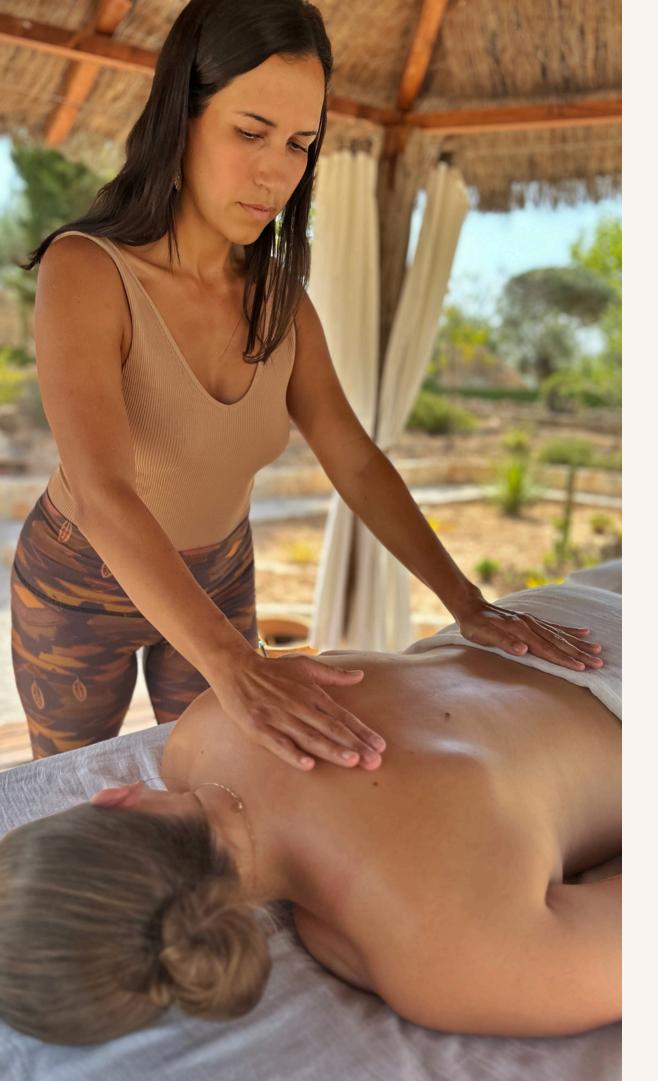
HOLISTIC
BODYWORK
by Manuela





### TRANSFORMATIONAL BODYWORK

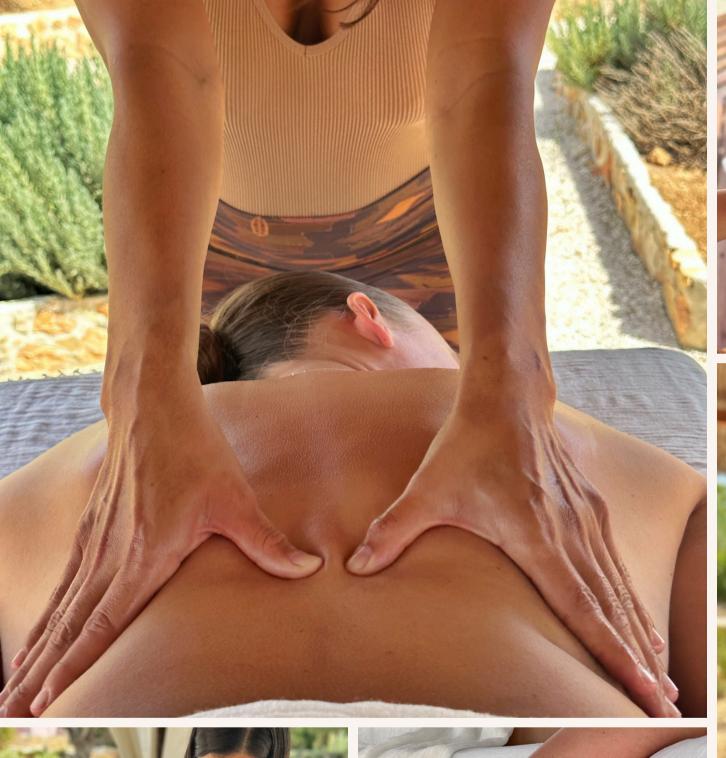


Dive into a unique massage experience that combines traditional and modern techniques to free you from your tensions and blockages, both physically and energetically, offering you a moment of deep relaxation.

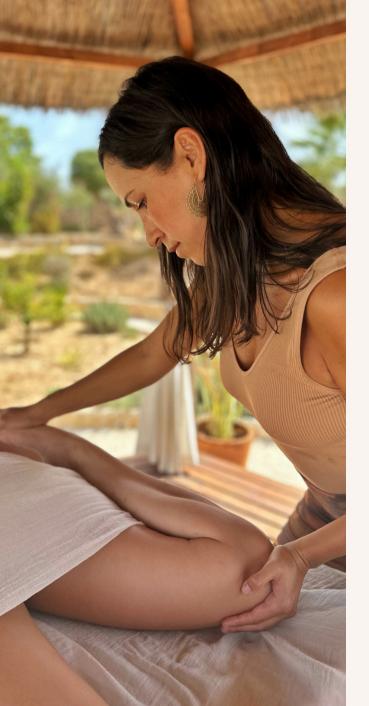
Each treatment is a complete dynamic bodywork that integrates deep tissue massage as well as assisted stretching, all while guiding you towards a state of heightened presence and awareness.

Every session is sculpted for you: pressure constantly adjusted, stretches tailored to your needs, all in a quest to rebalance body and mind.

Release stress and pain and emerge from each session reinvigorated, with a renewed sense of openness and harmony.







## ALCHEMY OF TOUCH

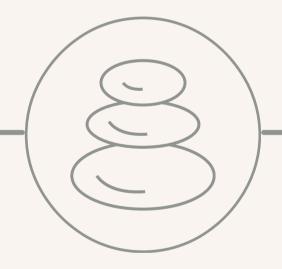


This method elevates therapeutic massage to a new level by harmonizing a multitude of Eastern and Western modalities such as deep tissue massage, Myofascial release, joint mobilization, Thai Yoga stretches, and energy work.

This fusion facilitates the release of muscular tensions and knots, offering profound relaxation and rebalancing of the energetic system.

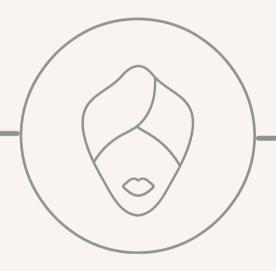


## TAILOR-MADE TREATMENTS



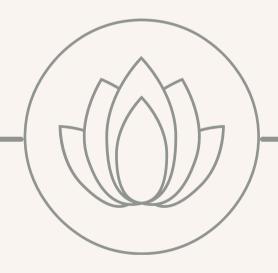
The pressure is constantly adjusted, and the stretches are selected according to the individual needs of each person.

# THERAPEUTIC INGREDIENTS



Throughout the massage, a small amount of organic almond oil is applied to the body.

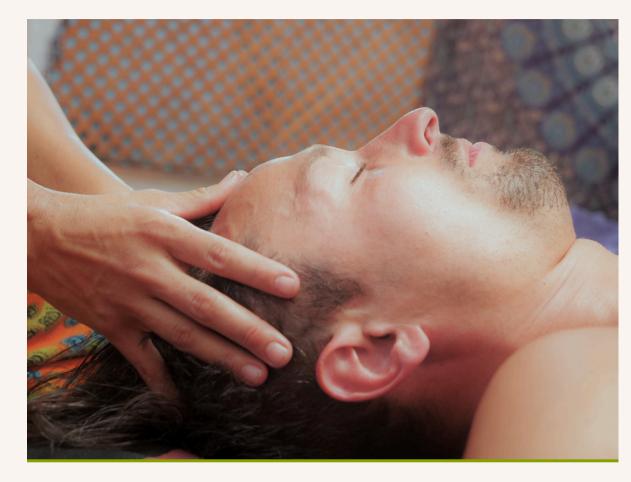
#### AFTEREFFECT



The session provides a deep sense of openness and well-being on a physical, psychological, and emotional level.

#### BENEFITS







- Reduction of pain and muscle tension
- Improvement in flexibility and range of motion
- Realignment of the body's structure

- Regeneration of vital energy
- Reduction of stress and anxiety
- Relief from headaches and sleep disorders
- Reconnection with oneself

- Improvement of breathing capabilities
- Promotion of bodily fluid circulation
- Deep revitalization of the skin