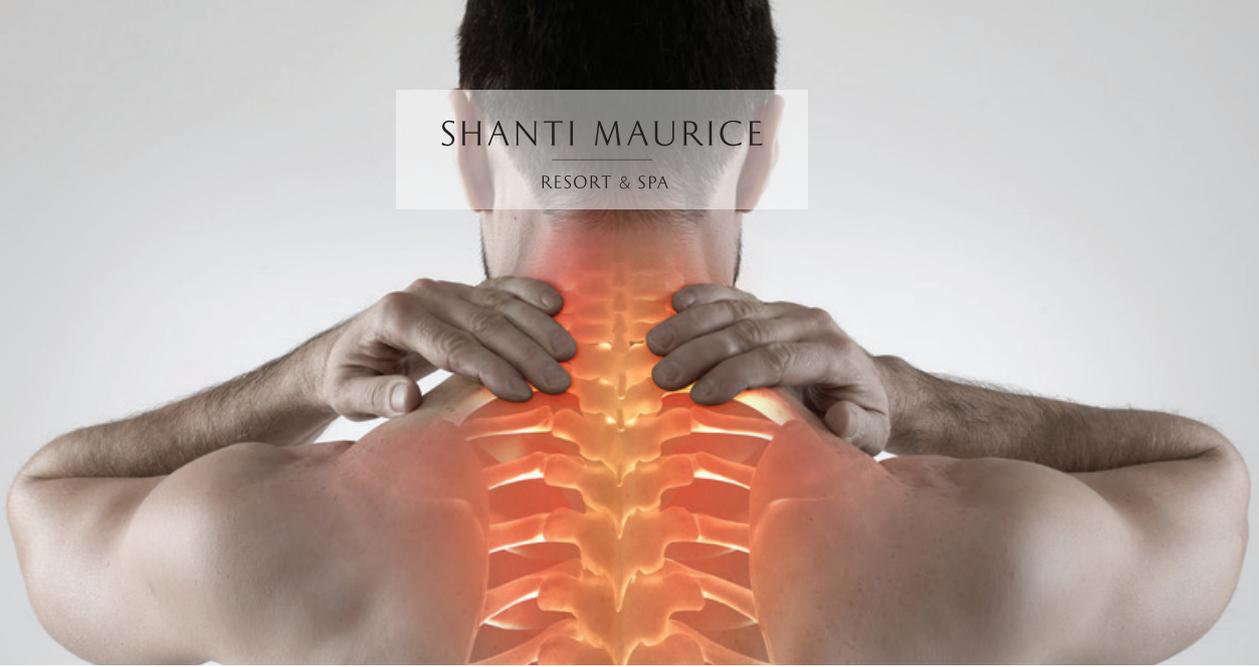


SHANTI MAURICE

RESORT & SPA



OSTEOPATHY SESSIONS



David Camus is a holistic osteopath. Following his Physiotherapy qualification in 1993, he obtained his degree in Osteopathy in 1998, and became Reiki Master in 2011.

David uses his knowledge acquired from his education in different therapies to approach his treatments in a more comprehensive way, by focusing not only on the physical aspect, but by also looking into any lifestyle factors that may be having an effect on the patient's pain. David has also enhanced his skills by completing postgraduate courses within the field of sports, women's health, and paediatrics.

What is Osteopathy?

Osteopathy is manual medicine and the application of the science of healing that uses the natural resources of the body as curative agents or means.

The measures used in Osteopathy, and the purposes that are kept in view in the method of treatment are all based on the application of the fundamental principle of ADJUSTMENT.

The principles and philosophy of Osteopathy

- (1) The body is a unit
- (2) The body possesses self-regulatory mechanisms
- (3) Structure and function are reciprocally inter-related
- (4) Rational therapy is based on an understanding of body unity, self-regulatory mechanisms, and the interrelationship of structure and function

INDICATIONS FOR OSTEOPATHY

- Generalised aches and pains
- Joint pains including hip and knee pain
- Arthritic pain
- General, acute & chronic backache, back pain
- Uncomplicated mechanical neck pain
- Headache arising from the neck (cervicogenic) / migraine prevention
- Frozen shoulder / shoulder and elbow pain / tennis elbow
- Circulatory problems
- Cramp
- Digestion problems
- Joint pains, lumbago
- Sciatica
- Muscle spasms
- Neuralgia
- Fibromyalgia
- Inability to relax
- Rheumatic pain
- Minor sports injuries and tensions
- Pregnancy

WHAT TO EXPECT ?

A first appointment generally lasts about 30 minutes to an hour to allow the osteopath adequate time to:

- Listen and ask questions about your problem, your general health, other medical care you are receiving or medication you are taking.
- Examine you properly. It is likely the osteopath will ask you to remove some of your clothing.
- Ask you to make simple movements and stretches to observe your posture and mobility.
- Examine the health of the joints, tissues and ligaments.
- The osteopath will also check for signs of serious conditions they cannot treat and advise you.
- Techniques used during the treatment vary from structural mobilisations and joint manipulations, with helpful advice and exercises.

PRICE

MUR 6,000 per person (60 minutes).

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