

JOALI BEING
Cure



ACTIVATE INNER HEALING
WITH
DR. TRIDENDRA SHAKYA



Awaken your natural healing abilities with Dr. Tridendra Shakya,
a renowned multi-disciplinary healer.

Whether you're seeking physical relief, emotional balance
or spiritual renewal, Dr. Shakya's holistic therapies facilitate
a journey inward — where true healing begins.

Hailing from the sacred birthplace of the Buddha in Nepal, Dr. Shakya brings
a strong background in naturopathy, yogic science, Traditional Chinese
Medicine, Tai Chi and Qi Gong. His integrative approach addresses the root
causes of health concerns, rather than merely treating the symptoms.

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ACUPUNCTURE: PAIN MANAGEMENT

With a history going back millennia, this Chinese therapy addresses concerns such as chronic back pain, arthritis, migraines, sinusitis and stress, while also promoting overall wellbeing.

60 mins | USD 375

ACUPUNCTURE: WEIGHT OPTIMISATION

Support your body's natural weight management processes. Balancing Qi (vital energy) helps correct metabolism while fine needles stimulate meridians to suppress appetite and promote detoxification.

60 mins | USD 375

ACUPUNCTURE: FACIAL REJUVENATION

A non-surgical way to treat signs of ageing by stimulating collagen production and enhancing circulation. The use of fine needles promotes internal skin nourishment and oxygenation.

60 mins | USD 375

SPINAL CARE

This powerful combination of cupping therapy and Ayurvedic marma massage is designed to alleviate chronic back pain, particularly beneficial for those who spend long hours at their desk.

60 mins | USD 375

ACU - MASSAGE

A deeply remedial three-step treatment of acupuncture, marma massage and cupping. The improved flow of Qi (vital energy) releases pain and tension from the back and neck area.

90 mins | USD 475

SLEEP WELL

Tailored for concerns like snoring and insomnia, this treatment involves acupuncture, conscious breath restraint, and effervescent foot bathing. Breathe and sleep easier with enhanced Qi (vital energy) flow, lung function and circulation.

90 mins | USD 475

HEAD-TO-TOE REVIVER

Activating reflexology points that correspond with key organs, this treatment is designed to relax as well as energise you. Feel stress melt away as a sense of general wellbeing is restored.

90 mins | USD 475

YOGA NIDRA

A guided meditation known as 'psychic sleep'. Practice different visualisation techniques to expand awareness and relax the conscious mind.

45 mins | USD 195

MOTION MEDITATION (Couples/Families)

Cultivate the flow of Qi (vital energy) with Tai Chi and Qi Gong, ancient practices that promote a meditative mind-body state. Slow movements, reflection and breath observation come together to balance the nervous system.

60 mins | USD 225

VEDIC SINUS CLEANSING

Boost immunity with a blend of acupuncture and yogic techniques like Jala Neti, Sutra Neti, Vomana Dhauti, and Kapalabhati. Designed to clear blockages, eliminate toxins and revitalise the body, this treatment is especially helpful for treating sinusitis and migraines.

120 mins | USD 425

YOGIC DETOX

Experience the natural purification and gut-boosting benefits of this ancient yogic technique, which cleanses the body from within, removes toxins, tones vital organs, and purifies the blood.

120 mins | USD 425

ADD-ONS TO ENHANCE YOUR EXPERIENCE

Auricular Seed Acupuncture | USD 50

Electrical Stimulation | USD 95

Cupping Therapy | USD 95

Facial Lymphatic Marma Massage (face and neck) | USD 95

To book a session, please contact your Jadugar.

Please note that all prices are in US\$ and subject to 10% service charge and applicable taxes.