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# **BLOOD FLOW, MASSAGE AND NUTRITION WITH PAULO FERNANDES**

IN-RESIDENCE AT NIYAMA PRIVATE ISLANDS  
27 DECEMBER 2017 - 17 JANUARY 2018





# IMPROVE YOUR CIRCULATION, AND GET TO KNOW YOUR BODY.

Using Nutritional Microscopy, Manual Lymphatic Massage, the Max Pulse Cardiovascular Test and Bemer Therapy, Paulo will assess your internal health, measure blood flow and improve the lymphatic system. The results include the reduction of cellulite and stress, nervous system relaxation, removal of toxins, and an increase physical fitness, concentration and sleep quality.

## ABOUT PAULO

As a Health Coach, certified by the Institute of Integrative Nutrition of New York and a specialist in Nutritional Microscopy and a certified therapist from Dr. Daniel Amen clinics, Paulo brings a wealth of knowledge about the inner workings of the body. He is also the CEO of Total Health Transformation and an international speaker and corporate consultant. His clients include Hollywood stars and people with complicated health challenges.

**drift**  
BY NIYAMA

Join Paulo for "The 10 Steps for Perfect Health", a complimentary workshop every Monday, Wednesday and Friday at 11:00 am at Drift by Niyama. The session will include information on how to improve your health and increase longevity through the use of Nutritional Microscopy. Learn about which super herbs and foods to add to your diet for increased energy and calmness.

## HOLISTIC THERAPIES OFFERED:

**NUTRITIONAL MICROSCOPY**  
USD 420

**60 MINUTES**

As a purely preventive medicine, Nutritional Microscopy observes the blood live to check the state of the cells and the environment in which they live. Through this you can observe cellular breakdown, inflammation, congestion, the presence of parasites, bacteria and fungus, as well as specific organ imbalances.

\*Includes a 3 month protocol and follow up

**LYMPHATIC DETOX WITH CAVITATION**  
USD 250

**90 MINUTES**

A Manual Lymphatic Massage (MLM) uses pumping, circular and spiral movements to allow lymph fluid to flow more freely around the body. It works to renew, nourish, remove waste products, relax the nervous system and improve the immune system. State of the art medical cavitation therapy is used to eliminate cellulite and break up fat accumulation.

**STUBBORN MUSCLE PAIN AND TENSION MELT AWAY WITH BAMBOO MASSAGE**  
USD 200

**60 MINUTES**

The rolling and kneading of the bamboo sticks stimulates and heats the body, thereby dissipating accumulated toxins. For almost anyone suffering from neck, shoulder or lower/upper back pain or stiffness, the effect of the bamboo's rolling, gliding and intensive kneading will give them a new lease on life with increased flexibility along with less soreness. Bamboo massage can accelerate rehabilitation for many injuries and the release of endorphins provides the body with a natural pain killing boost.

All prices are in USD and subject to 10% Service Charge and 12% Government Tax. Prices are subject to change without prior notice.

**To reserve a private session, contact your Thakuru. Advance booking is required.**