

DR. SHAGNIKA PRADHAN

HOLISTIC WELLNESS EXPERIENCES

AT CONSTANCE LEMURIA

Discover a curated collection of holistic wellness experiences combining naturopathy, acupuncture, therapeutic bodywork, energy healing and sound therapy to restore balance, relaxation and overall wellbeing.

NATUROPATHIC BODY ALIGNMENT

Therapeutic massage, myofascial release, reflexology and sound healing to restore balance and release deep tension.

90 mins | SCR 4,130
120 mins | SCR 4,900

TRADITIONAL THAI TOK SEN THERAPY

Traditional vibrational therapy using wooden tools to ease muscular tension and improve energy flow.

60 mins | SCR 3,080
90 mins | SCR 3,850

Add-On Therapies (30 mins each)

Cranio-Sacral Tension Release | SCR 1,330
Acupressure Balance | SCR 1,330
Indian Head & Scalp Ritual | SCR 1,330

THERAPEUTIC ACUPUNCTURE & CUPPING RECOVERY

Personalized acupuncture and cupping therapy to support recovery, pain relief and improved sleep.

60 mins | SCR 3,360
90 mins | SCR 4,130
Add-On: Electro Acupuncture (30 mins) | SCR 1,330

REIKI CHAKRA BALANCE & SOUND HEALING

A nurturing healing experience combining Reiki, crystal therapy and sound healing to restore harmony and relaxation.

60 mins | SCR 3,080
90 mins | SCR 3,850

DEEP SLEEP RITUAL WELLNESS JOURNEY

An immersive wellness journey featuring bodywork, reflexology, breathwork, Yoga Nidra and sound healing to support deep rest and recovery.

240 mins | SCR 9,100

AQUA YOGA THERAPY

Water-based yoga, breathwork and sound healing for relaxation and mobility.

Single | 60 mins | SCR 2,100
Couple | 60 mins | SCR 2,730

COMPLIMENTARY WEEKLY WELLNESS SESSIONS

- Pranayama & Sound Healing Meditation
- Self-Acupressure Session
- Home Remedies for Stress, Sleep & Pain Relief

30 – 45 mins (Once weekly)

Terms and conditions apply.
Dial 1263 to book.

CONSTANCE LEMURIA
PRASLIN, SEYCHELLES

CONSTANCE SPA