



Shiro-Abhyanga and Nasya Head & Brain Detox with Zia Kusuma

A passionate advocate about living holistically for optimum health and wellbeing, Zia performs a variety of Ayurvedic therapies to aid the balancing and proper functioning of the body. An experienced practitioner in her own right, Zia travels the world with her partner Kimmana, performing healing therapy and sharing holistic knowledge.



About Zia

From allergies and scoliosis to weight gain and acne, Zia has faced all sorts of personal health crisis situations. She grew up amongst a family of Indonesian beauty therapists and shamans, giving her a solid foundation of how to deliver purely blissful massages and focus powerful healing energy. In the past two years of apprenticing and being an Ayurvedic clinic nurse for Kimmana, she has qualified in multiple forms of hands on healing, overcome her own health challenges and facilitates potent healing treatments based on the tradition of Ayurveda.

Holistic therapies offered:

Shiro-Abhyanga (60 mins)

THB 4,600++

Ayurvedic head massage focuses on the shoulders, neck, face and head - the areas most vulnerable to stress and tension. This massage induces a state of calm, peace and tranquillity, and promotes high levels of alertness and concentration. It also increases the flow of cerebro-spinal fluids, strengthens the nervous system, disperses toxins from tense and knotted muscles, improves blood circulation in previously congested muscles and helps oxygenate the brain, as well as stimulating lymphatic drainage and aiding sleep. This therapy is particularly beneficial to address eyestrain, tinnitus, jaw ache and sinusitis.

Nasya – Head & Brain Detox (45 mins)

THB 3,300++

This Ayurvedic procedure removes toxins through the sinus cavities and head, and has a direct affect upon the function of the brain. This detoxifying therapy reduces excess mental chatter and strengthens the mind, treats mucous congestions, allergies and snoring, relieves headaches, migraines and stiff neck, and is an ideal treatment for fatigue, insomnia and stress related issues, as well as sinus problems and all imbalances of the head and neck.

**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.