



EMOTIONAL WELLNESS WITH DR. BUATHON

From 24 February - 7 March 2026, renowned holistic practitioner Dr. Buathon Thienarrom returns to The Mandarin Spa to offer her unique approach to holistic healing.

Her exclusive treatments include Body-Mind and Spiritual Wellbeing, to release physical tension allowing the life force energy to flow with ZenNaTai, energy enhancing through Vibrational Healing Bowl and transform your mind for a greater mental clarity and alignment.

Guests will leave feeling euphoric and relaxed, have an increased chi flow (or life energy), and a peaceful state of mind.

For more information and reservations, please speak with the spa concierge team.

HEALING MANTRAS 3 Hours

28 February 2026
10am – 1pm

Mantra chanting is a form of sound expression that connecting to the three minds together, mantra expression with intentional breathing practice to raise the vibration, releasing the emotional storage and transform your expression through love and compassion, promoting vitality and enhance mental clarity.

“Once you have a clear voice of expression, your blockage has released”

HKD 1,212 per person

Flow 4 Hours

1 March 2026
2pm – 6pm

Practice the deep connection with your heart, raise the vibration, and allow the energy to flow, lighten up your heart, with a great grounding and inner alignment.

Please wear comfortable cloth and ready to transform.

HKD 1,515 per person

HEAL - NURTURE YOUR BEING

Complimentary workshop 75 Minutes

1 March 2026
7pm

Begin your journey into healing practice to bring the harmony of body, mind and soul and cultivate an inner peace, melding mindfulness through breathing.

Unlocking the secrets of transformative practices.

INNER ALIGNMENT 4 Hours

6 March 2026
10am – 2pm
Pre requisition: Flow

Practice deep mediation to generate the stillness mind, purify the heart and connect for deeper awareness for inner alignment to the path with greater clarity.

HKD 1,818 per person

PRIVATE HEALING SESSIONS

ZENNATAI Physical Tension Release & Abdominal Detox 75 Minutes

Through hands-on experience, Dr. Buathon created ZenNaTai; a unique approach to holistic healing massage that generates energy (Qi) to flow throughout the body. ZenNaTai can release chest, cranial and abdominal tension, and stimulate the lymphatic flow thus supporting the release of toxins. ZenNaTai induces a deeper state of relaxation and peaceful mind.

HKD 2,820 per person

ENERGY ENHANCING Energy Healing & Tibetan Sound Therapy 75 Minutes

Enhanced body's subtle energy flow with the restorative sound vibration from Tibetan healing bowls that resonates with the body fluid, the body's energy is cleansed and rejuvenated. This treatment helps to slow down the brain wave frequencies and can rest the mind to a pre-meditation experience.

HKD 2,820 per person

MIND TRANSFORMATION Emotional Wellbeing & Mind training 60 Minutes

The mind is the master of the body. While a healthy mind can enhance physical wellness, an unhealthy mind that is, in Tibetan medical terms, 'tainted' by the 'three mental poisons' of attachment, hatred and closed-mindedness, is often the cause of disease.

Mind Transformation promotes emotional wellbeing through conscious breathing, unlocking your "unfinished matter," and transforming your stress and emotions into vitality. This treatment promotes mental clarity and self-empowerment.

HKD 2,220 per person

INTEGRATIVE HEALING
Release & Restore
90 Minutes

Your healing journey for a private healing sessions of 90 minutes that customised to your needs to release unnecessary energy and restore your new focus for a greater alignment of body, mind and soul. A private consultation is required prior to signing up with the journey.

HKD 3,340 per person

SPIRITUAL WELLBEING
Private Coaching
60 Minutes

Spiriual wellbeing is the core of overall wellbeing, learn to cultivate the mental relaxation state, declutter the mind through awareness breathwork and synchronize the physical and emotional state into a greater mindful manifestation.

HKD 2,220 per person