



Blu Spa



HARMONY HEALER  
THANA JINDASHOTINUN



Introducing Thana Jindashotinun - a trained massage therapist and life-long practitioner of Qigong. Known as the “Harmony Healer”, Thana is also a published author, therapist to the Thai mixed martial arts team and a keen student of psychology for pain management.

Harmony Healer's dharma is to help people through rehabilitation exercises to experience relief from sport injuries and chronic pain.

# FIVE ELEMENT MASSAGE COLLECTION

The Five Elements—Wood, Fire, Earth, Metal, and Water—are central to Traditional Chinese Medicine and reflects the body's natural cycles of energy. Each element is connected to specific organs, emotions, and rhythms of life, offering a pathway to greater balance and vitality.

Our Five Element Massage Collection is designed to support overall wellness by harmonizing energy flow, easing tension, and restoring emotional equilibrium. Through targeted techniques, warm stones, and therapeutic oils, each massage helps you reconnect with your body and find a deeper sense of well-being.



# FIVE ELEMENT MASSAGE COLLECTION

## **Wood Massage – Spring Renewal** 90 minutes

**US \$299.00++**

Flowing and revitalizing, this massage uses deep stretching and invigorating strokes along the liver meridians. It releases tension, restores flexibility, and awakens creativity.

## **Fire Massage – Heart Harmony** 90 minutes

**US \$299.00++**

A heart-opening ritual to calm the mind and uplift the spirit. Rhythmic techniques with warm stones ease restlessness, balance emotions, and rekindle inner joy.

## **Earth Massage – Grounding Balance** 90 minutes

**US \$299.00++**

Nurturing, slow, and steady movements bring you back to center. Focused on the stomach and spleen meridians, this massage uses warm aromatic oils to calm worry, improve digestion, and deeply ground your energy.

## **Metal Massage – Autumn Release** 90 minutes

**US \$299.00++**

A clarifying treatment that encourages release and renewal. Precise acupressure on the lungs and shoulders, combined with cleansing aromas, restores clarity and opens space for fresh energy.

## **Water Massage – Deep Flow** 90 minutes

**US \$299.00++**

A restorative journey into stillness and strength. Warm stones and deep, wave-like strokes along the lower back and legs replenish kidney energy, dissolve fear, and leave you profoundly rested.

For more information please contact the Blu Spa.

All prices are in US\$ Dollars and is subject 10% Service Charge and 17% Goods and Services Tax (GST).

# BALACING & RESTORATIVE THERAPIES

## **Inner Harmony Ritual** 90 minutes

**US \$259.00++ per person**

Restore your natural balance and energy flow. This restorative treatment harmonizes your Yin and Yang to bring your body back into equilibrium. Experience a unique body scan that creates your personal map, guiding a rejuvenation plan tailored to your elemental meridians.

*\*\*Recommended as a welcome or introductory treatment. For a deeper focus on specific area of energy, consider following with one of our Five Element Massages to enhance your overall experience\*\**

## **Sleep Restore** 90 minutes

**US \$299.00++ per person**

Using precise acupressure on key energy points, this treatment helps relieve stress, soothe the nervous system, and encourage deep, restorative sleep. Ideal for guests seeking balance and renewal before bedtime.

*\*\*For a more personalized experience, you may choose to pair this treatment with a Five Element Massage or follow it with the Inner Harmony Ritual to enhance relaxation and energy flow further\*\**

For more information please contact the Blu Spa.

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## ENHANCEMENT RITUALS ADD-ON THERAPIES

Designed to be paired with any massage or wellness treatment for deeper therapeutic results. Each add-on is 30 minutes and may be seamlessly integrated into your session.

**Cupping Therapy** 30 minutes

**\$99.00++ per person**

An ancient healing technique that uses suction cups to release deep-seated tension, improve circulation, and stimulate energy flow. Ideal for guests experiencing muscle tightness or energy stagnation

**Guasha** 30 minutes

**\$99.00++ per person**

A traditional scraping technique that gently stimulates the skin and meridians to relieve tension, clear stagnation, and promote natural healing. Leaves the body refreshed, renewed, and rebalanced.

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# HARMONY IN MOTION PRIVATE WELLNESS CLASSES

Personalized sessions to enhance energy flow, improve flexibility, and deepen relaxation. Each class can be paired with our spa treatments for a holistic mind-body experience.

## **Five Animals Qigong**

45 minutes

**US \$75.00++ per person**

A dynamic Qigong practice inspired by the Five Elements. Each animal embodies an element:

**Bear** (Earth): balance and stability

**Deer** (Water): fluidity and flow

**Tiger** (Wood): flexibility

**Monkey** (Fire): cardiovascular vitality

**Bird** (Metal): harmonizes breathing and movement

\*\*Recommended as a preparatory or follow-up session to our Five Element Massages to extend the benefits of energy restoration\*\*

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# HARMONY IN MOTION PRIVATE WELLNESS CLASSES

## **Qigong** 45 minutes

**US \$75.00++ per person**

Specialized movements focused on spinal mobility. Fluid Qigong sequences help relieve tension, reduce chronic pain, and improve energy flow along the body channels.

\*\*Perfect to complement any massage or balancing therapy, enhancing relaxation, posture, and overall alignment \*\*

## **Taichi** 45 minutes

**US \$75.00++ per person**

A graceful practice of internal energy balancing that harmonizes posture, movement, and breath. Taichi promotes overall health, restores equilibrium, and cultivates calm focus.

\*\* Can be paired with Inner Harmony Ritual or Five Element Massages for a complete mind-body experience \*\*

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### Radisson Blu Resort Maldives

Huruelhi Island, South Ari Atoll,

20026, Republic of Maldives

T: +(960) 668 1818

[reservations.maldives@radisson.com](mailto:reservations.maldives@radisson.com)

[radissonhotels.com/blu](http://radissonhotels.com/blu)

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