



## Releasing, Realigning & Freeing Your Body with Julian Eymann

Combining Deep Tissue, Structural Alignment, Sports Massage techniques and Hot Stone Therapy techniques Julian Eymann can relieve sore and injured muscles, tendons, ligaments and joints, encouraging relief from longstanding physical pain. The results are complete relaxation, relief of musculoskeletal disorders as well as relief from headaches, frozen shoulders, stiff neck and lower back pain. Freeing the body from this deep muscle pain can lead to a sense of physical, emotional and spiritual well being.



### About Julian

A certified California Massage Therapist and a graduate of the International Massage Association, Julian's 19 years of experience and passion for anatomy is put into action when he treats his clients with focused determination, like you are the most important person alive. He is also an expert in Trigger Point therapy and clinical advice. Julian has worked at a number of the world's most exclusive spas. A personal therapist to the world's most discerning, his celebrity clients include Clint Eastwood and Shah Rukh Khan.

### Holistic Therapies Offered:

#### Trigger Point Therapy (60/90 Minutes)

USD 200++ / USD 250++

Trigger Point sessions are the fastest and most direct way of identifying and working very specific points on the body. It works to peel off layers of old inflammation and discover tight areas where there is restricted movement. This is achieved by working the entire body with rocking motions and moving all major joints, ligaments and tendons.

#### Structural Realignment (60/90 Minutes)

USD 200++ / USD 250++

This multidimensional energy moving treatment addresses every major joint in the body, utilising just the right pressure at all the right angles. Each of the vertebrae will be worked to realign them and release stiff ligaments, making you feel younger, lighter and straighter.

#### Deep Tissue and Sports Massage (60/90 Minutes)

USD 200++ / USD 250++

A combination of treatments, this massage uses maximum energy outputs to create a unique, anti-gravity and anti-aging effect. Injuries and musculoskeletal tightness are relieved with firm strokes that realign the deeper layers of muscles and connective tissue, helping to prevent future injury.

**To reserve a private session with our expert practitioner, please contact Anantara Spa. Advance booking is required.**

*All prices are in USD and subject to 10% Service Charge and 12% Government Tax. Prices are subject to change without prior notice.*