

Serenity
spa

Rejuvenate at Baros Maldives with
renowned Wellness Practitioner

Jang Kanlayanee





Signature Treatments

Quantum touch sound healing

Experience the ultimate in stress and anxiety relief with our signature holistic healing treatment. Combining energy with vibration, crystals, sound healing and a cranial relaxation technique, this therapy targets the 12-point meridian line with gentle finger touches on various areas of the skull. The strokes enhance blood circulation to the brain, rebalances the brain's electrical activity and harmonizes the left and right hemispheres, releasing negative energy, fostering emotional, mental and spiritual well-being.

60 minutes | USD 320 per person

Emotional release massage (Chi Nei Tsang)

Perfect for profound detoxification, this invigorating treatment focuses on the abdominal area, using expert hands and crystal techniques to release emotional and energetic blockages stored in the internal organs. Relieve stress and improve digestion as you detoxify your body and rejuvenate your spirit.

60 minutes | USD 280 per person
90 minutes | USD 320 per person

Body alignment therapy

With extensive expertise in bodywork and various modalities, Jang begins the therapy with a personalised consultation to understand your specific needs. This tailored approach provides a unique and highly effective wellness experience that alleviates chronic pains, realigns your body and mind, restoring balance and enhancing overall well-being. For an enhanced experience, you can also add cupping or Tok Sen (traditional Thai Lanna style).

60 minutes | USD 280 per person
90 minutes | USD 320 per person

Chakra & Reiki healing

Reiki, with its soothing crystal stones on the chakras and gentle touch for healing, promotes profound relaxation. It supports the body's natural healing processes, enhancing emotional, mental and spiritual well-being. Experience deep relaxation, alleviation of emotional stress and an improvement in your overall well-being with this soothing treatment.

60 minutes | USD 300 per person



Wellness Experiences

Jang is trained in various yoga modalities and is an avid wellness practitioner. Depending on your needs and level of experience, she will customise the class for you, taking into consideration your preference for a dynamic or more meditative class.

Private meditation and wellness experiences

Yoga - Hatha, Vinyasa flow (Body and Mind)

Engage in serene yoga sessions for balancing body and mind.

60 minutes | USD 200 per couple

Sound bath healing with crystal singing bowls (Mind)

Experience deep relaxation and meditation with sound and vibration.

30 minutes | USD 90 per couple

Tai chi experience

Explore this Chinese healing art focusing on mindful movement, physical posture, and harmonious chi flow.

45 minutes | USD 150 per couple

Private well-being journeys

Body awakening

Experience holistic rejuvenation with Jang's exclusive Body Awakening package. Enjoy 60 minutes of bodywork alignment followed by 30 minutes of Chi Nei Tsang. The journey concludes with 60 minutes of foot and hand reflexology using crystals, designed to harmonise and revitalise your body and mind.

2 hours 30 minutes | USD 520 per person

Mind awakening

Indulge in the invigorating Mind Awakening experience which begins with 60 minutes of Chi Nei Tsang, followed by 60 minutes of foot and hand reflexology. The 60-minute Crystal Sound Ki Energy Massage concludes your journey with profound relaxation and inner harmony.

3 hours | USD 620 per person



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