 'doctor' within us.



### **About Pilant**

Pilant has dedicated much of her life to health, medical sciences, nutrition and herbal remedies, as well as traditional medicines. Yet it was not until recently that she discovered her true path to healing when she herself suffered from a series of debilitating illnesses. Qualified in neuroscience, biomedical sciences, nutritional medicine and western herbal medicine as well as aura soma, Pilant draws on this wealth of expertise as a natural health and wellness therapist, counsellor, advisor and speaker.

### **Holistic Therapies Offered:**

#### **Natural Wellness Consultation (50 mins)**

**THB 4,000++**

Inspired by traditional wisdom and nature, this consultation helps to identify key areas of what is causing the body to go off track and what can be done to help regain its natural healing powers. This private session includes complimentary wellness recommendations, either to continue at home with two week online follow-up guidance, or oriental inspired healing treatments to enjoy during your stay.



**Inner Sentiment Counselling (50 mins)**

**THB 4,000++**

From a lack of motivation to feeling emotionally drained, exhausted or traumatised, life circumstances can often bring us down to hinder our performance and happiness. This specialist counselling session helps to address negative influences, create positive outlooks and reveal new choices, and also includes a complimentary personalised Bach Flower Essence prescription for three week regular usage.

**Guided Healing Therapy (50 mins per session)**

**THB 3,000++**

Pilant believes that to be well and stay well there is no miracle pill or therapy - only a journey to embrace your own life. This guided healing therapy will help to awaken the natural power to heal within, while allowing you to take charge and be a part of your own wellness journey.

Pilant offers two kinds of healing journeys:

**Pace of the Orient (50 mins):** Contemplative walking journey to exert your inner life force and its connection to energetic natural surroundings.

**Breath of Life (50 mins):** Oriental stretching integrated with harmonious breathing to rejuvenate the elements of the body.

**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.*