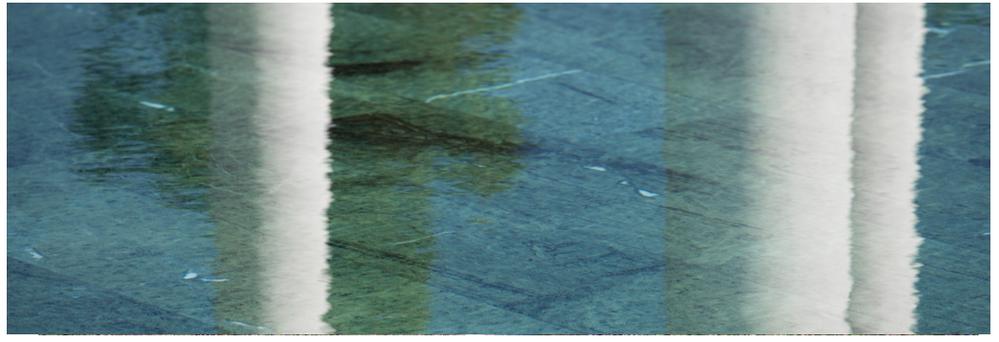


A M A N Z O E

WELLNESS VISITING SPECIALISTS 2021



Passionate about life, John dreams of a world full of happiness, love and sharing. His curious mind led him into science and nature, seeking a career in the health field.

After a few years of Western Science studies, he decided to turn to Nature and in Eastern philosophies in his quest for professional achievement. He holds a degree in traditional Chinese medicine, is a Licensed Acupuncturist, massage therapist and Yoga/Tai Chi/Qi Gong teacher, among many other skills achieved through the years.

His passion for Eastern philosophies led him to the Wudang Mountains in China, where he lived as a Daoist monk for 4 months in The Five Immortals temple under the tutelage of Abbot Du Song Feng, learning Martial Arts and Ancient Daoist healing techniques. With over 11 years experience and 7000 treatments under his belt, he uses his whole array of techniques to help you achieve your health and wellbeing goals.

For more information please contact Amanzoe Spa: [amanzoe.spa@aman.com](mailto:amanzoe.spa@aman.com) or press 4 to book inhouse

## DOCTOR JOHN SANCHEZ

Visiting Specialist

### TRADITIONAL CHINESE MEDICINE

1-31 July 2021

#### Acupuncture & TCM

The use of micro fine sterilized needles in strategic points, rebalance the body and trigger a true healing. You will be amazed how simple, painless and effective this time-tested therapy can be.

#### Acu-Facial Rejuvenation

Acupuncture can improve facial muscles tone, increase blood and lymph circulation and boost the production of collagen to treat fine lines and wrinkles.

#### Quit Smoking Program

You may have tried to quit smoking before, but the withdrawal symptoms caused anxiety and the fight became too difficult. There is a more natural, painless and high success rate solution - with acupuncture - a proven, effective tool to help you quit smoking by minimizing cravings and calming the nervous system.

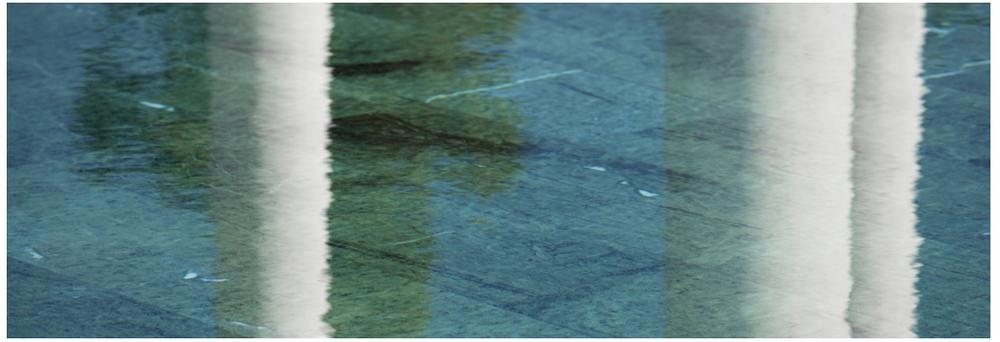
#### Tuina Therapeutic Massage

By restoring and promoting the free flow of energy and blood throughout the entire body and thus taking it back to a healthy balanced state, this unique therapeutic massage uses exclusive techniques, stretches and manipulations, combined with the power of aromatherapy.

#### Personal Tai Chi - Qi Gong Classes

These practices have something in common, they are not just mere physical exercises; they are standing and moving meditations that can rebalance the being as a whole by combining breathing techniques with specific stances. By doing so, they have a strong therapeutic effect with fantastic healing benefits. Both group and private classes are available.

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### Cupping Therapy

The suction effect of the negative pressure created by cupping increases the blood flow to the area, loosening muscles and sedating the nervous system. Simply put, it creates a controlled trauma that boosts the body's healing ability. Cupping has different modalities and the suction power can be controlled in order to avoid bruising or according to personal taste.

### Chinese Foot Reflexology

Special acupressure points on the feet and lower legs are stimulated manually to improve energy and blood circulation throughout the whole body. These special points can both diagnose and treat different imbalances, as the feet are the foundation of the body and our connection to earth.

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60 minutes: Euros 280

90 minutes: Euros 340

All prices are inclusive of taxes

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It is no small accolade that Andrea Hurst is known as 'London's Leading Practitioner' in the healing art of Reflexology. Having been based in London's most prestigious neighbourhood Mayfair, and with almost 25 years' experience, Andrea combines a deeply rejuvenating and restorative holistic experience with a thorough and insightful analysis of reflex points.

Andrea practices around the world travelling often one-to-one with VIP clients from A-list Hollywood stars and royal families to senior level business people and fashion designers seeking her pioneering treatments.

With recommendations from Gwyneth Paltrow and features in Vogue and Tatler magazine, Andrea is certainly an A-Lister herself and is Internationally Acclaimed in the world of Reflexology.

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## ANDREA HURST

Visiting Specialist

### THE REFLEXOLOGY GURU

1-31 August 2021

#### Reset

60 minutes (Euro 280)

If you are suffering from an acute 'now' problem, stressed at work, struggling at home and need to find the stress safety valve, an hour 'reset' treatment is a 'life-saver' and will really help calm you down and put you back on the road.

Ideal for those that are time limited, or in a high-pressure environment but feel they will explode if they do not do something. This treatment will give you overall balance and help you to reset your life for the challenges to come.

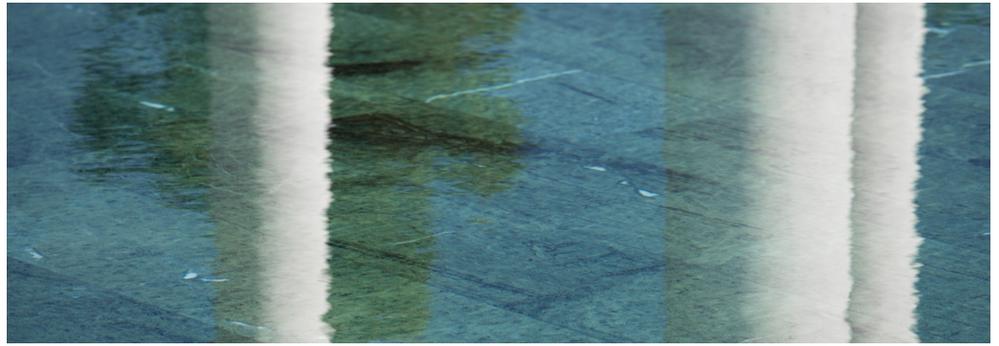
#### Restore

90 minutes (Euro 340)

When you need to do more than relax and reset, when you need to recover from situations, be it illness, bereavement, divorce or relationship break-up, job loss and other deep stresses that are clearly manifesting in your life, then you need a good one and a half hour 'restore' treatment.

This extended treatment helps the body, mind and soul unwind and set on a good path to recovery. Also recommended for people recovering from long term and severe illness and to help mitigate the side-effects of medical treatments, these treatment sessions are recommended as regular part of a rehabilitation programme. A highly relaxing experience with deeper, longer treatment to bring you back to yourself.

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## Regeneration

120 minutes

A 'regeneration' treatment is a full analysis working through all the points in the feet that connect with all the major organs, bones, eyes, ears, glands in the brain, working around the body 'micro-mapping' your feet, allowing more time to clear, reset and improve the flow of energy throughout the body.

The 'regeneration' programme is particularly good for long-haul travellers whose body clocks are thrown out moving over time zones. A thorough reflexology treatment helps to reset the circadian (day/night) rhythms. It also gives you a true sense of being pampered, lots of 'you-time' and a great restorative treatment, literally putting you right back on your feet.

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With over 20 years of experience, including eight at Amanpuri as a head therapist, Robert has developed a multifaceted approach to health and wellbeing. His wide range of expertise, along with his caring, healing presence, has garnered him a loyal following internationally both in terms of individual sessions as well as group retreats and as a teacher in the healing field.

His specialties include therapeutic massage, detox massage, Craniosacral Therapy, and Body Dynamics. Robert will be in residence to offer his highly acclaimed range of therapeutic treatments.

## ROBERT HYRSKY

Visiting Specialist

### DETOX MASSAGE, CRANIOSACRAL THERAPY, BODY DYNAMICS

15 September – 31 October 2021

#### Body Dynamics

60/90/120 minutes

Robert has been working extensively with different modalities such as Swedish Massage, Sports Massage, Deep Tissue Massage, Trigger Point Therapy, Osteopathic Soft Tissue Release, Kinesiology, Craniosacral Therapy and energy work based on Chinese, Indian and Contemporary theories. This has led to an understanding and appreciation of how different systems and functions in the human body, mind, spirit complex are intimately related.

His twenty-four years of experience have culminated in his signature treatment called Body Dynamics as it addresses the physical, emotional, mental and spiritual bodies. Tension and imbalance in muscles, fascia, posture, nervous system, meridians, chakras and the associated emotional and mental bodies are addressed and released through a multi-layered hands-on approach, allowing for greater wellbeing. Given its broad perspective, Body Dynamics can be helpful for a wide range of illnesses, pain and dysfunction, such as neck, shoulder and back pain, headaches, old injuries and trauma, respiratory difficulties, poor circulation, emotional and mental stress. Body Dynamics can also aid general wellbeing as well as spiritual growth.

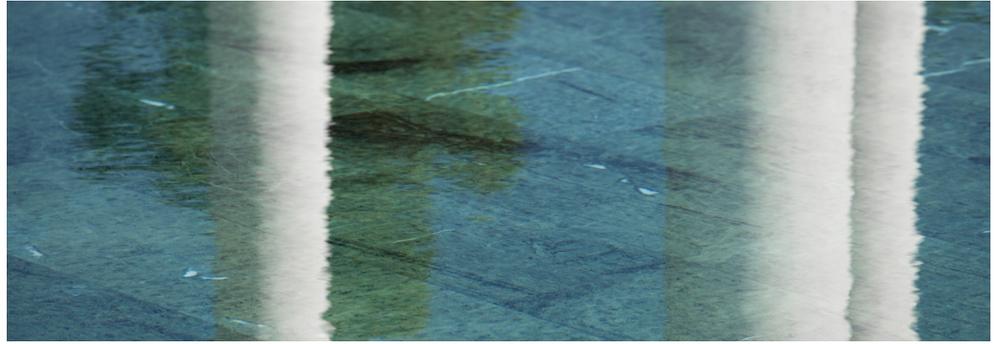
#### Detox Massage

60/90/120 minutes

A Unique blend of Connective Tissue Massage (CTM), deep abdominal work, foot reflexology and acupressure points. The intense treatment will effectively break down and release stubborn toxic deposits and metabolic waste in the connective tissues, one of the last resorts for the body to store excessive toxins.

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## Craniosacral Therapy

60/90 minutes

Using a very gentle touch this advanced healing modality works at the core of the body allowing for the rebalancing of the brain, spinal cord, nervous system and fascia, thereby strengthening the body's self-healing capacity. It can be helpful for a wide range of illness, pain and dysfunctions.

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