

EMMA DIANI

12th Nov 2024 to 12th Dec 2024



Experience the healing touch of Emma Diani, a highly qualified complementary therapist with physio background, and international practitioner of mézières-bertele method with over 25 years of expertise. emma's journey began in italy, where she honed her skills in the renowned mézières-bertele postural re-education technique. specialising in treating spinal issues, emma has helped countless individuals achieve balance and overall well-being. her comprehensive approach encompasses medical lympho-drainage using the vodder method, massage therapy, and reflexology.



THE MEZIERES- METHOD

This method treats spinal issues by stretching the main muscle chains from the neck to the feet for balance in the function of the whole body. Emma can treat many physical problems, such as scoliosis, kyphosis, back pain, traumatological injuries, neurological pathologies and those needed an improvement in general wellbeing. The method can be equally useful in injury prevention and muscle recovery for athletes

Benefits:

Improved posture, pain relief, increased range of motion, reduced muscle tension, improved balance and coordination, enhanced wellbeing

MANUAL LYMPHATIC DRAINAGE VODDER METHOD

A buildup of fluid in the body can feel heavy and uncomformable and can occur for many reason including post surgery, trauma and stress injury. Emma use the Vodder technique to manually move and drain fluid to help with poor circulation, puffiness and sluggish energy. The treatment renews, nourishes, strengthens and regenerates the cell by supporting the removal of waste products so improve the immunity system and relaxing the nervous system.

SWEDISH /DEEP /SPORT MASSAGE

This targeted treatments will focus on injury and deep seated tension. Emma will focus on releasing stress and wading muscle tightness. Benefits can also include boosting circulation and improving mobility as well as muscle and skin tone.

FOOT REFLEXOLOGY

Reflexology is an ancient form of massage that's been practiced for centuries in cultures all around the world to help with a variety of symptoms and health conditions. Today it's used as a complementary therapy to relieve pain, sleep troubles, digestive issues, and other health concerns.

