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Where East Meets West: Amaya Wellness Brings Holistic Healing To Coronado

by Lauren Boomer
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Dr. Parmela Sawhney and fellow biohacker and interior designer Lisa Panissidi at a Biohackers Conference in March 2025.

Submitted photo

By blending ancient traditions with modern innovations, Amaya Wellness in

Coronado stands as a testament to the power and potential of integrative health. At its core is Dr. Parmela Sawhney, a seasoned family practitioner with over four decades of experience, who now leads the wellness spa on a mission to foster prevention, balance, and long-term vitality.

Dr. Sawhney's story is woven into the fabric of Coronado itself. "Living in Coronado for 40 years while practicing medicine in an Imperial Beach office and Coronado office for 8 of the 40 years," she told me of her history here in town. She has not only watched but also actively participated in the community's growth. Her recent involvement with FOCUS, a charity supporting San Diego's children and teens, reflects her ongoing commitment to local well-being.

Now, she's channeled her lifelong passion for healing into the creation of Amaya Wellness, driven by her belief that there are many ways to heal and prevent illness, and by her curiosity about longevity and biohacking.

The journey to Amaya Wellness began after Dr. Sawhney, alongside fellow biohacker and interior designer Lisa Panissidi, attended the 2025 Biohackers Wellness Conference in Los Angeles. "We recognized that detoxing and body balance with technology can be blended with ancient wisdom," Sawhney explained. Inspired by breakthroughs in biohacking (intentional lifestyle adjustments to maximize mind and body performance), they returned with the vision to merge these findings with traditions like Ayurveda, homeopathy, and energy medicine. The spa's motto sums it up succinctly: "Ancient Wisdom meets modern Wellness Technology. This marks the dawn of a new era in holistic health care with the goal of optimizing longevity."

The process of building Amaya Wellness was as intentional as its philosophy. Research done at the wellness conference led to the adoption of state-of-the-art technology alongside traditional healing practices. They introduced Coronado to the Clearlight commercial infrared sauna, which has "the lowest EMFs on the market" and supports detoxification through deep, gentle heat—mirroring Ayurveda's promotion of sweating as a primary wellness principle. During the same period, the team brought in the latest chromotherapy and red light panel technology, inspired by NASA research and hundreds of scientific studies highlighting the benefits for healing, detoxification, and energy balance.

Amaya's wellness offerings are broad and deeply personalized. Consultations with Dr. Sawhney involve detailed evaluations, including "evaluating your own personal body type, energy flow, imbalances, unique microbiome and testing, NAD levels, and techniques to age well with longevity." Their advanced microbiome testing, one of only two offerings of its kind in San Diego, "empowers individuals by offering a deeper understanding of the gut, so you can take full control of your health," Sawhney explained.

The spa also offers NAD+ testing and supplementation, which support cellular energy, resilience, and health. A range of products helps keep clients energized and balanced without the crash of caffeine, including "mushroom superfood blends—coffee alternative with functional mushrooms to promote balance and mindful energy." Sawhney added, "We learned that mushrooms such as Lion's Mane, Reishi, and Cordyceps help with blood sugar, immunity, blood pressure, and focus without the jitters or acidity of coffee. Our bodies are naturally alkaline. When you are acidic, your body will be thrown off balance. We now offer this product as an alternative to coffee without the jitters or acidity."

Innovation continues with stem cell patches using phototherapy," and "glutathione patches increasing your body's master antioxidant," both offered as noninvasive, science-backed alternatives to traditional therapies. Other treatment options soon to launch include neuro biofeedback.

Amaya Wellness is also defined by its people. "Lisa Panissidi, biohacker enthusiast and interior designer, living her life purpose practicing health and design," leads the spa's unique design aesthetic, transforming the former medical office into a tranquil oasis. "Some wellness centers can feel sterile; however, interior designer Lisa Panissidi transformed my former office into a space that is soothing and welcoming by adding elements of ancient wisdom, such as brass lotus lights and wallpaper displaying the Self Realization Center in Encinitas."

Sarah Rivera, an Ayurvedic therapist from the Deepak Chopra Center, offers classic Eastern therapies, including Ayurvedic massage, Shirodhara treatment, Marma Point Therapy, and Pinda Sweda—treatments tailored to each individual's mind and body type and designed to bring clarity, ease, and detoxification. "Massages will help loosen the ama, which are toxins and waste products that accumulate in the body," said Dr. Sawhney.

Suzanne Judd, a professor of science and a member of the Society for Neuroscience, adds further depth. She provides integrative breathwork and CBD massage, therapies aimed at “unlock[ing] individual muscular blocks and strengthen[ing] pranayama abilities for your unique state of being.” Neuro biofeedback is soon to be added to the menu as well.

Underlying all treatments is Dr. Sawhney’s integrated vision: “Ayurveda, Energy Medicine, Homeopathy, Biohacking, Emotional Freedom Tapping, and Chakra balancing.” The result is a holistic, welcoming environment where clients are supported on a journey towards improved gut health, resilience, longevity, and inner peace.

Appointments and a complete overview of therapies may be booked at amayawellness-spa.com.

Dr. Sawhney believes that Coronado is poised to become a “blue zone—a region where people live significantly longer lives due to lifestyle factors, natural movement, and community.” At Amaya Wellness, that journey starts now.

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