

ĀMAN
SPA & WELLNESS

Seasonal Visiting Practitioners

In the tranquil embrace of Amanpuri, the art of healing is ever-evolving. Throughout the year, our Visiting Practitioners bring their expertise from across the globe, sharing time-honoured techniques and contemporary wellness practices. From hands-on bodywork that dissolves tension to movement therapies that restore alignment and flow, each encounter is thoughtfully crafted to guide you towards balance and renewal.

Set against the gentle rhythm of the Andaman Sea, every session becomes more than a treatment — it is a moment of stillness, connection, and discovery. Whether you seek deep relaxation, enhanced vitality, or greater clarity of mind, our Visiting Practitioners offer a personalised journey, meeting you exactly where you are and inviting you to return to the essence of wellbeing.



Visiting Practitioner



JAMES JACKSON

PILATES INSTRUCTOR & MOVEMENT SPECIALIST

10 DECEMBER 2025 - 10 APRIL 2026

James, a certified Feldenkrais Practitioner and Pilates instructor from the UK, has been guiding clients on their movement journeys since 2008. His experience spans working with those managing pain, neurological challenges, scoliosis, and post-surgical or stroke recovery, as well as supporting athletes and performers in refining their craft. His goal is to help each guest cultivate greater body awareness, moving with more ease and effectiveness in the activities they love.

Pilates

Developed by Joseph H. Pilates, this holistic method restores balance between the body's muscular and skeletal systems. Each session begins with a thorough assessment of health, joint mobility, and movement function, followed by a personalised programme in our fully equipped Pilates studio. Guests often leave feeling lighter, stronger, and more grounded after just one session.

The Feldenkrais Method®

Created by Dr. Moshe Feldenkrais, this gentle yet powerful approach to movement is suitable for all ages and abilities. It improves mobility, balance, and ease, while reducing pain, stress, and tension. By breaking movements into smaller steps and cultivating mindful awareness, James helps guests move more efficiently and feel lighter, longer, and more at ease in their bodies.

Group class is available please contact the Wellness team for assistant.

Visiting Practitioner



ROBERT HYRSKY

RECONNECTIVE HEALER

10 DECEMBER 2025 - 31 MARCH 2026

Over the past 25 years, Robert Hyrsky has shared his expertise in health and wellness across 16 countries, working with guests at some of the world's most prestigious resorts. His clientele has included high-performing professionals, artists, royalty, athletes, and individuals from all walks of life — each drawn to his empathetic presence and transformative approach. In both private sessions and group retreats, Robert's work reflects a profound understanding of the body-mind-spirit connection, shaped by decades of hands-on experience and teaching.

Craniosacral Stillness Touch

Rooted in osteopathy, this gentle, receptive touch engages the body's physiological and energetic systems, inviting deep release and natural realignment. Old pain, tension, and emotional strain may dissolve, replaced by a sense of calm, fluidity, and renewal. Many guests find this work encourages lasting lifestyle changes that support harmony and wellbeing.

Body Dynamics

Robert's signature treatment, drawing on advanced massage, osteopathic techniques, craniosacral therapy, breathwork, meditation, and energy practices from both Eastern and Western traditions. This personalised approach addresses physical discomfort, emotional stress, and mental fatigue, while fostering vitality and spiritual growth. Benefits range from easing back and neck pain to improving circulation, enhancing recovery, and restoring inner balance.

Wellness Reminders

Appointments

Advance booking is recommended to ensure availability of time and services. Please dial extension 7202 for spa or +66 76 324 333 directly.

Guest Attire

Proper attire is required for all fitness and wellness activities.

Valuables

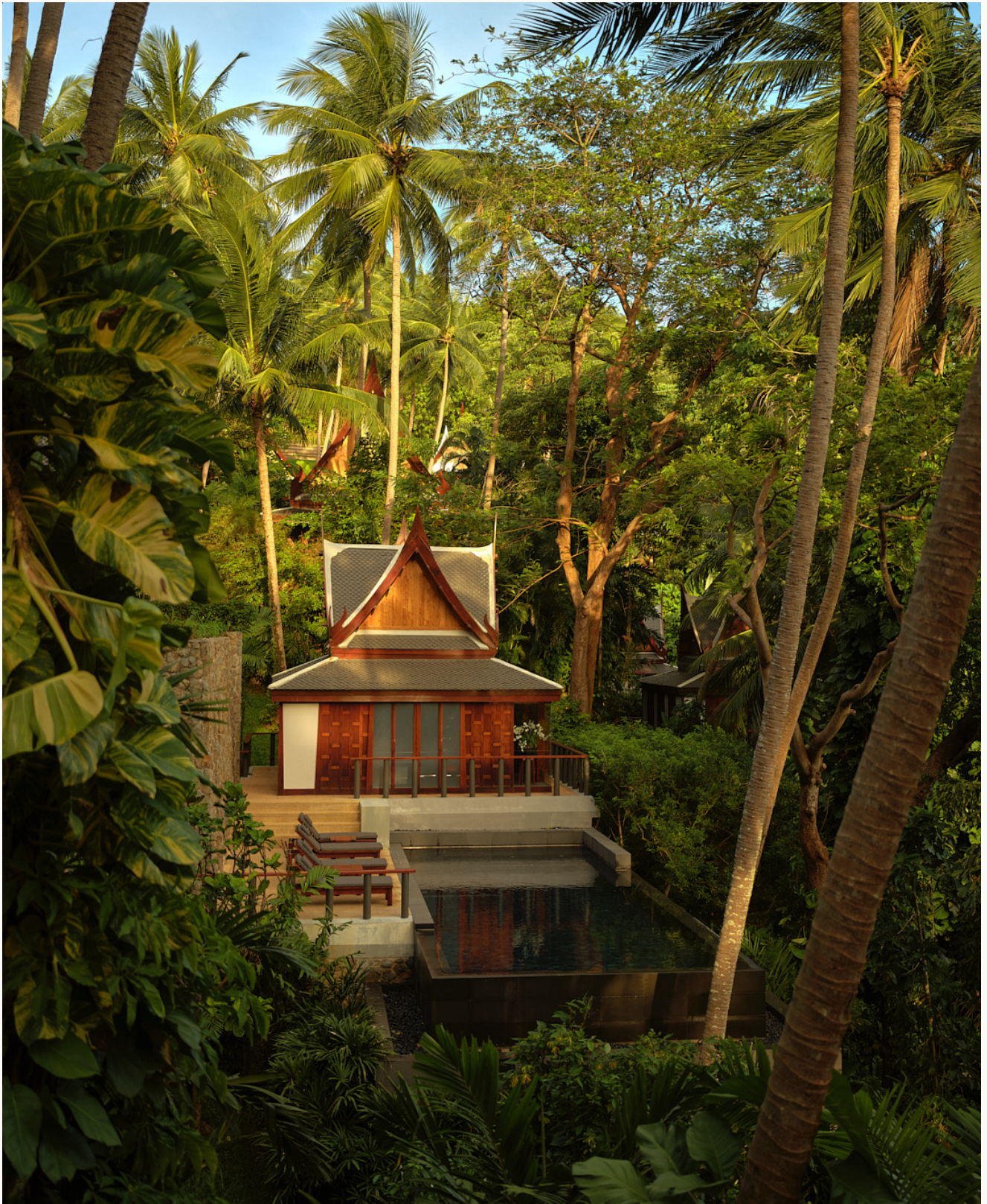
Please leave all valuables in the safe in your suite.

Cancellation Policy

We understand that schedules change, and we will do our best to accommodate. Once your session time is reserved, we kindly ask for a minimum cancellation notice of 24 hours for wellness activities. Cancellations made within the respective notice period will be subject to 50% charge for the booked service.

Pricing

All prices are subject to local tax and service charge. Spa reservations after operation hours are subject to an additional 50% surcharge.



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