

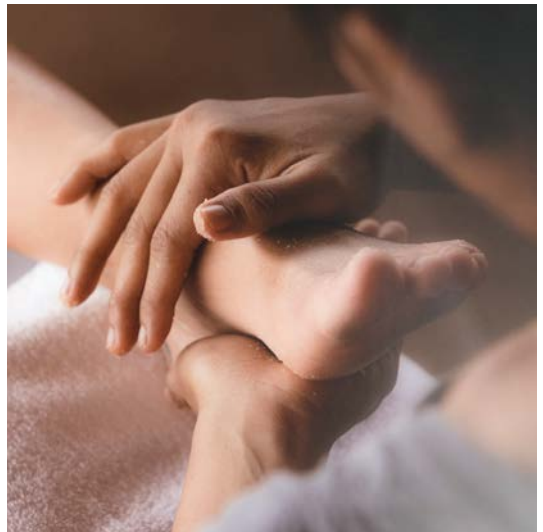
A close-up photograph of a hand holding a smooth, black, oval-shaped stone over a person's back. The person is lying on a massage table, and their skin is visible. In the background, there are several other similar black stones resting on the table. The lighting is soft and focused on the hand and the stone being held.

# AMANYARA

VISITING SPECIALISTS  
2022 - 2023



Movement, mindfulness and spa therapies amid the year round sunshine of Turks and Caicos.





### **Toby Maguire (All Year)**

Wellness Manager

A Health and Wellness Consultant who has been featured in the Sunday Times, Forbes Magazine and the Huffington Post for his work on managing stress and contributions to the health and wellness industry. He has been practicing the healing arts of the east for more than twenty years. He has worked at several Aman properties and other Health and Wellness resorts worldwide treating guests.



### **Julian Martin**

November 2021 – January 2022

November 2022 – January 2023

Julian specializes in sports injury rehabilitation and remedial massage. After finishing his studies, he worked alongside chiropractors and physiotherapists in a multi-disciplinary clinic in Sydney for 6 years, where he was treating rugby team players for pre and post-games massage. Soon after he opened his own practice in a sports club and then in a medical center.



### **Caroline Alboneti**

February 2022 – April 2022

Caroline started her holistic wellness journey in 2010. This path has guided her through 46 countries where she treated guests as a Traditional Chinese Medicine doctor, and wellness consultant. As she approaches beauty and health from an inner perspective and ancient wisdom, she encourages everyone to achieve their best version, integrating body, mind and emotions.



### **Don Saladino (Retreat)**

April 2022

For over 20 years, Don has coached actors, athletes, musicians, and business executives. He has developed a reputation for training some of the biggest names in Hollywood for the big screen. He has appeared on the cover of the iconic Muscle & Fitness Magazine alongside numerous other major publications and has been tapped as a fitness expert.



### **Eduardo Garcia**

May 2022 – July 2022

Eduardo has built a fitness and therapy background while working in medical resorts, hotels, and with private clientele in Europe, Russia, and the Middle East. He studied in Beijing, Bangkok, London and Madrid and has developed a distinctive therapeutic style which meticulously blends eastern techniques such as acupuncture, Tui Na, fire cupping and Thai, with western, such as Swedish, deep tissue, stretching and osteopathic manoeuvres.



### **Dr. Michael Breus (Retreat)**

June 2022

Michael J. Breus, Ph.D., is a double board-certified Clinical Psychologist and Clinical Sleep Specialist. He is the author of three books with the newest book (2017) *The Power of When*, which is a ground breaking bio-hacking book proving that there is a perfect time to do everything. He is an expert resource for most major publications doing more than 300 interviews per year.



### **Erika Bloom (Retreat)**

August 2022

Erika founded Erika Bloom Pilates in 2003. She is known around the world for her transformative method that begins with movement-based healing to restore holistic balance to the body and mind. She has extensive training and clinical experience in sports conditioning and holistic treatment of postural imbalances. Erika is particularly passionate about working with women throughout all stages of life.



### **Kelsey Patel (Retreat)**

October 2022

Kelsey Patel is one of Hollywood's leading wellness and reiki experts. She is a sought after empowerment coach, reiki healer and meditation teacher, as well as a multi-faceted entrepreneur and global speaker. Kelsey's work has been featured all over the globe from FORTUNE 500 companies to top-tier media including US Weekly, Harper's Bazaar, The New York Times, Reader's Digest, MindBodyGreen and more.





### **Sammy Kildegaard (Retreat)**

December 2022

Samantha, an Argentinian freedive expert with over 20 years teaching expertise, creates a unique blend of wellness, breathwork and in-water sessions for the ultimate therapeutic experience. The Breathwork & Water Element sessions focus on breathing techniques and body movement followed by in-water sessions, emphasising conscious breathing to aid relaxation, visualization and mindfulness before entering the aquatic realm.



### **Claudia Sugey**

November 2022 - January 2023

Claudia is from Mexico, and has been in the Spa Industry for over 17 years, achieving tremendous results in the spiritual side of the entire wellness experience. She is very powerful and wise when consulting someone and knows exactly the path towards health for her clients. Her intuitive skills and emotional stability allows her to transmit this wisdom to guests.





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