



Therapeutic Bodywork with Stefano Beconcini

Drawing on years of research and clinical experience in complementary therapies, Stefano has developed his own system of soft tissue manipulation that focuses on re-establishing the natural balance of the human body. His bodywork practice integrates eastern therapies with myofascial and neuromuscular techniques to provide long lasting pain relief, as well as healthy structural maintenance.



About Stefano

Stefano has an MSc degree in Physics, is an expert of Biomechanics and Manual Therapies, and is also an advanced yoga practitioner. He is involved in a scientific research project on the viscoelastic properties of the myofascial tissues to better understand the mechanisms leading to chronic myofascial pains. He has studied Traditional Thai Massage at renowned establishments such as the Wat Po Traditional Medical School in Bangkok, Thailand and completed advanced training at the Ancient Sen Healing massage school in Chiang Mai, Thailand. In addition he has studied Structural Integration, Neuromuscular Therapy, Anatomy and Physiology at the International Professional School of Bodywork (IPSB) as well as Swedish/Esalen Massage at the BodyMind College in San Diego, California.

Holistic Therapies Offered:

Therapeutic Bodywork

Initial session with consultation (80 mins)

THB 5,500++

Follow-up bodywork session (60 mins)

THB 4,200++

Stefano offers an effective hands-on approach for chronic pain relief. Structural bodywork is a system of soft tissue manipulation for re-organising the balance and movement of the human body. Factors such as overuse syndrome, injuries, negative emotions and poor postural habits affect the alignment of the body. When the body structure is inefficiently organised, effort is required to resist the pull of gravity, and structural unbalance can cause chronic pain and predisposition to injury. Therapeutic bodywork manipulations release chronic tensions so that a proper realignment of the body structure is possible more quickly. Using pressure point work along the body's meridian lines, myofascial release and neuromuscular techniques and cranio-sacral therapy, Stefano gently and intuitively works to restore the body's structural alignment for optimum wellbeing.

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.