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Visiting Practitioner: Mariko Nakaki

Brainstem Therapy, Chi Nei Tsang, Crystal Sound Bath and
Energy-Healing Specialist

2 October to 14 November 2025 at Amankora Paro and Thimphu

Mariko Nakaki is a holistic therapist whose journey began in 2004 while travelling in India, where she studied Ayurveda and meditation. She later refined her training at Chiva-Som, a renowned destination wellness resort in Thailand, becoming a practitioner of Chi Nei Tsang, Reiki, Reflexology, and more.

Through her work with guests over the years, Mariko has continually sought ways to bring about deeper transformation in both body and energy. This exploration led her to Brainstem Therapy and Crystal Sound Bathing which have since become an integral part of her healing practice.

With more than 20 years of experience, Mariko has guided over 7,000 guests worldwide — including royalty and celebrated figures — through restorative and life-enhancing treatments. Based in Tokyo, she is also invited as a Visiting Specialist to luxury resorts across Asia, from the Maldives and Malaysia to Vietnam and Japan.

Her passion is to support each guest in cultivating inner health and happiness — physically, emotionally and spiritually. Every session is uniquely tailored, attuned to the body and energy of the present moment.

Now in Bhutan, Mariko invites you to experience a journey of renewal and transformation, infused with the country's rare and sacred energy.

Brainstem: The Source of Life

Originating in Japan, this therapy is a holistic practice designed to activate the brainstem — the very core of life. Using a gentle touch, the therapist places their hands under the base of your head, helping to awaken the body's natural healing abilities. The therapy can ease headaches, shoulder stiffness, and lower back pain, while supporting better posture, faster recovery from fatigue, and anti-ageing effects. Beyond physical benefits, it also promotes emotional balance, supports goal achievement, and enhances overall quality of life.

60 minutes

Chi Nei Tsang & Body Works

This ancient Taoist practice focuses on the abdomen and internal organs, areas often affected by diet, environment, stress, relationships, and even our thoughts. Since our energy centre—the *Tan Tien*—and vital organs are located at the core of the body, treating the abdomen restores balance across the digestive, respiratory, endocrine, lymphatic, cardiovascular, nervous, urinary, musculoskeletal and reproductive systems. By combining Chi Nei Tsang with targeted bodywork such as craniosacral therapy, myofascial release and lymphatic drainage, the holistic treatment is tailored to your unique needs. The result is a sense of clarity, groundedness, and renewed vitality—both inside and out.

75 / 90 minutes

Chi Nei Tsang & Brainstem Therapy

This signature treatment blends the profound qualities of Chi Nei Tsang and Brainstem Therapy, creating a deeply transformative journey for body and mind. By working with the core sources of human vitality—the brainstem and the internal organs—this session awakens your natural healing capacity and revitalises your life force. Many guests describe this as not only a healing treatment, but also a life-changing experience.

90 / 120 minutes

Reflexology

Reflexology works on specific points of the feet that are connected to every part of the body—muscles, bones, and internal organs. By gently stimulating these points, the entire body responds. This treatment enhances circulation, supports lymphatic flow, restores energy balance, and brings deep relaxation. It is an ideal way to ease the body after travel and to soothe and refresh the feet following walks or hikes.

60 minutes

Crystal Sound Bath & Energy Healing

Immerse yourself in the pure, high-vibrational tones of pure crystal singing bowls. These frequencies resonate through every cell of your body, gently awakening your natural radiance and promoting deep relaxation. Paired with intuitive energy healing, this session supports integration on every level—physical, emotional, and spiritual. Many guests describe a profound sense of inner harmony, clarity, and lightness—as if their entire being has gently realigned and returned to balance.

60 minutes

Crystal Sound Bath (For Two)

Experiencing a harmonious sound bath together deepens connection naturally, creating a subtle, wordless union—a quiet exchange of energy and presence on a deeper level.

30 minutes