



VISITING PRACTITIONER 18/04 - 01/05 ALEX BAECHLER

Alex is a renowned therapist and yoga teacher. At a very young age Alex was introduced to yoga by his father and has since followed the yogic path. After spending much time with his master Shri Dharma Mittra in New York Alex spent many years studying Thai massage and osteopathy living a monastic life in ashrams in Asia.

Today Alex practices and teaches his own blend of treatments blending western osteopathy and traditional eastern wisdom.

Body Tuning (50 minutes)

a combination of techniques such as osteopathic joint mobilisation and stretching, acupressure points and deep tissue muscular relief

Californian Relaxation Massage (50 minutes, 80 minutes)

massage using long stretches covering the entire body to enrobe it by a sensation of relaxation and peace

Cranio Sacral (50 minutes)

allows better circulation of the cerebrospinal fluid and rebalances the energy and physical body

Thai Massage (50 minutes, 80 minutes)

a combination of deep acupressure points and stretchings

Chi Nei Tsang Abdominal Massage (50 minutes)

this treatment restores the overall balance in the body by strengthening the digestive system

(50 minutes 160 EUR)

(80 minutes 210 EUR)

also available: private yoga, meditation and pranayama

Six Senses Spa Marbella at Puente Romano Beach Resort & Spa

Bulevar Príncipe Alfonso von Hohenlohe, s/n, 29602 Marbella, Malaga, Spain

T +34 952 820 900 | E reservations-marbella-spa@sixsenses.com | www.sixsenses.com