Wellness Activities

We believe that wellness is not a trend—it's a way of life. Maintaining a healthy lifestyle should feel effortless, enjoyable, and deeply rewarding. That's why our wellness philosophy blends indulgence with movement, offering guests the opportunity to stay active while being pampered in paradise.

Master Kamal

Holistic Wellness Practitioner

With over two decades of experience in spiritual and therapeutic practices, Master Kamal is a certified Reiki healer and Ayurvedic specialist who curates personalized wellness journeys. His integrative approach blends Reiki, Ayurveda, yoga therapy, and guided meditation to support emotional balance, physical vitality, and spiritual growth.

Through tailored consultations, he addresses concerns such as anxiety, stress, sleep disorders, and low energy—helping guests reconnect with their inner harmony. His sessions are designed to harmonize the mind and body, restore emotional equilibrium, and awaken the guest's natural healing potential. Whether you're seeking clarity, calm, or a deeper connection to self, Master Kamal's intuitive guidance and therapeutic expertise offer a transformative experience grounded in compassion and ancient healing traditions.

REIKI Energy Healing

60 minutes

A gentle energy therapy that works with the body's natural energy fields to restore balance, awaken inner resilience, and enhance vitality. This deeply calming treatment helps clear energetic blockages, supporting the health of body, mind, and spirit.

Sound Healing Therapy with Guided Meditation

30 / 60 minutes

A deeply immersive experience that combines therapeutic sound vibrations with guided meditation to restore balance and inner peace. This session helps release energetic blockages, reduce stress, and promote emotional clarity—leaving you grounded, relaxed, and renewed.

IASO Bespoke Yoga Therapy

60 minutes

A personalized yoga session designed to align body, breath, and mind. Tailored to your individual needs, this therapy blends mindful movement, breathwork, and guided meditation to enhance flexibility, reduce stress, and restore inner balance supporting physical vitality and emotional well-being.

Complimentary Yoga Class

Reconnect with your inner calm through guided yoga sessions led by our wellness team. For reservation, kindly contact IASO Medispa reception.