

GOCO  
SPA  
DAIOS COVE

# HEALING MASTERS

TRADITIONAL CHINESE MEDICINE

JULY 1 TO 15, 2020



# DR RUI PEDRO LOUREIRO

## TRADITIONAL CHINESE MEDICINE DOCTOR

### VISITING DAIOS COVE FROM

JULY 1 TO 15, 2020

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#### WHAT IS TRADITIONAL CHINESE MEDICINE?

Traditional Chinese Medicine (TCM) dates back centuries to the dawn of Chinese civilisation. As a holistic system, TCM considers the body as a whole and focuses on achieving balance and harmony.

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#### ABOUT DR RUI PEDRO



Dr Rui Pedro Loureiro is a traditional Chinese medicine doctor, epigenetic expert specialised in diagnostic medicine and a licenced acupuncturist. He graduated from the Chengdu University of Chinese Medicine in China and holds a postgraduate diploma in Cosmetic Acupuncture from CMIR/ACUMEDIC, London in conjunction with the Beijing University of Chinese Medicine.

With more than 20 years' experience in hospitals in China, United Kingdom and Portugal, and as head of the Chinese Medicine Department of St. Louis Hospital, Lisbon and Clinical Director of the Cura Pura Clinic in Portugal, Dr Rui Pedro is a passionate and dedicated professional and a lifetime advocate of TCM.

## THERAPIES OFFERED BY DR RUI PEDRO

### Quit Smoking for Life

30 min / 310€

Auriculotherapy (also called Auricular Therapy) is a proven and effective tool to help quit smoking by minimising cravings and calming the nervous system. Using mild electronic stimulation on the outside of both ears, this treatment mimics ear acupuncture but uses no needles. With an average success rate of 87 to 90 per cent (depending on the sex of the patient), Dr Rui Pedro's treatment also removes the need for patches, gum or pills afterwards, allowing for a natural, painless solution to one of the most persistent addictions of the modern day.

### Acupuncture Treatment

60 min / 250€

During your first consultation, a full history of your general health and details of your current symptoms and lifestyle will be considered to help establish a clear understanding of your needs. By identifying the underlying causes of disease, each treatment is formulated to focus on the individual and not just your illness. In TCM, all symptoms are seen in relation to each other, so two people with the same western diagnosis may be treated differently.

### Holistic Facial Rejuvenation

60 min / 285€

Experience sleeker, more youthful skin with a natural facelift that uses precise, cosmetic acupuncture that targets wrinkles and sagging. Dr Rui Pedro will apply 24-carat gold needles to specific acupressure points on your face and body to help nourish your skin. The gold-plated composition of the needles helps to produce measurable results that enhance the volume and tone of the facial muscles, improving the skin's circulation, collagen and elastic fibre network that activates fibroblastic cells and increases hyaluronic acid production.

### Anti-Cellulite Treatment

60 min / 275€

Designed to give excellent results in modulation of different parts of the body, this acupuncture treatment is perfect for those who wish to look and feel younger through holistic rejuvenation techniques. Focusing on the abdomen, buttocks and lower and upper limbs, this method is for those with conditions such as cellulite, sagging, localised fat deposits and excessive weight.

### Full Epigenetic Test

300€

Dig deeper into your genetic data and discover the changes you need to make to your lifestyle and diet to optimise your health. Using a bio profiler, Dr Rui Pedro will perform an epigenetic hair test that provides clear information about the levels of nutrients, 16 vitamins, 16 minerals, 22 essential amino acids, seven fatty acids (omega 3, 6 and 9) and 13 antioxidants. It will also provide data on 115 food restrictions and toxic food additives found in the hair, immune suppressers and environmental indicators that indicate exposure to toxic metals, radiation and chemicals. From this, Dr. Rui Pedro will provide you with a nutritional plan so that you can correct the deficiency markers through diet and supplements.

## YOUR SESSION

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