

At Sacred Space in Palma, Jas Panesar combines more than two decades of experience in therapeutic bodywork with specialist Oncological Skin Care.

There are moments in life when being cared for becomes far more than a luxury. **During illness, bereavement, prolonged stress or pregnancy, the simple experience of being touched with gentleness and without expectation can help someone feel like themselves again.**

This belief lies at the heart of Sacred Space, Jas's peaceful treatment room in central Palma. It sits within MIKU Mallorca Clinic of Integrative Medicine, run by her friend and colleague Kimmy Dobak.

"The 'space' I am referring to is within us," Jas explains. **"It is an invitation to feel like you again during all of life's moments."**

Her understanding of touch began long before she trained professionally. Born in London to parents of Indian origin, Jas grew up in a Punjabi household filled with medicinal herbs, natural remedies and oils used to care for the hair, scalp, skin and wounds. Like her grandmother in Punjab, she became the person in her family who instinctively felt comfortable working with the body, and that early intuition eventually became a vocation.

In 2001, Jas began a three-year BSc Honours degree in Health Sciences and Therapeutic Bodywork at the University of Westminster's School of Integrated Health. Her training spanned Eastern and Western soft-tissue therapies, including acupressure, hatha yoga and qi gong for physical rehabilitation, with clinical experience giving aromatherapy massage to outpatients at the Marie Curie Hospice in Hampstead.

After moving to Mallorca in 2018, establishing her career took time, not least because of the language barrier. Following her father's death from lung cancer in 2021, she gave herself space to grieve by joining a luxury hotel spa in Can Pastilla as a part-time therapist.

It was there that she discovered **Natura Bissé**, the Barcelona-founded luxury skincare company, recently awarded the **World's Best Spa Brand for 2026**. The **Ricardo Fisas Foundation**, has developed specialist oncological aesthetics education and for skincare support for people during and after cancer treatment. Its recently introduced PRO-REPAIR range is clinically tested to strengthen and restore sensitised or compromised skin around medical and aesthetic procedures, including chemotherapy or radiotherapy.

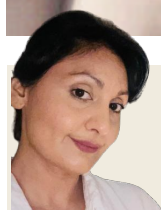
When Jas approached the company in early 2026 about using its products in her independent Palma practice, she was invited to undertake its Diploma in Oncological Skin Care, a serendipitous opportunity that brought together her earlier hospice experience, bodywork training and support for people with cancer in her community.

"It has allowed me to bring a pioneering approach to cancer care to Palma," she says.

Careful, individualised oncology massage

Massage during cancer treatment was once commonly discouraged. Today, appropriately trained practitioners can often provide gentle, modified care, but communication with the patient's oncology team remains essential, particularly following surgery, during active treatment, where lymph nodes have been removed or when wounds have not fully healed.

"Sometimes we must avoid the treated or affected area completely until medical professionals give permission," Jas explains. "But we may be able to provide a soothing head and neck massage, or massage tired legs and feet,



The Power of Therapeutic Touch



During illness, bereavement, pregnancy or prolonged stress, the simple experience of being touched with compassionate and supportive care can help someone feel human again.

by
Amanda J. Butler



The Wellness Column

while caring for dry skin or damaged nails. We are cautious and only treat areas that are safe."

Every appointment begins with active listening. Pressure, positioning, duration, products and the area being treated are all personalised, and Jas continually assesses how the person feels rather than following a set routine.

The specialist methodology she uses incorporates very light "dermoneurosedative" techniques developed by the Ricardo Fisas Foundation, intended to calm rather than stimulate the body through sensitive touch and nervous-system regulation.

Cancer therapies can bring extreme dryness, itching, irritation, inflammation, peeling and heightened skin sensitivity, and can affect hair follicles and nails. With appropriate medical guidance, Jas may use selected PRO-REPAIR products to help prepare and support the skin barrier before and after chemotherapy or radiotherapy, alongside gentle cleansing, hydration and massage, choosing each treatment according to the person's needs and medical circumstances.

To be clear, skincare and massage do not treat cancer or alter its progression. What compassionate supportive care can offer is comfort, relaxation and a sense of connection at a time when the body may otherwise feel defined and depleted by examinations and medical procedures.

or contribute towards a block of treatments, either for a particular person or to help someone who might otherwise be unable to access the service. Jas is also exploring the permissions required to extend treatments to people in hospital.

"For me, it means that somebody may not have to go through a healthcare process feeling alone," she says. **"By giving the gift of wellbeing, you can make a difference during one of the most delicate periods of a person's life."**

A space of wellbeing for everyone

Although specialist oncology care forms an important part of Jas's work, **Sacred Space is not solely for people living with illness.** Her clients arrive with muscular tension, stress, poor sleep, bereavement, anxiety, sensitive skin, pregnancy-related discomfort, or simply the need to stop.

Treatments include personalised massage drawing upon Western and Eastern traditions, Natura Bissé facials for sensitive skin,



As Jas puts it: **"It makes all the difference to someone experiencing a difficult time to receive this kind of touch and care. It gives comfort and allows moments of connection."**

One client undergoing cancer treatment described feeling a sense of peace as soon as she entered Sacred Space. Her skin had become very dry and uncomfortable, and the nourishing oils and gentle massage offered welcome relief. With the music and Jas's warm presence, she said, she could completely disconnect, transported to a place she didn't want to leave.

Giving the gift of wellbeing

Perhaps the most touching aspect of Sacred Space is the **"Giving the Gift of Wellbeing"** initiative, inspired by an unexpected act of community kindness.

A colleague encountered a member of staff at her child's school hiding in an office, distressed by the side effects of active cancer treatment. Jas offered to treat her without charge. When she later mentioned the woman to a friend whose wife had experienced a similar cancer, he immediately offered to pay for further massages. Another friend did the same, enabling the woman to receive four treatments.

"I began to realise that not everyone I meet will have the financial resources to pay for this support, or even think of going for a massage," Jas says. "Illness does not give people time to put their finances in order, and wellbeing treatments are understandably often not a priority."

Through Sacred Space's online booking page, clients can now buy a gift card from €75

hormonal changes like menopause, and nervous system reset as well as sensorial Body Treatments. Pregnancy massage adapted to support and provide muscular release as the body changes and couples massage.

Jas and her team also provide treatments in private homes, fincas and on boats for clients unable to attend the Palma clinic or seeking a more exclusive service. The income from her wider treatment work helps her provide some oncological wellbeing massages.

"Presence is at the centre of it," she tells me. "Conscious, compassionate, professional presence. We create an environment where the individual, with any issue, can rest and reset." I experienced this for myself with Jas's Rebalance Facial and Massage. I left feeling lighter, calmer and, for the rest of the afternoon, quietly floating.

In a world that often encourages us to push through exhaustion, pain and emotional upheaval, perhaps that is what makes this space feel sacred: permission to stop, be held with care and feel like ourselves again.

Sacred Space is located just off the Ramblas in central Palma - C/ dels Angels 9, Clinic of Integrated Health MIKU Mallorca. You can connect through Instagram:

@SacredSpacePalma or via her QR Code.

Amanda's Mallorca-focused features are based on personal experience, trusted recommendations and the people she discovers across the island. Read the extended article at mallorcawellnessliving.com or follow IG @amandabmallorca & @mallorcawellnessliving.

