

LUCJA MASLOWSKA

Holistic Specialist and Nutrition Coach

AUGUST 1ST - 31ST 2023



KĒPOS

BY GOCO

Nutrition Guidance & Counselling

60min 175€ | 90min 215€

In this session, Lucja will help you identify where and how your present eating habits are contributing to your current levels of wellbeing and areas of concern. Consultations are also valuable for those simply wanting to improve their energy levels and overall health. Always taking into consideration the mind and body connection and simultaneously offering a scientific approach, Lucja will identify the missing elements in your diet. Leave the session with new habits, practices and sustainable daily actions that will improve your health and wellbeing lasting a lifetime.

Cellulite Massage

60min 185€ | 90min 225€

A revitalizing treatment, ideal for cellulite and performed on the glute muscles and upper legs only. Firm pressure massage techniques are used to promote blood flow, reduce water retention in the body resulting in overall blood circulation. Rhythmic stroke pressure invigorates and energizes skin layers and the connective tissue surrounding the muscles.

Medical Massage

60min 185€ | 90min 225€

A completely bespoke therapeutic treatment that starts with an in-depth understanding of your body and areas of concern. This treatment is designed to encourage the energy (Qi) to flow throughout the body, to release chest, cranial and abdominal tension as well as to stimulate the lymphatic flow thus supporting the release of toxins. Lucja's technique induces a deeper state of self-healing which sets in motion the mind and body to unwind and release tension.

Intuitive Massage

60min 175€ | 90min 215€

The Intuitive Massage treatment is designed to work with any physical or emotional concerns by integrating different healing modalities into the session. Lucja works on releasing emotional blocks that manifest as physical aches and pains, placing equal emphasis on all psychological, emotional and physical ailments. Resulting in a lighter feeling of mind, body and spirit, this treatment is intuitively-led and differs each time. It is recommended to have follow up treatments to allow for deeper healing to take place during each subsequent session.

Sports Massage

60min 185€ | 90min 225€

Whilst sports massage is often used to help athletes and active sports people to perform at their best, Lucja recognises that it is also beneficial for those who experience discomfort and tension in their bodies caused by every day stresses. A deep muscle massage with a focus to relieve deep-seated tensions, using powerful techniques with elbows, forearms and hands to stretch and release tissue knots, promote blood flow and increase flexibility of the tendons. The ideal massage for those who require a targeted treatment focusing on specific muscles and joints.

Reflexology

60min 175€ | 90min 215€

Tailored to your specific needs and areas of concern, the reflexology session will focus on certain areas on the soles of the feet which contain millions of nerve endings that correspond to specific organs and body systems. These specific points stimulate the body to heal itself by improving circulation, reducing stress and pain and restoring balance to the nervous system, which controls almost every aspect of your health and is positively influenced by touch. Lucja will give feedback on any congested areas and will work on these points in order to unblock any stagnant energy and bring the body back into balance.

Abdominal Massage

60min 175€ | 90min 215€

Abdominal massage is beneficial for a wide variety of health concerns, related to the stomach and intestines, such as intestinal flow, digestion, bloating, constipation and lower back pain. Lucja uses a range of holistic applications including aromatherapy, hot stone, warm towels, and deep pressure designed to release any tension stored in the solar plexus, which is a complex network of nerves located in the abdomen. As we store emotions in our abdominal cavity, this powerful and calming massage benefits the nervous system with gentle breathing techniques bringing awareness to the mind and body connection, encouraging the 'rest and digest' mode. Enjoy and relax further with 15 minutes of reflexology or head massage during the hot stone application.

Meditation

Private Sessions 60min 100€

Couple Sessions 60min 90€

Group Sessions 60min 30€

Mindfulness meditation combines concentration with awareness, where focus is placed on the breath while observing any bodily sensations, thoughts or feelings. As thoughts pass through the mind, you do not judge or become involved with them, but simply observe the thoughts and refocus on your breath. Spiritual meditation brings awareness to the silence around you focusing on the power of your breath to forge a deeper connection within.

*“When receiving intuitive information through your body,
the more you listen, the more you hear.”*

*“The secret of health for both mind and body is not to mourn for the past,
not to worry about the future, or not to anticipate troubles,
but to live in the present moment wisely and earnestly.”*

BUDDHA



About the Practitioner

Lucja Maslowska is a gifted Health Specialist and Nutrition Coach based in London as well as the founder and creator of holistic wellbeing company, My Separate World Ltd. A certified Meditation Teacher by the Shree Mahesh Heritage Meditation School of India, Lucja is also qualified in Massage Therapy from The Swedish Institute, New York. Lucja brings her unique energy and therapeutic approach through intuitive massage, nutrition and meditation to help her clients achieve a lifestyle that enhances their quality of living.

To reserve your session or for more information,
please contact KĒPOS by Goco on Tel. 14.

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