Other Options Healing

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Company logo

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It is a one-stop well-being and coaching platform in Singapore, offering workshops, courses, corporate events, VIP private programs, brand promotion events, retreats, coaching, consultation, and wellness products. Guided by its Signature Six-Pillar Framework for Holistic Wellness Smell, Sound, Touch, Taste, Mind, and Sight the platform integrates sensory wisdom with modern wellness practices and science, to support mental, emotional, and physical health. The bespoke experiences include singing bowl sessions, multi-instrument sound bath, forest bathing, sensory plan handicraft workshop, Aura-Soma therapy, aura scanning, meditation, breath work, aromatherapy, and more. Mind is Muscle Too.

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