

A FULL DAY, ONE TO ONE

Private Healing Immersion *with Nad*



RESET · REGULATE · RESTORE

nadermarwani.com

INTRODUCTION

Hello,
I am
Nader
Marwani



Also known simply as Nad, the name most people come to know me by through my healing work. Healing is not something I chose, *it is a gift that chose me*. From an early age, I felt a natural ability to sense where the body holds pain and how to help release it.

While I have formal training to support this path, my work is guided first by energetic resonance and the body's wisdom. Every session is unique because every body tells its own story. My role is to listen, guide and support your return to balance.

What is a healing *immersion?*

A full-day, one-to-one therapeutic experience designed to reset the body, regulate the nervous system and address the root causes of pain, tension, and imbalance.

This is not a treatment; it is a dedicated immersion into your body.

For one full day, the focus is entirely on you. Your patterns, your history, your physical condition and what your body is holding. The work goes beyond surface relief and into deeper layers where dysfunction, compensation and stored tension originate.

Each immersion is fully personalised; there is no fixed sequence or routine. The process adapts in real time, guided by what your body reveals and what it needs at each stage. Through a combination of hands-on therapy, nervous system work, movement, breathwork and guided reflection, the body is supported to release, reorganise and restore balance.



WHO IT IS FOR

For those who *seek more*

Designed for individuals who value depth, discretion and a truly personalised approach to their wellbeing. For those who understand that meaningful change requires time, attention and the right environment. Individuals who choose to step away from the pace of daily life and allow space for their body to be fully seen, understood and supported.

This experience is for people who are ready to engage more intentionally with their physical and emotional state. Those who appreciate refined, one-to-one care and seek a level of focus that is rarely available in everyday settings. *A considered and personal approach, where the entire day is dedicated to you, your body and what it needs to restore balance.*

THE DAY

The *experience*

A full-day immersion designed to work with deeper patterns the body has been holding over time. This includes long-term physical pain, postural imbalances, nervous system overload, as well as emotional or physical trauma that continues to affect how the body feels and functions, often impacting energy, clarity and overall quality of life.

Over the course of the day, you will move through approximately 6–7 hours of hands-on bodywork, combined with guided conversation, reflection and personalised coaching. The work is supported by breath, gentle movement and training where appropriate, allowing the body to not only release but reorganise.

Lifestyle integration is an essential part of the process, with space to explore how daily habits, environment and patterns contribute to your current state, and how they can be refined going forward. Where relevant, additional techniques such as hijama may be incorporated.

The experience is continuous, yet spacious. Periods of deep work are balanced with moments of rest, allowing the body to absorb and stabilise each shift as it happens.



Hijama *therapy*

Hijama, or wet cupping, is an ancient healing method rooted in traditional Islamic medicine. It works by creating suction on the skin using specialised cups, followed by gentle surface incisions to draw out stagnant blood and toxins. This process supports the body's natural detoxification, reduces inflammation, boosts circulation and clears energetic blockages. Hijama can also aid liver detox, colon stimulation, constipation relief, sinus clearance, prostate support and spiritual purification. Many clients turn to Hijama to relieve chronic pain, headaches, hormonal imbalances, fatigue and emotional stagnation. *It can leave you feeling lighter, clearer and deeply refreshed.*

This treatment is offered when the body is ready, and is sometimes included within a longer healing session if intuitively needed. As with all healing work, it is recommended to rest and hydrate after the session to support the body's integration process. Hijama is not suitable for everyone, including those who are pregnant, menstruating or have specific blood-related conditions. If you are unsure, a consultation or initial session will help determine whether Hijama is appropriate for you.

How to *prepare*

01

Nourish

To support your body throughout the immersion, it is recommended to keep meals light the day before and on the day itself. Avoid heavy foods and alcohol, and allow your system to arrive clear and receptive. Hydration is important, though it is best to avoid eating at least two hours before we begin.

02

Intention

You may choose to arrive with an intention, or simply with an openness to explore what your body is holding. There is no need to define everything in advance. The process will unfold naturally and clarity often emerges through the work itself.

03

Clothing

Wear loose, comfortable clothing that allows for movement. For women, soft shorts and a sports bra are ideal. For men, light shorts are recommended. The day involves treatment and gentle movement, so comfort is key.

04

Your day

As this is a full-day immersion, it is important to keep your schedule clear. Allow space afterwards for rest and integration. Many experience a deep shift and may feel the need to slow down, reflect or sleep. Giving yourself that time is part of the process.

A woman with her hair in a bun is sitting in a modern chair, holding a cup of coffee. She is positioned in front of a large floor-to-ceiling window that looks out onto a dense, sunlit garden with various trees and plants. To her left is a large potted plant with long, feathery leaves. To her right, on a low table, are some decorative items including a circular object and a small box. The overall atmosphere is calm and serene.

SETTING

The space *& environment*

The environment plays an essential role in the experience. The immersion is best held in a private, quiet setting where the body can fully relax without interruption. A dedicated space, such as a villa or private residence, allows for a deeper level of focus, comfort and continuity throughout the day.

Natural light, fresh air and access to an outdoor area are highly beneficial. The space should feel calm, open, and removed from the noise and pace of the city, creating the right conditions for the body to soften and respond.

This can be arranged at your home if suitable, though a separate, purposefully chosen space is recommended for a more immersive experience.

Private Healing *Immersion*

30,000 THB

Offered as a full-day experience. This is a 10–12 hour fully personalised experience, typically beginning in the morning and continuing into the evening, allowing the body the time it needs to open, release and integrate without rush.

The day includes

- 01 6–7 hours of hands-on bodywork, supported by coaching, reflection, breathwork, movement and lifestyle guidance.
- 02 A simple, nourishing home-cooked meal, prepared and shared as part of the experience, allowing the body to restore in a grounded and natural way.
- 03 Post-immersion support for three months to ensure continuity and integration.

MULTI-DAY IMMERSIONS

35,000 THB *per 24 hours*

For those seeking a deeper process, allowing for more progressive and sustained transformation. The immersion can be held at your residence or within a privately arranged space.

Terms *& conditions*

Booking & rescheduling

Private Healing Immersions require a minimum of 7 days' advance booking to allow for proper preparation and scheduling. Changes to your booking may be requested with at least 72 hours' notice, subject to availability.

Location & additional costs

Venue rental, travel and accommodation (if required) are not included in the immersion fee and will be arranged separately.

Health considerations

Please inform in advance of any medical conditions, injuries or ongoing treatments. This ensures the experience is adapted safely and appropriately.

Payment

A 50% non-refundable deposit is required to confirm your immersion. The remaining balance is payable prior to or on the day of the experience.

Time commitment

The immersion is a full-day commitment (approximately 10–12 hours). It is important to keep your schedule clear before and after to allow for proper integration.

Client responsibility

The depth of the experience depends on your openness, consistency, and willingness to engage in the process during and after the immersion.



When the body is heard, the
soul begins to speak. *Healing
starts with a single decision:
to listen.*

BOOK YOUR IMMERSION

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