



DR. SYED AFZAL

01st April – 15th May 2024

Dr. Syed Afzal is a Doctor of Traditional Chinese Medicine and a Licensed Acupuncturist trained in Canada and China with over 24 years of experience. He has worked with International sports teams and athletes. He had the privilege of being personally trained by the legendary Dr. John Gray, author of 'Men are from Mars, Women are from Venus'. As a Certified Relationship and Life Coach, he helps singles and couples create happy and healthy relationships.

He is a Senior Pranic Healing Instructor, directly trained by the founder of Pranic healing, Grandmaster Choa Kok Sui. As a Meditation instructor, Dr. Syed has conducted guided meditations for thousands of people around the world.

He has authored the book 'Medical guide for Pranic healers' and 'Pranic Living'.

WELLNESS VISITING PRACTITIONER

COMPLIMENTARY CONSULTATION

15 MIN

A complimentary non-obligatory consultation to find out which treatments and therapies are suitable for you during your stay at the resort.

TRADITIONAL CHINESE ACUPUNCTURE | CUPPING THERAPY | COSMETIC ACUPUNCTURE

60 MIN USD 350++ | 75 MIN USD 400++ | 90 MIN USD 450++

Experience holistic healing with these treatments as they provide immediate pain relief, stress reduction, emotional balance, improved digestion, hormonal health, better sleep, and enhanced collagen production.

ACUPRESSURE FUSION MASSAGE

60 MIN USD 350++ | 75 MIN USD 400++ | 90 MIN USD 450++

Discover this therapeutic massage targeting specific acupressure points on our body, alleviating stress, reducing pain, and promoting better circulation.

HEALING THE INNER CHILD | LIFE AND RELATIONSHIP COACHING

60 MIN USD 350++ | 75 MIN USD 400++ | 90 MIN USD 450++

This transformative experience empowers you to overcome fears, guilt, and insecurities, increasing self-esteem, self-love, compassion, and harmonious relationships. Reconnect with your inner self and live life to the fullest.

HEALING ANXIETY, STRESS | ENERGY HEALING | HEART CHAKRA MEDITATION

60 MIN USD 350++ | 75 MIN USD 400++ | 90 MIN USD 450++

Experience the benefits of this non-invasive therapy that utilises your body's life energy to improve your overall well-being. Reduce stress, anxiety, and increase inner peace.



WELLNESS VISITING PRACTITIONER

TRADITIONAL CHIROPRACTIC BODY ALIGNMENT

25 MIN USD 150++

Release muscle pain, stiffness, and discomfort with this session which is designed to address various conditions, such as low back and neck pain, by manipulating muscles, joints, and the spine.

HIJAMA WET CUPPING THERAPY

60 MIN USD 400++

Hijama Cupping Therapy is an ancient form of healing system that essentially detoxifies and cleanses the body by drawing toxic blood from the body.

GROUP MEDITATION WITH SELF-HEALING

USD 56 ++

Achieve Inner Peace and Happiness by practicing a guided meditation that helps to open your Heart & Crown Chakras and brings down tremendous energy that we will use to heal every organ of the body.

ADD ON 30 MIN USD 150++ for all treatments excluding GROUP MEDITATION WITH SELF-HEALING*

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For reservations or further information, contact Waldorf Astoria Spa at Ext. 8603 or your Personal Concierge. Advanced Bookings are required. All prices are in US Dollars (USD) and subject to service charge and applicable government taxes.

