

# MARTA GOMES

*Integrative Physiotherapy and Traditional Chinese Medicine*

JUNE 3RD - 23RD 2024



## KĒPOS

BY GOCO

## **Trigger Point Therapy**

60min 205€ | 90min 240€

A neuromuscular treatment combining manual pressure on specific points with breathing techniques. Designed to speed up recovery from injury and ease muscular pain this treatment rebalances the body and promotes healing trigger points located in taut bands of skeletal muscle.

## **Myofascial Release**

60min 205€ | 90min 240€

Release tension and improve posture with this physical therapy used to treat sensitivity in myofascial tissue supporting the muscles through your body. Alleviate pain in tight parts of your body and feel rejuvenated through movement and stretching.

## **Deep Abdominal Massage**

60min 205€

A hands-on massage treatment focused on easing tension and strain in the abdominal area. This technique is used to address abdominal pain, constipation, cramps, digestive issues and balance all gastro-intestinal systems.

## **Integrative Women's Health**

75min 225€

This treatment is an expression of self love and positively influences the mind gut access, releasing emotional trauma and hormonal cycles which in turn has a positive impact on the ageing process.

Integrative Women's Health starts with a history and appropriate evaluation of your current lifestyle. Manual therapy involves techniques for myofascial release, visceral manipulation, trigger points, craneo-sacral therapy combined with breathing techniques, body postural techniques, and acupuncture (optional).

The self healing process of the body is encouraged to improvedigestion issues, stress and anxiety, sensuality, pelvic tension as well as body postural imbalances.

## **Manual Lymphatic Drainage**

60min 205€ | 90min 240€

Boost your immune system and improve circulation with this light pressure massage stimulating tissue health by reducing fluid retention and toxins. This treatment develops a diuretic and relaxing effect whilst detoxifying, reducing cellulite and relieving symptoms of heavy and tired legs.

## **Traditional Chinese Medicine**

60min 205€

Recalibrate body, mind, and spirit whilst restoring qi, yin-yang balance and health. Stimulate specific points on the body with acupuncture as the needles release the body's natural painkillers affecting areas of the brain. An exceptional choice for improving any kind of pain, sleep, muscle cramps whilst diminishing stress and anxiety.

## **Relaxing Massage & Acupuncture**

90min 260€

A rejuvenating multi faceted treatment that treats the soft issue to promote overall health and wellbeing. Following a soothing full body massage, acupuncture is applied to key meridian points, to balance the mind and spirit restoring qi, yin & yang balancing and re-aligning the body. Reducing stress, tension and anxiety whilst boosting your body's immune response system.



## About the Practitioner

Marta Gomes is an integrative physiotherapist specializing in Advanced Physiotherapy and Traditional Chinese Medicine. Following her degree in Physiotherapy and a Master's Degree in Cardio-Respiratory, Marta further deepened her knowledge of Traditional Chinese Medicine as well as Functional Nutrition and Motor Control with the Pilates method. As a result, our visiting Healing Master has been exploring the relationship between physical being and energy involving the interaction of body, thoughts and actions. Her approach combines massage with breathing techniques, visceral manipulation, dry needling, body postural corrections and motor control.

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

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