



JOURNEY OF RECONNECTION

with Dr. Ana Moreira

8 - 11 DECEMBER, 2022



SIX SENSES

DOURO VALLEY

Who is Dr. Ana Moreira?

Ana Moreira describes herself as a happy woman. She has a degree in Medicine from the University of Oporto, Portugal and completed post-graduate studies in Climatology and Hydrology, with competence in Thermal Medicine. Master degree in Aesthetical and Anti-Aging Medicine, Madrid, Spain. She is actually a PhD doctorate student in Quantum Health Science, in University of Jaipur, India.

Ana began by studying and researching other medical approaches in 2007, namely Ayurvedic Medicine, Traditional Chinese Medicine, Acupuncture, Neural Therapy, Medical Ozonotherapy, Homeopathy and Homotoxicology, Orthomolecular Medicine, Aesthetic and Anti-Aging Medicine, Bioenergetic Medicine and Sciences of the Consciousness, among others. Also studied Neuro-linguistic Programation and Psycho-neuro-immunotherapy.

It was in this context that she created the Centre for Integrative Medicine in Oporto, which she coordinates a team of 19 health professionals. She is a trainer in the area of integrative health and lectures at seminars, colloquiums, nationally and internationally in life-coaching.

Dr. Ana Moreira is also the President of the Portuguese Society of Integrative Medicine and member of the executive committee of the European Society of Integrative Medicine.



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 71 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 (anti-inflammatory nutrition) on a full board basis;

Three nights in a Quinta Deluxe room.

Integrative Medicine

Integrative medicine consultation (online prior to the retreat);

Functional nutrition consultation (online prior to the retreat);

One in-person neuro-vascular exam, that measures mental and physical stress and arterial elasticity score;

One in-person thermography exam;

Three medical ozone therapy sessions;

Three individualized orthomolecular endovenous treatments.

Spa

Two spa massage treatments;

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

And...

Four guided relaxations with Dr. Ana Moreira;

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

Personalized medical report, with advices on lifestyle changes (delivered after the retreat);

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



Price and Cancellation Policy

EUR 2,960 per person in a single room
EUR 4,870 for two people in a double room

Extra treatments, consultations and activities are available on request

**Prices include all taxes*

Cancellation deadline for full refund: November 8, 2022



Contact

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