



MEERA SPA

BY GILI LANKANFUSHI

Wellness Visiting Practitioner

Fah- Chanettee

1st November – 30th November 2017



For over 10 years in wellness field, Fah had explored naturally motivated approaches from around the world, including herbal medicines and nutrition, a wide range of eastern and western massage techniques, as well as holistic, energy healing and Ayurvedic therapies such as Abhyanga and Shirobhyanga, Mukha-Shirodara, Indian Head Massage, Reflexology, Manual Lymphatic Drainage, Aromatherapy, Reiki, Aura-Soma® (the language of colour) and NLP (Neuro Linguistic Programming).

Fah's healing therapies centre on the philosophy that as we learn to understand the body, we create the ability to listen to the body's innate intelligence. By focusing on inspiring clients and students with her passion for the power of body therapy, lead her to initiate the distinguished and unique regimen.

5 Senses

Sight, hearing, smell, taste and touch are basic perception to sense the world around us. Stimulating **all senses** will promote their ability to become **more sensitive and intelligent**. Focusing on **face & skull** areas by using pull, pinch and press technique along with exceptional herbal oil to enhance all senses, **release stress, migraine, and facial sculpture from muscle tension**.

Back moving

From the belief of the **Traditional Chinese Medicine**, the Bladder Meridian is the longest and most complex Yang meridian. It starts from the **eyelid** and travels across the **head**, then goes down along the **spine**. Using **cupping moving** on the **back** to separate skin and muscle that stimulate parasympathetic nervous system. This will create **energy flow** along Bladder Meridian, giving you calm and peace feeling. Also help to **relief tension** and symptom such as **backache, headache** and **urinary system**.

ME Remedy

Muscle tension was caused from many factors. For example, a typical backache might happen from back muscle itself but many times it comes from legs and abdominal muscle. Knowing the **right cause** helps to **deal effectively** with the problem. **Consultation** to find individual aim of session in order to **personalise your remedy**. By **combining** the diversity of massage **skills and techniques** to release and relieve symptoms for well-being



MEERA SPA

BY GILI LANKANFUSHI

Go with the Flow

Specialised form of massage that improve humongously to your **body's fluid** (blood & lymph) **circulation**. Promote transport system which pass oxygen and nutrients through the tissues, also remove waste product from the body. Using **MLD technique**, light, rhythmical, very precise hand movements, pressures and sequences on **neck, face and legs**. The massage works at a skin level to influence the direction and speed of fluid flow.

Tummy Truth

You might not know that '**stomach**' is our **second brain**! If you've ever "gone with your gut" to make a decision or felt "butterflies in your stomach" when nervous, you're likely getting signals from an unexpected source: your second brain. Hidden in the walls of the digestive system, this "brain in your gut" is revolutionizing medicine's understanding of the **links between digestion, mood, health** and even the way you think. Particular pressure apply over abdominal area will physically **stimulate and function** the **digestive system** and second brain. Not only **relieve tension** and **improve lymph flow**, but your stress and emotion also purified.

Colouring Chakra

Colour therapy to balance the vibration and **energy of chakras** that have been disturbed by disease or distress. Each chakra controls particular organs which have their own colour. **Consultation** to explore inner imbalance in order to match the colour that suit you. Working with the visual and non-visual energies of the colour to reflect and balance each individual's personal light body. The results are to promote **inner peace and to heal aura and energy imbalance**. As well as restore **physical and emotional well-being**.

Mirror Mirror

Have you ever noticed that your feet look alike your body figure? Actually your **body and feet** reflect each other like the mirror. Certain part of the foot reflect certain part of your body. By working on the feet equals treat on whole body. Using thumb and finger pressure on **reflect points** will create **homeostasis** and **body healing** itself. For the best result individually, personalize advise will be provided after each session.