



Sands Beach Resort

Av. Islas Canarias 18

Costa Teguisse



It's **NOT** normal to live in pain

Osteopathy

Set of osteopathic techniques adapted to the needs and discomforts of each person; based on cranial, visceral and structural techniques; in order to restore all the dysfunctions of your body.

Fascia runs throughout your body as if you were wearing a neoprene, acting as a membrane that "interconnects" everything. I help you to restore it and return its natural elasticity, only with hands-on techniques.

Fascia therapy

"I help you to boost your body's natural self-regulation capacity"

Benefits

The **combination of myofascial and osteopathic techniques** applies in each **session** is focused on a holistic approach of the body, rather than focus on local discomfort. With this **100% non-invasive manual therapy**, we will be able to:

Increase your mobility
Relieve muscle tension
Reduce stress levels and pain
Potentiate your energy and vitality



WhatsApp

+34 682 15 88 78

