



OSTEOPATHY SESSIONS

EVERY MONDAY FROM 09:00 - 18:00 HOURS.



Jaysen Veeren

The Health is at the core of the immune system...
- James S. Jealous

Our osteopath, Jaysen Veeren combines osteopathy with advance techniques such as Myofascial Release, Muscle Activation, Deep Tissue Therapy, Soft Tissue Release, Breathing and Sleep hygiene to address your body's individual needs.

He works with a huge variety of patients, from elite athletes to those who like to keep fit with regular gym routine, marathon/10K runners to those who spend many hours each day sat in front of a desk. Meet Jaysen to discuss any concern you may have and receive a personalised treatment/rehabilitation plan, so you can enjoy the rest of your holiday to the fullest.

Jaysen's vision is to enhance wellness and wellbeing of residents at the resort through Mind-Body-Spirit Osteopathy.

PAIN AND PATTERNS OF TENSION

- Neck pain
- Shoulder stiffness
- Arthritic pain
- Stiff spine
- Upper and lower back stiffness
- Numbness or tingling down the arms or legs
- Postural and associated restrictions
- Stress-related disorders
- Headaches
- Migraines
- Chronic fatigue and tiredness
- Joint stiffness in different areas of the body

PHYSICAL CONDITIONS

- Sciatica/nerve pain
- Long-term back pain
- Shoulder pain
- Neck pain
- Sporting and non-sporting injuries
- Frozen shoulders
- Repetitive strain injuries
- Accidental injuries
- Sprains and strains
- Post-pregnancy and post-surgical discomfort
- Muscular tightness and pain

OUR TREATMENTS

- Postural Assessment
- Spinal Adjustments/Manipulations
- Myofascial Release
- Muscle Activation
- Deep Tissue Therapy
- Soft Tissue Release
- Muscle Stretching
- Joint articulation

PRICE

MUR 6,500 per person (60 minutes).

For more information kindly contact our Spa team on EXT: 7154