

# DOCTOR JOHN SANCHEZ

*Traditional Chinese Medicine*

JULY 1ST- 30TH 2023



## KĒPOS

BY GOCO

## **A Daoist Medicine Journey Treatment**

Starting from 180min

Experience the power of traditional Chinese/Daoist medicine with the 3- or 5-day programme tailored to your specific needs and goals. After an initial assessment that includes a pulse and tongue analysis, Dr. Sanchez will customize a treatment plan to match your personal requirements, targeting both symptoms and root causes of your ailments or concerns. In order to do so, Dr. Sanchez uses a diverse array of treatments such as Acupuncture, Tuina Acupressure treatment, foot reflexology, cupping or Qigong.

10% off for 3 sessions // 20% off for 5 or more sessions

## **Acupuncture and TCM**

60min 195€ | 90min 250€

The use of micro fine sterilized needles in strategic points rebalances the body and triggers deep healing. A simple, painless and effective therapy to treat chronic pain, migraines, sports injuries and digestive disorders.

## **Aculaser and Magnet Therapy**

60min 195€

AcuLaser is a non-invasive therapy and an increasingly popular method used to treat pain and inflammation without the use of acupuncture needles while promoting cell regeneration.

## **Acusound / Vibrational Therapy**

60min 195€

Based on different music healing traditions and modern research, the use of tuning forks on acupuncture points and Chakras can trigger a profound rebalancing effect permeating all aspects of our beings. A beautiful alternative to the use of acupuncture needles.

## **Acufacial Rejuvenation**

60min 270€

Acupuncture can improve facial muscles tone, increase blood and lymph circulation and boost the production of collagen to treat fine lines and wrinkles. This treatment concludes with a touch of facial and scalp massage and the use of the cooling jade roller\*.

## **Quit Smoking Program**

60min 195€

A natural, painless and highly successful solution to giving up smoking through acupuncture - a proven, effective tool that minimizes cravings and calms the nervous system.

## **Deep Tissue Trigger Points Massage**

60min 175€ | 90min 215€

A unique deep tissue massage combining trigger and acupressure points with sport or deep tissue massage and assisted stretches. This is a great treatment for athletes, muscle recovery, sports injuries or if you prefer firm pressure on your massage.

*\* For optimal results, multiple sessions are recommended*

### **Dr. Sanchez Signature Massage**

60min 175€ | 90min 215€

Restore energy flow and get rid of acute or chronic pain with this unique remedial massage where Dr. Sanchez combines exclusive techniques such as acupressure massage with reflexology, stretches and manipulations with the power of aromatherapy and essential oils.

### **Water Tuina**

60min 175€

Imagine yourself floating on warm water, being guided and stretched, feeling tensions melting into the aquatic as special acupressure points are being pressed that will leave you serene and relaxed.

### **Chinese Foot Reflexology**

60min 175€

Special acupressure points on the feet and lower legs are stimulated manually to improve energy, blood and lymph circulation throughout the whole body. These special points can both diagnose and treat different imbalances, as the feet are the foundation of the body and our connection to earth.

### **Cupping Therapy**

60min 175€

The suction effect of the negative pressure created by cupping increases the blood flow to the area, loosening muscles and sedating the nervous system. Cupping has different modalities and the suction power can be controlled in order to avoid bruising or according to personal preference.

### **Fly-High Aerial Yoga Class**

60min 175€

This popular type of yoga is a great way of increasing your relaxation, flexibility and body alignment thanks to the support given by the aerial yoga hammock. An exhilarating yoga practice that leaves you feeling fresh and invigorated.

### **Personal Tai Chi / Qigong Class - Wudang**

60min 100€

According to Daoism, these standing and moving meditations can harmonize Yin and Yang forces within the human body and restore the dynamic balance required for healing, maintaining good health, and peace of mind. Both these practices are part of Traditional Chinese Medicine, either used solely or combined with other modalities, as part of a treatment plan.

### **Personal Hatha/Yin/Ashtanga\* Yoga Class**

60min 100€

Enjoy a private yoga class with asana progressions tailored to you featuring a focus on Prana practice. Improve balance and flexibility and develop breath and strength for body and mind.

*\*Primary series only*

### **Guided Meditation**

60min 100€

Reconnect to your inner self with a guided meditation using both Ayurvedic and Daoist meditation techniques as well as modern mindfulness practices.



## About the Practitioner

Passionate about life and healthy lifestyles, John dreams of a world full of happiness, love and sharing. His curious mind led him into science and nature, seeking a career in the health field. Following completion of Western Science studies, he decided to turn to Eastern philosophies. John holds a degree in traditional Chinese medicine, is a Licensed Acupuncturist, massage therapist and Yoga/Tai Chi/Qigong teacher, among many other skills achieved through the years. His passion for Eastern philosophies led John to the Wudang Mountains in China, where he lived as a Daoist monk for 4 months in The Five Immortals temple under the tutelage of Abbot Du Song Feng, learning Martial Arts and Ancient Daoist healing techniques. With over 11 years experience in the wellness sphere, John introduces a whole array of techniques to help you achieve your health and wellbeing goals.

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

KEPOS@DAIOSCOVE.COM | DAIOSCOVE.COM