

MASSAGE PACKAGES

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| 1. Back Massage | 45 mins / €30 |
| 2. Full Body
Relaxation Massage | 75 mins / €45 |
| 3. Tui Na -
Therapeutical Massage | 75 mins / €50 |
| 4. Sounds Therapy
With Tibetan Bowls | 45 mins / €35 |
| 5. Auriculotherapy | 30 mins / \$35 |



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EXPERIENCE THE HEALING POWER OF A TRADITIONAL MASSAGE.

PRACTICE

BEING A THERAPIST

"Being a therapist (...) is a remarkable gift. We develop the gift of using the word, the look, our expressions, and even the silence. The gift of drawing from within the best that we have to care for, strengthen, understand, relieve." (...)

HISTORY

In 2012 I found myself through Reiki. New perspectives and visions on the world and the human being, granted me the responsibility and privilege to pull out the best in me to care, strengthen and understand others. In 2014 I began my journey at IPN- Portuguese Institute of Naturology, where I got qualified in Aromatherapy, bio- cosmetics and started attending a course on Traditional Chinese medicine. At the Peter Hess institute I learned Tibetan bowl sound massage and how to use this skill in neurological diseases. It has been an incredible journey to acquire this knowledge and to put this therapeutic work into practice.

BENEFITS

- Reduces aches and pains
- Relieves tension, headaches, and migraines
- Promotes health & relaxation
- Reduces stress & anxiety
- Provides clarity and sleep

FULL BODY RELAXATION MASSAGE

The stress of daily life justifies the use of relaxation therapies to achieve balance and well-being. Massages can exert varied effects on the level of general well-being, through the balance of energy. The blood circulation is activated from the most superficial to microcirculation, which naturally reflects in the energetic circulation and favors a more effective oxygenation of cells and promotes the body to trigger self-healing processes, achieving results at a deeper level. The end result is the overall balance of the body, and consequently an improvement in the quality and flow of blood and energy (Qi), as well as the promotion of the immune system, by strengthening the defenses.

A body that does not receive regular massage is at serious risk of aging: muscles lose tonicity much more easily and connective tissue weakens due to lack of stimulation.

AURICULOTHERAPY

It is an ancient art, more than 2000 years old, originating in China. It aims at energy diagnosis, prevention, treatment and / or improvement of the quality of life of the person. It does so by observing and stimulating points or areas of the auricular pavilion, in order to facilitate the body's self-healing process.

Western Auriculotherapy is based on the theory that the auricular pavilion reflects the entire human organism, in which all body structures are arranged like a fetus in the womb. A concept that connects with the Eastern theoretical principles which say that the auricle functions like a system of organs, viscera and meridians, according to the Laws of the 5 Elements and the Yin / Yang theory.

In practice the manipulation of the auricular pavilion interferes in the energy quality of the meridians and consequently in the functioning of the respective organs.

THERAPEUTIC MASSAGE (TUI NA)

TUI NA is one of the pillars of Traditional Chinese Medicine. Of ancient origins, it now summarizes a vast set of manual clinical techniques aimed at preventing and treating diseases. TUI literally means "push" and NA, "grab". They are two of the manual techniques that constitute this practice which aims at the basic principles of acupuncture but which replaces the needles by acupressure / manipulation of specific points in order to move, unblock and reinforce the inner Energy and the Blood, making use of the energetic anatomy of the body. It is an intense massage, since it is intended to trigger auto regenerative, immune and analgesic processes in those who receive it. It interferes in the recovery of joint mobility, reduction of spasms and inflammations, strengthening of organic energy, metabolic activity among others. This massage includes the use of vegetable and organic olive oil.

SOUND THERAPY WITH TIBETAN BOWLS AND GONG

The Sound Massage is a method that has been developed in Germany since the 1980s, by the physical engineer Peter Hess, based on experiences in Nepal, India and Tibet, in the ancient knowledge about sound (for example of Ayurveda) and the manufacture of bowls with 12 metals. This method is based on the scientific theory that all matter is composed of systems that vibrate and that are resonating with each other. Contrary to the classical massage, in Sound Massage there is no direct physical contact between the sound therapist and the patient. The massage is performed by sound vibrations of the bowls, gently percussed, while placed on or near the body, which is fully dressed. The sound of the bowl is perceived through hearing, as an acoustic signal by the ear, and by the sensation caused by the vibration of the body. The Sound Massage is thus an integrated method, aimed at the body, soul and spirit: it generates deep relaxation, strengthens the individual's original confidence and contributes to the promotion of health. The activation of certain zones of the central nervous system shows benefits in the treatment of body tensions such as abdominal, joint, muscle, circulatory, neurological and emotional pathologies.



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