



## OSTEOPATHY SESSIONS



### Gregory Gebert

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

Osteopath trained in Toulouse, I have had the chance to receive an excellent training which has offered me the opportunity to treat a very wide range of patients. Each patient is unique and requires a specific treatment adapted to his or her needs.

I am always seeking the best outcome for my patients and for that matter I have a deep respect for other medical modalities.

### What is Osteopathy?

Osteopathy is a non-invasive manual therapy that aims to improve health across all body systems by mobilising and strengthening the musculoskeletal framework.

Osteopathy takes a holistic approach to healthcare. It uses 'hands-on' techniques to improve altered bio-mechanics.

### OSTEOPATHY CAN TREAT AND/OR RELIEF A WIDE RANGE OF CONDITIONS:

- Arthritis
- Foot, ankle, hip, and knee pain
- Back pain, neck pain, and sciatica
- Hand, shoulder, and elbow pain
- Headaches
- Tennis and golfer's elbow
- Postural problems, sports injury, driving or work strain
- Digestive issues
- Neuralgia

### WHAT TO EXPECT OF A SESSION?

On your first visit the osteopath will ask about your current symptoms and medical history / condition. All information will be treated as confidential.

Your osteopath will conduct a routine examination that checks for more serious diagnoses and will give you advice accordingly.

It may be necessary for your osteopath to ask you to remove some clothing, so that they can assess the areas of the body causing concern. If you are uncomfortable undressing to your underwear, you can bring with you clothing such as shorts, t-shirt or close fitting garments, that will enable them to work effectively without making you feel uncomfortable.

### WHAT TO EXPECT AFTER A SESSION?

Osteopathic care is based on the individual needs of the patient and varies depending on your age, fitness levels and diagnosis. It is common to experience soreness following the session.

Your osteopath will provide you with helpful advice and exercises designed to help you maintain the best of health.

### PRICE

MUR 6,500 per person (60 minutes).

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