



ABSOLUTE SANCTUARY WELCOMES NEW IN-HOUSE WELLNESS CONSULTANT IN NOVEMBER

JANELLE CASTLE



Janelle joins us from Adelaide, Australia where she owned and operated a successful Naturopathic practice. Her specialties are digestive health and education, correcting immune dysfunction, nervous system disorders, stress reduction and an energy-based approach to nutrition. Janelle believes that every physical condition in the body is the direct result of emotional imbalances and aims to identify and treat physical conditions from this angle. She integrates the traditional Naturopathic modalities of Nutrition, Western Herbal Medicine and Iridology with energy-based therapies of Polarity Therapy, Emotional Freedom Techniques and Australian Bush Flower essences.

Janelle's unique approach to healing involves identifying and releasing physical, mental and emotional blocks which prevent us from revealing our true brilliance to ourselves, to the world and prevent us from living the incredible lives that we truly deserve. Her gentle, heart-centred approach aims to equip you with skills and knowledge to continue your healing journey when you return home.

Janelle will not only provide wellness consultations for guests but also private sessions & workshops on alternative therapies such as Polarity Therapy, Emotional Freedom Techniques, Flower Essence personalised prescription, Iridology, Therapeutic massage and Holistic facials which incorporate Chinese face mapping.

Please contact wellness@absolutesanctuary.com or +66 77 601 190 for more information.

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