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MASSAGE AND  
PHYSIOTHERAPY-  
OSTEOPATHY

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# MASSAGE AND PHYSIOTHERAPY- OSTEOPATHY



Lefay SPA offers specialist consultations in the fields  
of massage and physiotherapy and osteopathy.

01.

## MASSAGE AND PHYSIOTHERAPY

A physiotherapeutic practice based on massage that stimulates certain regions of the body in order to improve physiological activities. It consists of a series of different techniques carried out to relieve muscle or joint pain, reduce tension and muscle fatigue, tone the volume of certain tissues and improve the person's psychological well-being.

### POSTURAL EVALUATION

**MON / THU**  
**€ 90,00\*\***

**FRI / SUN\***  
**€ 99,00\*\***



### MASSOPHYSIOTHERAPY TREATMENT

Improves circulation, accelerate the supply of oxygen and nutrients and the removal of metabolic waste. Has an antispasmodic action on the muscles, relieves muscle pain, back pain and neck pain.

**MON / THU**  
**€ 110,00**  
(40 min.)

**FRI / SUN\***  
**€ 120,00**  
(40 min.)



### MYOFASCIAL RELEASE POSTURAL MASSAGE

The massage is particularly effective for treating stiffness and contractures of muscles, also in chronic situations. The benefits include improved posture and relieved muscle and joint pain.

**MON / THU**  
**€ 110,00\*\***

**FRI / SUN\***  
**€ 120,00\*\***

### INDIBA ACTIV THERAPY (TECAR THERAPY)

In physio aesthetics, Indiba Activ Therapy is used for rebalancing the cellular metabolism, it improves micro circulation, reduces swelling, favours the resorption of haematomas and prevents adhesions and fibrosis. It is highly effective in treating severe sport related injuries and for post-operative healing, ideal for muscle and joint pain.

Cervical Pathology - Tendinopathy - Lumbago - Ligament injuries

**MON / THU**  
**€ 70,00**  
(30 min.)

**FRI / SUN\***  
**€ 76,00**  
(30 min.)

Recovery (after physical activity)

**MON / THU**  
**€ 130,00**  
(60 min.)

**FRI / SUN\***  
**€ 142,00**  
(60 min.)

02.

## OSTEOPATHY

The ultimate objective of this therapy is good health, achieved by reducing pain, improving joint function, treating physiological dysfunctions and removing obstacles for optimal nerve transmission. It is a type of alternative medicine that uses manipulation techniques aimed at restoring the overall balance of the body, its functions and its well-being. Osteopathy treats the individual as a whole, as a system composed of muscles, skeletal structures and internal organs connected in the nerve centres of the spine. Each constituent part of the person (psyche included) depends on the other ones and their correct functioning ensures the well-being of the entire organism.

### OSTEOPATHY CONSULTATION

Consultation with a manual diagnostic and therapeutic approach that treats the dysfunctions of joint mobility and tissue injury.

|                  |                   |
|------------------|-------------------|
| <b>MON / THU</b> | <b>FRI / SUN*</b> |
| <b>€ 65,00**</b> | <b>€ 75,00**</b>  |



### OSTEOPATHIC CERVICAL MASSAGE

A treatment for people who suffer from cervical muscle tension and would like to get rid of it while enjoying a relaxing massage. The session aims primarily to rebalance the postural alignment, followed by a fascial release of the neck muscles and an osteopathic correction of the unaligned vertebra, that often cause various forms of neck and shoulder pain. Finally, a relaxing massage to soften the muscles and release all residing tensions.

|                              |                              |
|------------------------------|------------------------------|
| <b>MON / THU</b>             | <b>FRI / SUN*</b>            |
| <b>€ 125,00</b><br>(45 min.) | <b>€ 135,00</b><br>(45 min.) |

### OSTEOPATHY MANIPULATIVE TREATMENT

This is a process by which the body is guided to find harmony and integration between body, mind and spirit, which restores the self-healing powers of the individual. Because it acts primarily on bone and skeletal structures, it is more suitable for issues such as sports injuries or back pain.

|                   |                   |
|-------------------|-------------------|
| <b>MON / THU</b>  | <b>FRI / SUN*</b> |
| <b>€ 120,00**</b> | <b>€ 130,00**</b> |

### CRANIO SACRAL TREATMENT

Cranio sacral osteopathy is named after the bone structures that encompass the nervous system (the cranium and the sacrum), protecting the brain and spinal cord. Working on these structures can connect you to the cranial rhythm that echoes throughout the body, reharmonising the body's natural functions and emotional state. Gentle and relaxing, this treatment is especially suggested for treatment of headaches, cervical tension or stress-related problems.

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|------------------------------|------------------------------|
| <b>MON / THU</b>             | <b>FRI / SUN*</b>            |
| <b>€ 140,00</b><br>(50 min.) | <b>€ 150,00</b><br>(50 min.) |