



Braj Raj Singh

25th Mar to 25th Apr 2025

Singh is a dedicated advocate of holistic wellness, firmly believing that true healing begins by addressing the entirety of a person's being. His expertise and proficiency have earned him widespread acclaim, establishing him as a highly sought-after visiting practitioner for those seeking profound health and wellness transformations. Braj possesses a remarkable talent for integrating traditional health principles with modern wellness science to cater to the unique needs of his guests. With his warm, approachable, and empathetic nature, he effortlessly puts individuals at ease during consultations, therapies, and treatments, wherein each session is meticulously tailored to align with your specific needs, aspirations, and lifestyle. Bid farewell to physical or emotional discomfort as Braj guides you toward a heightened sense of well-being, clarity, and equilibrium.

Services Menu

HOLISTIC THERAPIES

VIBRATIONAL MASSAGE WITH BRAIN WAVE SYNC TECHNIQUE

Immerse yourself in the therapeutic vibrations of the massage vibration bowl, which emits gentle waves of energy that penetrates deep into the muscles, releasing tension and calming nervous system. As vibrations harmonize with your body's natural rhythms, you will feel a sense of tranquility and serenity wash over you, melting away any stress and discomfort. To enhance this extraordinary experience, we incorporate the ancient wisdom of Tibetan bowls and the transformative power of brain wave synchronization. As the resonant sound waves emitted by the Tibetan bowls gently envelop you, your brain waves are guided into a state of synchronization and heightened awareness. This exquisite combination of sound therapy and brainwave sync helps to promote a meditative state, reduce anxiety, and enhance mental clarity.

CHAKRA HEALING MASSAGE

By re-establishing the seven chakras' energy flow, you can enter a profound state of deep relaxation. To help you heal and recover from any emotional difficulties, this session uses hands-on treatment to unblock your chakras. The session is perfect for anyone looking for mental calmness, profound relaxation, tension release, or who feels overwhelmed.

POWER OF TOUCH

The practitioner will assist your journey to restore your mental, physical, and spiritual wellbeing as you relax and surrender your mind, body, and soul. The session starts with singing bowls vibration to prepare body and mind for the treatment. This signature treatment is designed to be a holistic experience that encompasses all aspects of being: mind, body, and spirit. The practitioner will use a range of special healing touch techniques, including energy healing, acupressure, aromatherapy, chakra stones and more, to restore balance and harmony to your entire system.

POSTURE ALIGNMENT

This session is a specially created therapeutic treatment geared towards people who work desk jobs and spend a lot of time sitting at computers. The main objective is to adopt the proper posture. The session begins with a gentle stretch, which aids in deeper postural muscles to facilitate proper function and maintain your musculoskeletal health. Personalised posture alignment techniques are then used to focus on the deeper layers of tissues, releasing stored tension and promoting optimal blood flow.

DIVINE SOUND BATH

Designed to rejuvenate the mind and body, this unique therapy combines the power of sound vibrations with meditative experience to offer a deeply immersive sound bath. During the session, you will be comfortably lying down as our skilled therapist creates a harmonious soundscape using a variety of carefully selected instruments and healing frequencies. From Tibetan singing bowls and the soothing sounds will resonate through every cell, allowing tension to melt away and promoting a profound sense of calm. The benefits of Sound Bath Therapy extend beyond relaxation. It can improve sleep quality, reduce anxiety, increase mental clarity, and restore balance to your entire being. It is the perfect escape for those looking to achieve a state of tranquility and rejuvenation.

ACRO YOGA

In order to connect with your inner self, transform your mind, body, and soul. This session combines a variety of postures to help you stretch your body, find balance, improve your concentration, increase your capacity to focus and boost your inner confidence. The sessions are divided into beginning and advanced levels.