

# EMOTIONAL WELLNESS WITH DR. BUATHON

From 19 to 28 October 2025, renowned holistic practitioner

Dr. Buathon Thienarrom returns to The Mandarin Spa to offer her
unique approach to holistic healing.

Her exclusive treatments include Body-Mind and Spiritual Wellbeing, to release physical tension allowing the life force energy to flow with ZenNaTai, energy enhancing through Vibrational Healing Bowl and transform your mind for a greater mental clarity and alignment.

Guests will leave feeling euphoric and relaxed, have an increased chi flow (or life energy), and a peaceful state of mind.

For more information and reservations, please speak with the spa concierge team.

#### **WORKSHOPS**

### In Harmony 75 Minutes

19 October 2025 6:30pm

Through simple awareness of breathing, learn to pause and connect to your own heart, cultivate the positive vibe and enhance your heart energy's field, allow your mind and soul to be pampered with love and let the healing bowls vibration bring you home.

#### Complimentary

#### Flow 4 Hours

26 October 2025 9am-1pm

Practice the deep connection with your heart, raise the vibration and allow the energy to flow, lighten up your heart, with a great grounding and inner alignment.

Please wear comfortable cloth and ready to transform.

HKD 1,818 per person

### **PRIVATE HEALING SESSIONS**

## ZENNATAI Physical Tension Release & Abdominal Detox 75 Minutes

Through hands-on experience, Dr. Buathon created ZenNaTai; a unique approach to holistic healing massage that generates energy (Qi) to flow throughout the body. ZenNaTai can release chest, cranial and abdominal tension, and stimulate the lymphatic flow thus supporting the release of toxins. ZenNaTai induces a deeper state of relaxation and peaceful mind.

HKD 2,820 per person

### ENERGY ENHANCING Energy Healing & Tibetan Sound Therapy 75 Minutes

Enhanced body's subtle energy flow with the restorative sound vibration from Tibetan healing bowls that resonates with the body fluid, the body's energy is cleansed and rejuvenated. This treatment helps to slow down the brain wave frequencies and can rest the mind to a pre-meditation experience.

HKD 2,820 per person

### MIND TRANSFORMATION Emotional Wellbeing & Mind training 60 Minutes

The mind is the master of the body. While a healthy mind can enhance physical wellness, an unhealthy mind that is, in Tibetan medical terms, 'tainted' by the 'three mental poisons' of attachment, hatred and closed-mindedness, is often the cause of disease.

Mind Transformation promotes emotional wellbeing through conscious breathing, unlocking your "unfinished matter," and transforming your stress and emotions into vitality. This treatment promotes mental clarity and self-empowerment.

HKD 2,220 per person

#### INTEGRATIVE HEALING Release & Restore 90 Minutes

Your healing journey for a series of three private healing sessions of 90 minutes that customised to your needs to release unnecessary energy and restore your new focus for a greater alignment of body, mind and soul.

A private consultation is required prior to signing up with the journey.

HKD 3,330 per person

### SPIRITUAL WELLBEING Private Coaching 60 Minutes

Spiriual wellbeing is the core of overall wellbeing, learn to cultivate the mental relaxation state, declutter the mind through awareness breathwork and synchronize the physical and emotional state into a greater mindful manifestation.

HKD 2,220 per person