



# Visiting Practitioner Sommai Phokhamnerd



October 1, 2017 – October 31, 2017  
Venue: Iridium spa and Yoga studio  
Time: 9 AM – 10 PM

Experience a unique healing and rejuvenation with visiting wellness practitioner Khun Sommai this October.

He performs ancient wellness techniques from Tibetan Singing Bowl to Chinese fire cupping as well as integrating Tok Sen in deep tissue massage. Having studied acupuncture in Malaysia, Khun Sommai is also a meditation and Qi-Gong instructor.

## *Tibetan Singing Bowl*

The tradition of singing bowls date back to the 8th century Tibet. The sounds produced by the bowls coupled with its vibration invokes a deep state of relaxation aiding in stress reduction, chakra balancing and holistic healing.

## *Chinese Fire Cupping Massage*

This massage uses a combination of the Chinese fire cupping and slimming massage techniques to reduce the appearance of cellulite and tightens and tones muscles. The massage is completed with a gentle and relaxing scalp massage.

## *Tok Sen Massage*

Tok Sen massage is an ancient Thai technique which uses special wooden instruments to ease away tension and clear blocked energy by tapping in rhythmic motions. The sounds and vibrations created by the tapping motion assist with relaxation.

## *Deep Tissue Massage*

Deep tissue massage utilizes various techniques using the fingers, elbows and forearms to promote wellbeing and aids the healing process. This massage works the superficial and deeper layers of the muscles and connective tissues.