



DR LIANA NENACHEVA

is a Holistic Doctor and Transformational Aroma-Psychologist who utilizes alternative methodologies to invigorate one's mind, body and spirit. Her biggest passion is to assist others in achieving their true unlimited potential and optimal wellness. Dr Liana has 30+ years of experience in Western and Holistic Medicine.

Dr Liana Nenacheva M.D., L.Ac., Master of Chinese Herbology, was born in Russia where she studied Western Medicine (MD, SD), and practiced oral, facial and reconstructive surgery. In the late 90s, she moved to Belgium and then, in 2010 to Indonesia and developed her own approach to treating people's ailments and physical and mental challenges, which embodies a combination of causal medicine, Traditional Chinese Medicine, aromatherapy, yoga and yoga therapy, mindfulness, nutrition, self-care, and lifestyle techniques that are easy to learn and follow. She has helped thousands of people achieve radiant, longlasting physical and emotional wellness.

Dr Liana managed wellness retreats and clinics in Bali, Indonesia for more than 12 years, has conducted and facilitated over 15,000 hours of wellness, anti-ageing and transformational programs, retreats and chef trainings for individuals and professionals, as well as consulted dozens of wellness hospitality companies in Indonesia, India, Australia, Belgium, Singapore and Russia.

She has successfully completed the following studies in Belgium, China, and Indonesia:

- » Master in Traditional Chinese Acupuncture for adults and children
- » Master in Chinese Herbal Medicine
- » Cranio-Sacral Therapy
- » Psycho-somatic Medicine
- » Aromatherapy and Aroma Psychology
- » Integrative Nutrition Therapy
- » Trigger Point Therapy
- » Chef Training in Natural Cooking and "Cooking According to 5 Elements"
- » Yoga Therapy
- » Mindfulness, and Meditation