

SIX SENSES SPAS

Six Senses Douro Valley  
Visiting Practitioners 2020



## JOÃO SANTOS

### Deep Myofascial Work

**April 3rd- 30th**

Joao Santos is a highly regarded international wellness consultant and practitioner; a freelance professional who performs integrated therapies and specializes in deep tissue/sports massage and foot reflexology. He travels the world as a visiting therapist and collaborates with leading spa brands.

Joao Santos has trained at places of the highest level such as the Steiner Academy in London. His previous destinations have included exclusive five star spas in Qatar, Dubai, Switzerland and the Maldives.

João Santos is also a writer, artist, traveler and photographer but he prefers to be known as a nomad. This modern day Renaissance man is willing to try everything life throws at him. Santos describes himself as an “auto-deductive” person as he discovered and developed himself and his famous massage technique along the way, while travelling and doing various courses and jobs.





## **CLAUDIO MENEZES** **Master Reflexologist**

**May 1st-30th**

Speaks Portuguese, Swedish, French, Spanish, Italian, English, Latvian

**Claudio J De Menezes healing touch and special treatments has earned him the recognition of being rated as one of the top ten therapists in the world by The Telegraph.**

Claudio has an unique capacity to make an atmosphere of comfort and discretion. It's important to him to always have a sensitive and appropriate touch adjusted to whom he meets. This and his absolute wonderful personality has made his way working worldwide. An encounter with him often leaves a print and a warm smile.

*"I worked as a CEO for a large day spa in Stockholm and then moved on as project director for one the largest and most exclusive spa and fitness consultancy firms in the world. I worked world wide for almost ten years and met many many therapists. Once in a blue moon you meet a therapist that outshines everyone else. Claudio De Menezes is one the most talented therapists I have ever met. Not only does he have a vast knowledge, but he has a touch and a almost supernatural gift in knowing exactly what to do. He is also a true gentleman, a rare quality these days." Patrick Wahlberg - Stockholm, Sweden.*





## **SURAJ VARMA** **Ayurvedic Medical Practitioner**

**JUNE 1<sup>st</sup> – 28<sup>th</sup>**

Suraj Varma first learned about the healing and positive energy of Ayurveda from his family, who have been Ayurvedic practitioners for many generations in Kerala. Suraj did his post-graduate Ayurvedic studies at the prestigious Ayurvedic Hospital at Coimbatore in Kerala where he worked with some of India's top Ayurvedic physicians. His reputation spread and he was hired by leading spa company E'Spa in the UK, later by Dr Mosaraf Ali, the founder of The Integrated Medical Centre in London. Suraj was chosen as the 'On Location' therapist for Academy Award winning filmmakers Merchant Ivory. Suraj then became a consultant therapist at London's five-star Blakes Hotel, and Senior Therapist at the award-winning Chancery Court Spa and Chelsea Club Spa





## **TOBY MAGUIRE**

**Auricular Acupuncture, Sujok Acupuncture, Thai Massage, Chi Nei Tsang, Cupping, Meditation, Hypnotherapy, Life Coaching, Qi Gong**

**JULY 1st -31st**

Toby Maguire has been practicing Eastern Medicine for nearly twenty years and regularly works with Olympic athletes, professional football players and CEOs to improve their physical health and psychological wellbeing.

Toby draws from years of practicing eastern medicine, to enable healing of the body and mind, addressing physical pain and psychological blockages. Toby's expertise includes Acupuncture, Chinese Abdominal Massage, Pain Relief Massage, Reiki, Hypnotherapy, Qi Gong and Meditation.

*"I went along to see Toby, with a long standing digestive disorder. Having tried other practices/techniques in various parts of the world including orthodox and natural medicine, nothing seemed to remedy the condition. After my first visit I noticed a difference and have had several weekly treatments and the results have been extraordinary. "Chi Nei Tsang", deep abdominal massage is something I would strongly recommend if you have a digestive disorder. Toby truly has healing hands." Eve Barnard, Director of Health & Wellbeing, St Lucia - West Indies*





**SUZANA PANASIAN**  
**Ancient Ayurvedic Treatments**

**AUGUST 1st - 31st**

Master NLP Practitioner, international coach and hypnotherapist, EFT practitioner, Master of Yoga and Ayurveda Therapist, Suzana blends the wisdom and the knowledge of the ancient Vedic science, with the latest psychological discoveries of the neuro sciences to help you easily reprogram your mind and reach that state of joy, balance and aliveness in your body.

For more than 15 years she guided thousands of people to dramatically increase their inner state of balance, wellbeing and health, to breakthrough their limitations.





## **SURAJ VARMA** Ayurvedic Medical Practitioner

**SEPTEMBER 1<sup>st</sup> – 28<sup>th</sup>**

Suraj Varma first learned about the healing and positive energy of Ayurveda from his family, who have been Ayurvedic practitioners for many generations in Kerala. Suraj did his post-graduate Ayurvedic studies at the prestigious Ayurvedic Hospital at Coimbatore in Kerala where he worked with some of India's top Ayurvedic physicians. His reputation spread and he was hired by leading spa company E'Spa in the UK, later by Dr Mosaraf Ali, the founder of The Integrated Medical Centre in London. Suraj was chosen as the 'On Location' therapist for Academy Award winning filmmakers Merchant Ivory. Suraj then became a consultant therapist at London's five-star Blakes Hotel, and Senior Therapist at the award-winning Chancery Court Spa and Chelsea Club Spa





*“It is not easy to deprogramme our minds from what we know, but immensely rewarding if we are committed to the cause.”*

## **ISAC VIDJRAKOUX**

Shamanic mudra, Chi Nei Tsang, Meditation, Pranayama, Yoga, Kabalistic Life reading

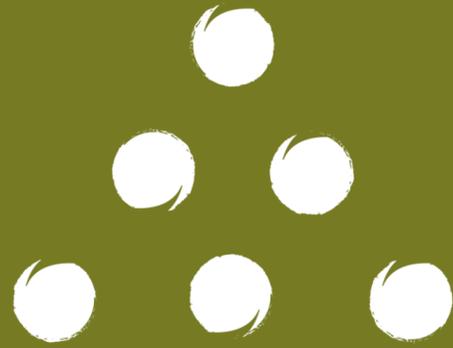
**OCTOBER 1<sup>st</sup> – 31<sup>st</sup>**

Of African origin and born in Barcelona, Isaac has a highly intuitive extrasensory perception. He has been pursuing his call for 15 years, helping others learn how to improve their lifestyles. His ability to connect with the core of both tangible and intangible needs has made him a well reputed holistic therapist with loyal followers that request his services around the world.

In his years spent mastering different techniques in their countries of origin, he has learned from the sources and added to them by applying his personal imprint.

According to Isac “The combination of mind, body and energy is part of who we are - but there is more to it. We focus on all those aspects as a whole, allowing self-alignment to take place. When there is balance, we start to remember who we really are. A new understanding of our nature and connection to the source makes our lives smoother and, most importantly, it leads us to find joy in every experience.”





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THANK YOU

Contact Information | [www.sixsenses.com](http://www.sixsenses.com)