

### **STRUCTURAL INTEGRATION / ROLFING:**

BETTER POSTURE, NATURAL BALANCE AND IMPROVEMENT OF CHRONIC CONDITIONS. LASTING CHANGES

75 minutes - 95 USD / 1.800 Pesos

### **THERAPEUTIC MASSAGE**

UNWINDING AND DEEPLY RELAXING, THE BEST START INTO YOUR HOLIDAYS

Deep Tissue, Relaxation Massage, Reflexology, Pregnancy Massage, Rehabilitation

60 minutes – 65 USD / 1.200 Pesos

75 minutes – 80 USD / 1.500 pesos

90 minutes – 95 USD / 1.800 Pesos

### **JIN SHIN JYUTSU** (think acupuncture, without needles)

THE ANCIENT ART OF HARMONIZING EMOTIONS, MIND AND BODY

60 minutes – 65 USD / 1.200 Pesos

### **COLD LASER THERAPY**

REGENERATION AT THE CELLULAR LEVEL, ACCELERATION OF HEALING PROCESSES

30 minutes – 35 USD / 600 Pesos

60 minutes – 65 USD / 1.200 Pesos

### **DENAS THERAPY** –microcurrent / biofeedback treatment

#### **DYNAMIC ELECTRO NEURO ADAPTIVE STIMULATION**

The DENAS device helps re-establishing lost connections between central nervous system and internal organs. This process launches an automatic biofeedback function of self-recovery and quickly initiates a natural healing process.

**! BONUS! This treatment can be added to any session with no additional cost.**

**STRUCTURAL INTEGRATION / ROLFING** treatments have proven to be very helpful in treating a wide range of chronic conditions such as lower back pain, frozen shoulders, sciatic nerve problems, whiplash, restricted breathing, scoliosis, hip and knee problems, carpal tunnel syndrome and many others.

Structural Integration is the manipulation of FASCIA or CONNECTIVE TISSUE which is a 3-dimensional complex system of sheets, chords, and bags that wrap, divide, permeate and connect every one of our muscles, bones and organs, nerves and blood vessels. It forms the MATRIX OF OUR BODY STRUCTURE, gives us shape and is continuous throughout the entire body. It creates this stable, yet mobile, flexible and resilient unit - our body! Without CONNECTIVE TISSUE we would be just a big bone filled blob.

For centuries fascia was not even mentioned in anatomical textbooks because it is so expansive and intertwined, it resists the medical standard of being cut up and named. This is changing rapidly thanks to modern research. The human body, like all other material structures, submits to the basic laws of physics. When we are out of balance, gravity drags us down, just

as it drags down a building that has lost its architectural integrity. As we move through life and are forced to compensate for injuries, physical or emotional traumas and postural habits the connective tissue gets dehydrated. This makes the tissue less supportive and adaptable which causes strain in muscles, compression in joints and a disconnection in the communication required for fluid movements. These changes in the connective tissue system are responsible for misalignment and imbalance of the entire structure. Now your muscles are working very hard to compensate for the misalignment and they become overworked and fatigued. The results are often stiffness, feeling constantly tired and the onset of chronic pain that no amount of massage can alleviate.

Through slow pressure (no lotion or oil involved), the connective tissue is carefully manipulated to release areas where the body is restricted. **THE TISSUE BECOMES AGAIN HYDRATED** and thus more pliable. Each session prepares the ground for the following one until complete integration and balance of the skeletal –connective tissue system is achieved. As a result, muscles resume their proper function and chronic pain disappears. You will feel lighter, become more flexible and **OBTAIN A HIGHER LEVEL OF ENERGY.**

Your body will be able to **PERFORM MORE EFFICIENT** and your movements will be more fluid and graceful. Clients who surf reported a **LONGER ENDURANCE** and less sore muscles the day after. People who suffered serious accidents and limitations of their range of movement **REGAINED THEIR STRENGTH, FLEXIBILITY AND NATURAL BALANCE** throughout their body.

I am inviting you to **BOOK A SINGLE SESSION** to directly experience this type of bodywork if you have never received one and are curious what exactly it is and how it is different from a deep tissue massage. A complete treatment consists of 10 sessions, the so-called 10 series. However, there is the possibility of receiving a shorter series of 3 or 7 sessions. You are still receiving the **FULL BENEFITS** of the sessions taken. Price per session: 75 min - 95USD

**COLD LASER THERAPY** uses low level coherent light in the red and infrared spectrum to accelerate the healing of wounds, regenerate nerve tissue, reduce inflammation, balance the chemistry of the body and effectively decrease acute and chronic pain.

Laser light induces photo-biological processes at the cellular level and initiates myriad beneficial processes in the nervous, immune, circulatory and hormonal systems. The use of the Avant LZ30 laser is FDA approved and is a non-invasive, safe procedure which does not require a physician's prescription. Cold laser can be as well used for the treatment of animals.

Cold laser therapy is applicable for a very wide range of symptoms and medical conditions: rheumatoid or osteo-arthritis, muscular tension and spasms, whiplash, bone fractures, sprains and strains, tendonitis, post-surgical care and scar tissue healing, herniated discs, sciatica, lower back pain, neuropathies, nerve pain, wound healing, digestive disorders, bacterial infections, TMJ and carpal tunnel syndrome, migraine headaches, immune system deficiencies, ear infections, cellulitis and many more.

Sessions are relatively short - between 15 and 30 minutes - and can be received daily, every

other day or once a week, depending on the condition. It is highly recommended to combine cold laser treatments with hands-on bodywork such as trigger point massage or structural integration.

**THERAPEUTIC MASSAGE** therapy can be a powerful ally in your healthcare regimen. Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally as high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into: decreased anxiety, enhanced sleep quality, greater energy, improved concentration, increased circulation, reduced fatigue.

Benefits of massage therapy:

Alleviate low-back pain and improve range of motion.

Enhance immunity by stimulating lymph flow—the body's natural defense system.

Exercise and stretch weak, tight, or atrophied muscles.

Help athletes of any level prepare for, and recover from, strenuous workouts.

Improve the condition of the body's largest organ—the skin.

Increase joint flexibility.

Lessen depression and anxiety.

Promote tissue regeneration, reducing scar tissue and stretch marks.

Pump oxygen and nutrients into tissues and vital organs, improving circulation.

Reduce post-surgery adhesions and swelling.

Reduce spasms and cramping.

Relax and soften injured, tired, and overused muscles.

Release endorphins—amino acids that work as the body's natural painkiller.

Relieve migraine pain.

**JIN SHIN JYUTSU** is a hands-on therapy that balances the underlying energy or life force that vitalizes the physical body and our entire being. Our bodies contain a complex system of energy pathways that feed life into of our cells. When one or more of these paths become blocked, this damming effect may lead to illness and pain on the physical, emotional or spiritual level. These blockages or stagnations will not only disrupt the local area but will continue and eventually disharmonize the complete path of the energy flow.

Treatment involves the application of the hands for balancing specific flows of life energy in the body (similar to acupuncture only without needles) and thus activating our self-healing capacity. Like many ancient healing systems, it is founded on the principle that to heal the body, the person must strengthen and harmonize the flow of life energy within. Jin Shin Jyutsu is very helpful for any imbalance in body, mind and soul: Lack of energy after a long illness, stomach pain, diabetes, constipation, insomnia, headaches, feeling stuck in life, not feeling quite yourself, dizziness, hormonal imbalances and many others. It is helpful in all cases of acute or

long-term illness and chronic pain. It also can help with releasing emotional burden such as depression, sadness or grief.

It brings more mental and emotional clarity, re-connects us to our true self and harmonizes all relationships within and without. As added bonus you will take home a few easy to do self-help applications to continue the healing process. The results can be truly amazing.

### **MICROCURRENT – BIOFEEDBACK TREATMENT**

The DENAS device - Dynamic Electro Neuro Adaptive Simulation - an offspring of the well-known Russian SCENAR technology was developed in the early 1970's by famous Russian Scientist Alexander Kerasev for use in the Russian Space Program. This SCENAR technology was kept Top Secret until the U.S.S.R. fell apart in 1991. In 1998, Alexander Kerasev teamed up with DENS and designed the prototype that launched DENAS MS Corporation.

The DENAS device is universal healing tool for quick pain relief of any origin, restoration of internal organ functions, recovery acceleration and curing different diseases and conditions. The curative effect is achieved mainly by triggering reflex mechanisms through skin receptors' stimulation. The device generates electric impulses penetrating the skin and affecting the organism with impulses similar as our nervous system.

Pain in our body is a signal of a broken organ or a system. An active life without pain is impossible when muting malfunctions' signals regularly. Therefore, a timely elimination of the causes of illness is so crucial. In most cases, the body can "fix" itself. The basic principle of DENAS therapy is to recover lost connections between central nervous system and internal organs, launching a process of self-recovery and self-regulation. DENAS-Therapy has become accepted as a new form of treatment in prevention, therapy and rehabilitation all over the world, by supporting the body's ability to heal itself.