

SEIFU THERAPY: A UNIQUE & GENTLE HEALING TECHNIQUE FOR YOUR BODY AND MIND WITH TRICIA TEE

Specialising in Seifu Therapy, Tricia Tee is a Seifu Therapy practitioner, a unique and gentle healing technique. With over a decade of experience, Tricia Tee's practice aims to treat chronic pain, activate acupressure points, and energise meridian pathways. Her journey started 10 years ago in Singapore, where she has helped people of all ages and various conditions achieve comfort and relief. Her motto is, "Suffering is a choice. You can choose not to."



Seifu Therapy originated in Japan more than 30 years ago and is endorsed by healthcare professionals including doctors and surgeons. By working on the fascia, the body's connective tissues, Tricia's sessions offer more than just symptom relief, they ignite the body's self-healing capabilities. Tricia will help you become aware of the root causes of your discomfort, encouraging long-term wellbeing.

SEIFU THERAPY FOR THE FULL BODY

60 MINUTES | QAR 750

Seifu Therapy is a gentle rejuvenating therapy for the full body that relieves toxins. The rhythmic effect of the treatment helps the body and brain to relax, promoting cell rejuvenation. Powered by the essential oils, oregano, thyme, basil, cypress, wintergreen, marjoram, peppermint, valor and aroma seiz, this therapy provides the ultimate 4Rs of relax, relieve, rejuvenate and re-energise.

FULL BODY SEIFU WITH SCENT & SOUND THERAPY

90 MINUTES | QAR 980

This holistic therapy activates your sense of touch, smell, and hearing. Through the medium of singing bowls, an ancient sound therapy that helps to deeply relax and heal the body and mind, this therapy has its roots in the scientific principle that sound travels faster than liquid. The sound played by the singing bowls reverberates through the cells, channelling energy throughout your body which is on average 60% liquid. The vibrational frequency provides powerful healing at a cellular level and brings your body to a state of ultimate relaxation and mind to a state of crystal clarity.

SEIFU THERAPY FOR WOMEN'S WELLNESS

75 MINUTES | QAR 900

Designed as a complement to Seifu Therapy for the full body, Seifu Therapy for women's wellness targets deep-seated stress in the female body. It relieves physical tension, promotes relaxation and enhances overall wellbeing. If conducted regularly, this therapy will help female issues like irregular menstruation, as well as symptoms of menopause and hormonal imbalance. Seifu Therapy offers many potential benefits such as alleviating chronic pain, improving the quality of sleep and relieving menstrual pain.

A free consultation will be provided by Tricia Tee.
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