

- Benjaphan Thai Herbal Spa
6469 7622
- Bliss Massage
6221 1548
- Essentia Spa
6334 6266
www.essentiaspa.com.sg
- Eucalyptus Spa
6324 1338
www.eucalyptus.com.sg
- Healthy Step Reflexology
6468 2655
- Lebella
6732 2303
- Mayuri Spa
6737 5657
- Ning The Fusion Spa
6737 0303
www.ningspa.com.sg
- Norhaidah Traditional Massage
6235 1041
- Oriental Traditional
Therapy Centre
6735 1101
- Oj Mantra
6221 5691
- Rustic Nirvana
www.rusticnirvana.com
- Spa @ Loewen Gardens
6471 1922
- Spa Botanica @ The Sentosa
Resort & Spa
6275 0331
www.spabotanica.com
- Spa Esprit
6468 1292
www.spa-esprit.com
- Spa Haven
6221 2203
www.spahaven.com.sg
- Spa@Home
9106 7003
- The CremeBath Retreat
6732 2248
- The Medspa
6887 3087
www.medspa.com.sg
- The Oriental Spa
6885 3533
- The Retreat Spa
& Thalasso Centre
6738 0080
www.theretreat.com.sg

Innate Healing

Dr Lynelle Kerr explains why she started Innate and how her work can benefit everyone.

“I wanted to establish a company in Asia which honoured the power and innate intelligence of the body to heal itself. I wanted people to have a more empowering experience of their bodies and lives. Innate gives them that.

“People come to us for a variety of reasons including muscle tension, stress-related conditions, anxiety, insomnia, poor posture, back and neck aches, spinal disorders and so on. But you don't need to have something ‘wrong’ with you to benefit from Innate! We work with anyone wishing to enjoy greater quality of life – physically, mentally and emotionally.

“The treatment involves using very light touches to both ends of the spine. Contacts are made to the neck and lower back regions where the spinal cord attaches inside the spine.

“This helps activate the body's innate ability to heal and correct itself. The special light touches help the brain become aware of tension in the spinal cord and body. If your brain can find it, your brain can fix it!

“The positive benefits happen at the first visit. People notice that they are naturally breathing more deeply and sitting straighter without conscious effort.

“Your body will learn to spontaneously release tension. Muscles become softer and old aches and pains usually disappear. Most of our clients experience a deep sense of relaxation. They don't become stressed so easily and they feel more energized and peaceful. The new skills your body naturally develops become lifetime strategies that provide lasting benefits.

“Our charity, The All One Foundation, brings the work we do at Innate to Cambodia, to help the women and children there who have suffered abuse from the sex trade. It is one thing to rescue victims and place them in an orphanage, and quite another thing to help them heal and to live a happy and productive life. We can help them do that.”

Innate is located at #03-03 Camden Medical Centre and in the CBD at 3 Boon Tat Street, #01-01. Call 6835 9538 or 6429 9788; visit www.innate.com.sg.

