

Advanced Physiotherapy & Workshops for Women's Health

with Marta Gomes



VILA VITA SPA

sisley

PARIS



Advanced Physiotherapy by Wellness Practitioner Marta Gomes

3 July to 31 August 2023

By appointment only

Vila Vita Spa by Sisley Paris

With a degree in Physiotherapy and a Master degree's in Cardio-Respiratory, Marta soon turned to Traditional Chinese Medicine, seeking an integrative knowledge about the body, health and well-being. She later deepened her knowledge into Functional Nutrition and Motor Control through Pilates Method.

Self-described as genuine, audacious and organic, Marta developed her approach for 6 years at a private clinic in Oporto. The so called Advanced Physiotherapy, combines manual massage techniques, breathing techniques, visceral manipulation, body postural corrections and motor control. She specialises in women's health.

Book your Advanced Physiotherapy appointment with Marta at Vila Vita Spa by Sisley Paris.

Trigger Points Therapy

Duration: 60 Min.

155€ per person

A therapy combining manual pressure on specific points with breathing techniques. Its neuromuscular therapy design speeds up recovery from injuries, corrects muscular imbalances and relieves pain. The aim of this therapy is to reduce pain, rebalancing the body and promoting healing. Trigger points are hyperirritable spots located in a taut band of skeletal muscle. They produce pain locally and cause radiation pain towards a zone of reference and a local twitch response.

Manual Therapy Rehabilitation

Duration: 75 Min.

175€ per person

A manual therapy combining breathing techniques, motor control and body postural corrections in order to reduce pain and to rebalance the body through the stimulation of its own self-healing mechanisms. In addition, it is good against fatigue, it promotes a better posture and health in general. An instruction guide to adapt your lifestyle to what your body is asking, modulating through three pillars: breathing, food and movement, may be provided.

Pilates & Breathwork

Duration: 60 Min.

105€ per person

Benefit from a supervised private class, where individual strengths and weaknesses are explored, respecting the body, rhythm, time and expression.

Traditional Chinese Medicine

Duration: 60 / 90 Min.

185€ - 230€ per person

This therapy focuses on maintaining the Yin-Yang balance in order to maintain health and prevent illness. The treatment is based on body, mind and spirit balance, restoring the Qi, Yin-Yang balance and health through acupuncture, technique that stimulates specific points on the body by inserting thin needles through the skin, stimulating the body's natural painkillers that affect areas in the brain involved in processing pain. A good therapy for releasing any kind of pain and balance emotions, diminishing stress, anxiety, lack of sleep and muscle cramps.

Myofascial Release

Duration: 60 / 90 Min.

155€ - 205€ per person

A type of physical therapy used to treat myofascial pain syndrome. This is a chronic pain disorder caused by sensitivity and tightness in myofascial tissues. These tissues surround and support the muscles throughout the body. Myofascial release massage and stretches technique is a very good approach to relieve pain and tension.

Manual Lymphatic Drainage

Duration: 60 / 90 Min.

155€ - 205€ per person

A well-known technique for its effect on immune system and circulation. This light pressure massage stimulates the tissues by reducing fluid retention and toxins. This treatment develops a diuretic and relaxing outcome and is very effective to detoxify, reduce body volume, treat cellulite and relieve symptoms of heavy and tired legs. An instruction guide to adapt your lifestyle to what your body is asking, modulating through three pillars: breathing, food and movement, may be provided.

Paediatric Massage

Duration: 50 Min.

130€ per person

A therapy where massage or manual manipulation of soft tissues is used in order to promote health and wellbeing for children. The main objective is to reduce pain, tension and anxiety, as well as improve body posture. It also improves the immune system, gastrointestinal functions and sleep patterns.

Cranial Sacral Therapy

Duration: 60 Min.

130€ per person

A therapy where gentle touches are used to examine membranes and the movement of fluids in and around the central nervous system. The aim is to relieve tension in the central nervous system, promoting a feeling of well-being, boosting health and immunity and balance mental health.

Deep Abdominal Massage

Duration: 60 Min.

130€ per person

The abdomen is the central part of the body. The core blends upper limb and lower limb. Everything is connected. Deep abdominal massage is a hands-on therapy used to treat abdominal pain, constipation, cramps, difficulties to digest and balance the gastro-intestinal system improving health status. An instruction guide to adapt your lifestyle to what your body is asking, modulating through three pillars: breathing, food and movement, may be provided.

Integrative Women's Health

Duration: 150 Min.

300€ per person

Lifestyle consultation, background, body evaluation regarding posture, mobility, visceral and facial work. With manual therapy, stretching, motor control and mobility, we work on the body relationship, in order to the patient to be in connection with the woman she is, using breath work, pelvic awakening and anti-inflammatory diet.



Workshops for Women's Health by Wellness Practitioner Marta Gomes

The Workshops for Women's Health aim at connecting your inner self with the body, refreshing, and reactivating the relationship with it.

Marta's workshops cover health and fitness topics, including breathing techniques, diet, and lifestyle tips. All ladies, regardless of age, body type, or background, are invited to attend these revolutionary seminars.

The workshops are available for groups of women, and may be booked individually or combined as part of a programme. The workshops are also available as private one-on-one sessions (except the Good Food workshop).

Outside guests (with no accommodation) are welcome to book and participate.

The Power of Breathing - 6 and 27 July, 17 August 2023

Good Food for Women's Health - 13 July, 3 and 24 August 2023

Pelvic Awakening Movement - 20 July, 10 and 31 August 2023



The Power of Breathing

6 July, 27 July and 17 August 2023

10:00 - 13:00

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- The physiology of breathing: diaphragm muscles and how they function together
- Breathing and the body: discover how you breathe in different situations and its influence on body tension and flexibility
- The relationship between mind and breathing
- Anxiety and improper breathing
- The influence of breathing on our hormones
- Connection to the present through breathing
- Look after yourself and discover how to control your body
- Discover the sensation of breathing on the different parts of the body
- Breathing and the visceral area
- Learning about the benefits of belly self-massage
- Abdominals and pelvic floor strengthening through breathing

Group Workshop (minimum 4 persons)

Duration: 3h

80€ per person

Individual 1:1

Duration: 2h

250€ per person



Good Food for Women's Health

13 July, 3 August and 24 August 2023

14:00 - 17:00

Vila Vita Spa by Sisley Paris

- Concepts of anti-inflammatory food
- Intermittent fasting: benefits and consequences
- How to influence hormones with the food we eat
- The connection between gut and brain
- The relationship between food, body and mind
- Hands-on cooking class: 2 breakfast recipes, 1 snack, 2 salty recipes

Group Workshop (minimum 4 persons)

Duration: 3h

95€ per person

Individual 1:1

Not available



Pelvic Awakening Movement

20 July, 10 August and 31 August 2023

10:00 - 13:00

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- Learn the anatomy of the female body center, understanding about the pelvic area, organs and muscles
- The power and spirit of the female body: uterus energy, ovarian energy, cervix energy, receptive energy
- Balancing the cerebral hemispheres
- The practice of self-love
- Breathing and pelvic mobility
- Pelvic flow
- Pelvic strengthening and stretching exercises

Group Workshop (minimum 4 persons)

Duration: 3h

80€ per person

Individual 1:1

Duration: 2h

250€ per person

Vila Vita Parc

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