



JOURNEY TO VITALITY

with Dr. Ana Moreira

19 - 22 MAY, 2022



SIX SENSES

DOURO VALLEY

Who is Dr. Ana Moreira?

Ana Moreira describes herself as a happy woman! She has a degree in Medicine, by the Faculty of Medicine of the University of Porto. She is post-graduated in Climatology and Hydrology, with competence in Thermal Medicine. She is a PhD student in Quantum Health Science.

She began studying and researching other medical approaches, namely Ayurvedic Medicine, Traditional Chinese Medicine, Acupuncture, Homotoxicology, Orthomolecular Medicine, Biological and Anti-Aging Medicine, and Bioenergetic Medicine.

It was in this context that she created the Center for Integrative Medicine Dra. Ana Moreira, which she coordinates to this day in the city of Porto.

She is a trainer in the area of integrative health and participates constantly in seminars, colloquiums and lectures, nationally and internationally, as a speaker.



What is Integrative Medicine?

Integrative Medicine can be understood as the "combination" of conventional medicine with complementary medicine, based on scientific evidence and with the purpose of offering a greater variety of therapeutic options to patients.



Integrative Medicine represents an evolution of medical thinking and is a reflection of the expansion of human consciousness in Health Care. Integrative Medicine "conjugates" conventional medicine with complementary medicine, based on scientific evidence.



Different from the traditional medicine point of view, in integrative medicine health is the sum of aspects that go beyond the biological area, also including emotional, social, mental and spiritual parts.

Integrative Medicine is based on two basic aspects: the prevention of disease ("Life Style Medicine") on one hand, and the treatment of already existing pathologies on the other. It is thus fundamental to re-educate the patient's habits and eliminate everything

that can interfere with/alter the internal balance, such as, for example, inflammatory foods, heavy metals, sources of electromagnetic imbalance, or dental problems.

In short, Integrative Medicine thus seeks to keep the vital functions of the individual in perfect condition. It is, therefore, an excellent way to stay healthy from a holistic, global, and most bio-compatible point of view.

We have thus reached the goal of offering humanized care that can prevent diseases, helping curing them and promoting health in a broader manner.



Take a break and enjoy, while you rebalance yourself with the most advanced treatments of Integrative Medicine, restoring your health!



Six Senses Douro Valley

Six Senses Douro Valley is situated in the Douro Valley, in an area classified as world heritage by UNESCO. This farmhouse transformed into a hotel has 60 accommodations, including rooms, suites and villas. The 19th century farmhouse has a contemporary interior design combining elements of traditional Portuguese architecture and the inimitable Six Senses style.

It has a spacious Spa with an indoor pool and 10 treatment rooms. The hotel also has several restaurants such as: the Open Kitchen with a wood oven and a Josper grill; the Vale de Abraão Restaurant, with a large fireplace; the Wine Library and the Terrace, with superb views over the vineyards and the Douro River.



Accommodation & Food

100 percent organic meals, prepared with foods that promote balance and health (immuno-modulatory nutrition) on a full board basis;

Three nights in a Quinta Deluxe room.

Integrative Medicine

Pre-retreat Integrative Medicine on-line appointment with Dr. Ana Moreira;

Functional Nutrition appointment (online prior to the retreat);

One in-person Neuro-Vascular exam, with personalized medical report;

Three medical ozone therapy sessions;

Three protocolled orthomolecular endovenous treatments;

Five lectures on Lifestyle Medicine by Dr. Ana Moreira (Q&A).

Spa

Two spa massage treatments;

Free access to the spa (indoor pool and saunas).

And...

Four Guided Relaxation Sessions with Dr. Ana Moreira;

Walks and mindfulness activities in the forest, with Dr. Ana Moreira's guidance.



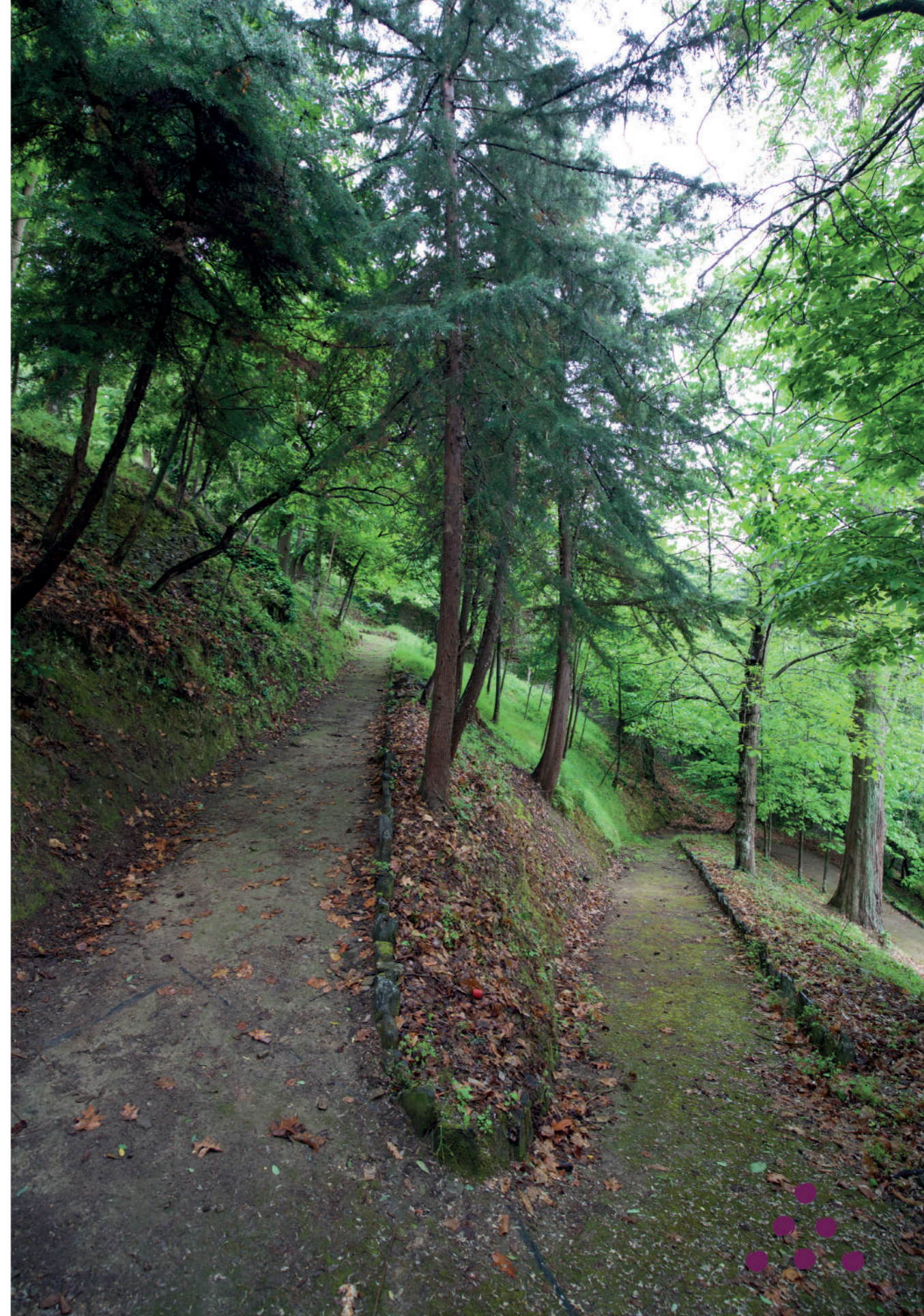
Price and Cancellation Policy

EUR 4,235 per person in a single Quinta Deluxe room
EUR 6,520 for two people in a double Quinta Deluxe room

*Extra treatments, consultations and activities are available on
request*

**Prices include all taxes*

Each room night cancelled within 30 days of the arrival date,
100 percent of the room rate will be charged



Contact

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