



VISITING WELLNESS PRACTITIONER

TRADITIONAL CHINESE MEDICINE

2 - 22 SEPTEMBER 2019



KEN ROSEN

TRADITIONAL CHINESE MEDICINE SPECIALIST

VISITING DAIOS COVE FROM

2 - 22 SEPTEMBER

WHAT IS TRADITIONAL CHINESE MEDICINE (TCM)?

Traditional Chinese medicine (TCM) dates back 23 centuries and is a holistic system of medicine that considers the body as a whole and focuses on achieving balance and harmony.



ABOUT KEN

Ken is one of the world's leading practitioners of traditional Chinese medicine. He has been studying medicine for over 20 years. He attended Pacific College of Oriental Medicine and graduated with a master's degree in the Science of Traditional Oriental Medicine.

Outside his private practice as a licensed acupuncturist and board-certified herbologist, Ken has also taught classes in nutrition, diagnosis and Thai medical massage in New York.

ALTERNATIVE THERAPIES OFFERED

TRADITIONAL CHINESE MEDICINE (TCM)

Initial Consultation (30-minute diagnosis, 60-minute acupuncture treatment)	90 min / 220€
Follow-up Treatment	60 min / 190€

Your TCM session will begin with a diagnosis through traditional Chinese methods. Upon diagnosis, Ken will provide you with a tailored acupuncture treatment. Ken specialises in acupuncture treatments for:

- Stress
- Pain
- Insomnia and sleep disorders
- Weight loss
- Smoking cessation

Ken will also provide you with personalised advice on lifestyle and nutrition, and possibly a herbal formula prescription.

Cosmetic Facial Acupressure	60 min / 190€
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This needle-less treatment clears out tension from your entire body while beautifully refreshing the face.

The face is an area of the body where emotional tension accumulates with wrinkles, furrowed eyebrows and muscle tightness.

Small Space Fitness – Group session Schedule according to the resort's activity programme	60 min / Free
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A healthy combination of qi gong and yogic exercise. Small Space Fitness is designed to help you develop strength, flexibility and balance while enhancing the flow of energy in your body. It is based on the simple Taoist principles of heaven, man and earth.

Small Space Fitness will help you increase suppleness and stamina, release tension, connect the mind and body, and enhance self-awareness.



YOUR SESSION

To reserve your session or obtain further information,
please contact GOCO Spa Daios Cove on Tel. 450.

GOCO SPA DAIOS COVE
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