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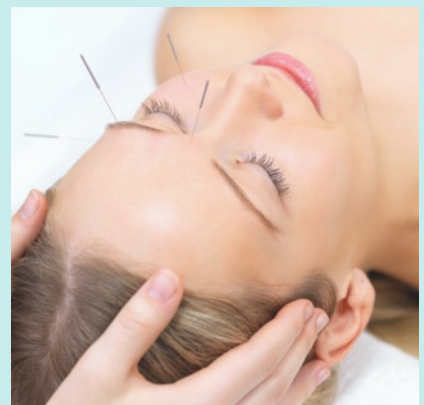
"Natural forces within us are the true healers of disease."
Hippocrates

Acupuncture, Facial Rejuvenation & Bodywork

Ilaira Bouratinos

- ✓ Acupuncture
- ✓ Shiatsu
- ✓ Sotai & Stretching
Corrective Bodywork
- ✓ Therapeutic Body Massage
- ✓ Therapeutic Facial Massage
- ✓ Facial Bodybuilding
- ✓ Rejuvance Facial Bodywork
- ✓ Treatment Menu
- ✓ Curriculum Vitae

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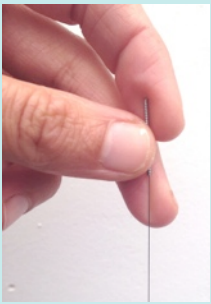
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針灸

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Acupuncture

"It is by virtue of the twelve meridians that human life exists, that disease arises, that people can be treated and illness cured." The Yellow Emperor's Classic of Medicine, 340 BCE

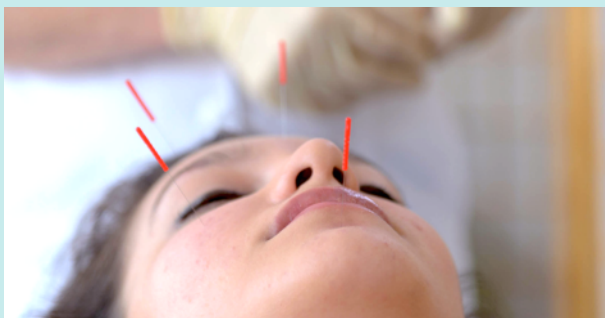


Is acupuncture safe?

Acupuncture is one of the safest treatments available in both conventional and alternative medicine and there are virtually no side effects when practised by a properly trained practitioner.

Two surveys conducted independently of each other and published in the British Medical Journal in 2001 concluded that the risk of a serious adverse reaction to acupuncture is less than 1 in 10,000. This is far less than many orthodox medical treatments. A 2003 survey of 6,000 patients of acupuncture produced almost identical figures.

Only top quality single use needles are used.



Ilaira Bouratinos, DipAc
Over 20 years clinical & teaching experience

What is acupuncture?

Used in China for thousands of years, acupuncture involves very fine needles being inserted into specific points on the body surface to rebalance the circulation of life energy known as *qi*, or *chi*. Qi circulates throughout the body via channels known as *meridians*.

According to traditional Chinese medical theory, physical, mental and emotional factors can disturb the flow of qi and lead to illness. Using specific techniques, the acupuncturist can influence qi making it possible to treat specific ailments and promote health. **Moxibustion, cupping, therapeutic massage and nutritional advice may also be used as an adjunct to treatment.**

How can acupuncture help me?

Acupuncture has been used extensively in wide a range of symptoms and conditions, ranging from clearly defined complaints to more general feelings of ill health and low energy. Mounting evidence supports the use of acupuncture in a variety of cases, including, but not restricted to:

- Pain relief
- Musculoskeletal disorders
- Facial Rejuvenation & Natural Botox
- Aesthetic problems
- Anxiety, stress and depression
- Migraines
- Menstrual problems & infertility

Internationally renowned author of the bestselling book "A Practical Guide to Acupoints"

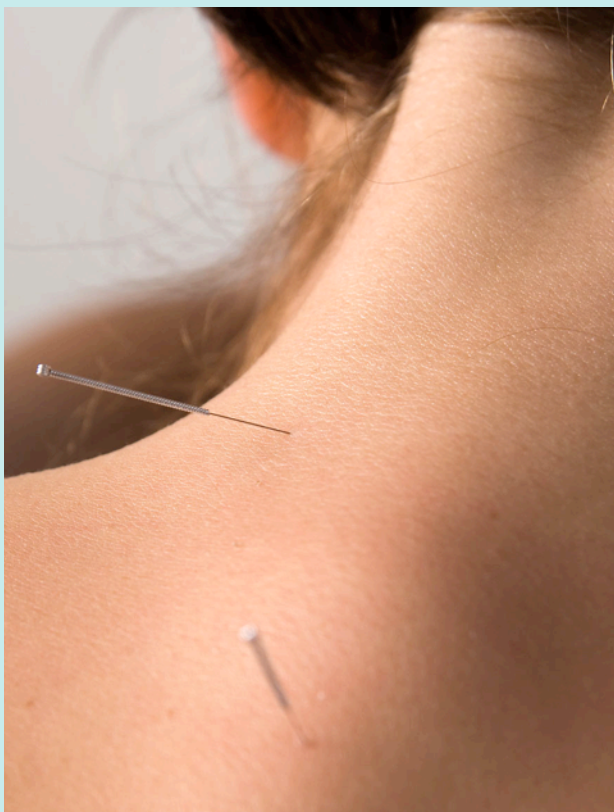
Acupuncture

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Is acupuncture painful?

Although you may feel a small prick, usually acupuncture is not painful. However, for the treatment to be effective the practitioner will stimulate the needles in such a way that you feel a sensation that demonstrates that the acupoints employed are "working".

This sensation varies considerably from person to person, and has been described with a range of different terms including *distension*, *tingling*, *electricity*, *dull ache* or *warmth*.



For further information do not hesitate to contact Ilaira via email or telephone.

Ilaira Bouratinos

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What can I expect during a session?

Initially the practitioner will take a detailed case study. All factors that may play a role in your physical, emotional and psychological well being will be taken into account. The practitioner will also enquire into your medical case history and recent examination results.

Then the practitioner will examine you carefully and palpate specific body areas and points. Also, an important part of Chinese medical diagnosis is the observation of the tongue, pulse, facial hue and posture.

After reaching a precise diagnosis and determining the best therapeutic course, the practitioner will commence treating the necessary areas and acupoints. During the treatment moxibustion, cupping therapy, guasha and therapeutic massage or exercise may be employed additionally to the needling. In many cases, nutritional or lifestyle advice forms an integral part of the consultation.

Acupuncture was conceived as a holistic treatment many thousands of years ago, and is deeply rooted in Taoist philosophy which perceives each person as part of an integral whole, inherently connected to their environment.

About Ilaira Bouratinos

Ilaira Bouratinos is internationally recognised for her comprehensive knowledge and wide-ranging practice of oriental medicine, acupuncture and bodywork, as well as her bestselling book *A Practical Guide to Acupoints*.

Drawing on her wide clinical and teaching experience, she offers a high standard of care and impressive results in treatments that skilfully combine acupuncture with specialised bodywork techniques.

Ilaira has been practising acupuncture in Greece and the UK since 1995 and runs two private practices and an acupuncture drop-in clinic in Athens. She is also the founder and principal of the Oriental Medicine Training Centre where she teaches acupuncture and bodywork to health professionals and students.



指圧

Shiatsu

*"The heart of shiatsu is like a mother's love,
pressure on the body makes the fountain of life flow."
Tokujiro Namikoshi*

Shiatsu technique

Shiatsu technique involves stretching, leverage and leaning of the practitioner's weight into various parts of the recipient's body to encourage greater harmony of energy, circulation, flexibility and postural integrity.

What distinguishes shiatsu from other manual therapies is that it employs sustained pressure, penetrating gently but deeply to flush out accumulated toxins, promote the flow of vital energy, blood and lymph, and restore optimal functioning to the internal organs, autonomic nervous system, and endocrine system.

What is shiatsu?

Shiatsu is a form of physical manipulation developed in Japan through a synthesis of eastern and western medical theories.

Shiatsu makes use of mankind's most ancient medical tools – his own hands – to treat the patient with a wholistic approach that stimulates the body's own natural self-healing power to correct imbalances and effect a cure from within.

Shiatsu is a deeply relaxing experience and regular treatments can alleviate stress, contribute to the healing of specific ailments and help maintain health and well-being.





操体法

Sotai Ho

*"Life is movement."
Keizo Hashimoto*

The Principles of Sotai

Sotai was developed in Japan in the mid 20th century by Keizo Hashimoto a Japanese medical doctor who developed the system to help treat orthopaedic disorders.

"In order to examine the physical condition of the body, you simply move the body. You will find the easier side and the more difficult side. Then think why one side is more difficult to move. There must be some stress or strain or deformation on that side. This difficulty is related not only to muscles but also to the internal organs." Keizo Hashimoto.

"From my fifty years of experience I reached the firm conclusion that the movement or motion which is in the opposite direction of pain will correct bodily deformation or imbalance." Keizo Hashimoto.

Dr Hashimoto noticed that when his patients postural problems were corrected they also recovered from other long standing medical conditions.

When the skeletal system is not properly aligned, the correct functioning of the internal organs and body systems may also become compromised. Sotai also helps to relieve many problems associated with this.

What is Sotai?

Sotai is a gentle yet effective healing method that uses the body's own powers to restore its natural alignment whilst relieving stress and promoting optimum health.

The simple exercises and other techniques applied in a sotai session equalise muscle tone and correct distortions in the posture, effectively eliminating pain and releasing muscular stiffness anywhere in the body.

Sotai is usually presented as a sequence of techniques that begin with the feet and finish at the neck, thus rebalancing the entire body. It is also used to release blockages of the energy meridians used in oriental medicine.

A sotai treatment includes resisted movements and isometric muscular contractions, combined with stretching and acupressure.



Ilaira Bouratinos



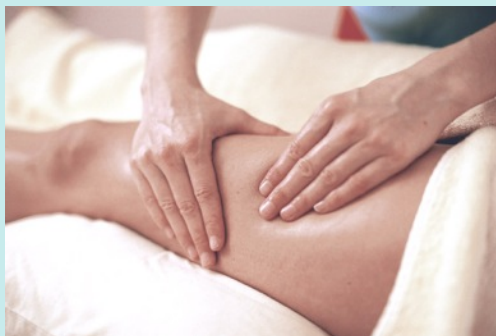
Therapeutic Massage

*"The physician must be acquainted with many things,
but most assuredly with massage. Massage may bind a joint
that is too loose or loosen a joint that is too tight."*

Hippocrates

Therapeutic massage can help:

- Increase energy and vitality
- Improve suppleness and muscular tonus
- Detoxify the body
- Resolve chronic and sub-acute pain conditions
- Correct musculoskeletal imbalances
- Improve blood and lymph circulation
- Reduce cellulite and topical fat build up
- Rejuvenate the skin
- Improve fertility in both women and men
- Balance the nervous system
- Harmonise the release of hormones
- Offer deep relaxation



About Ilaira's Therapeutic Massage

With over twenty of years clinical experience, Ilaira skilfully combines a variety of different modes of massage and bodywork to suit even the most selective of preferences.

Depending on the desired result, different techniques are harmoniously interwoven to form a unique treatment every time.

Many people enjoy a massage that focusses on alleviating deeply rooted aches, pains and stiffness. This type of massage makes use of pressure, deep friction, cupping and stretching.

In other cases a lighter touch helps smooth away tension and invigorate 'tired' areas. Specific types of massage improve blood and lymph circulation, whereas others can kick start the body's metabolism.

Carefully chosen pure organic oils and aromatherapy essences impart their healing properties to the massage offering an unparalleled sense of well-being.

Ilaira Bouratinos



复兴

Expert

Facial Massage

The Qi which circulates through the whole body nourishes the organs in the interior and makes the flesh and skin glossy at the exterior.

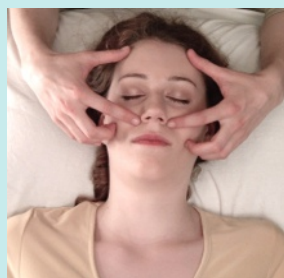
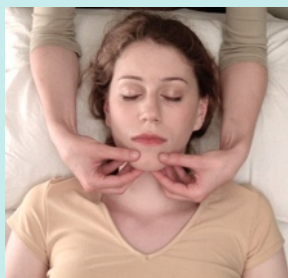
The Yellow Emperor's Classic of Medicine

About the Treatment

An expert therapeutic facial massage session is much more than just a beauty treatment. It imparts a deep sense of relaxation and well-being and also helps in a range of conditions, including:

- ▶ Pain and stiffness of neck
- ▶ Headaches & migraine
- ▶ Sinusitis and breathing difficulties
- ▶ Irritated or tired eyes
- ▶ Poor sleep
- ▶ Stress and tension

Combining therapeutic facial massage with acupuncture and facial bodybuilding exercises can have substantially improved results, comparable to surgical face lifting, botox and other invasive medical procedures.



What is Expert Therapeutic Rejuvenating Massage?

Based on over twenty years of clinical experience in both eastern and western approaches to beauty, Ilaira has developed this unique combination of specialised techniques to completely rejuvenate you.

Using only the purest organic oils, this massage uses a wide range of light and deep strokes and other specialised techniques to tone and lift the face, remove tension and revitalise the skin. Results are instantly visible.

The sessions are customised according to individual needs and can focus on a variety of aesthetic problems, including:

- ▶ Dull or tired looking complexion
- ▶ Dry or oily skin
- ▶ Lines and wrinkles
- ▶ Sagging neckline
- ▶ Flaccidity of the cheeks and eyelids
- ▶ Under eye puffiness and dark circles



复兴

Rejuvance

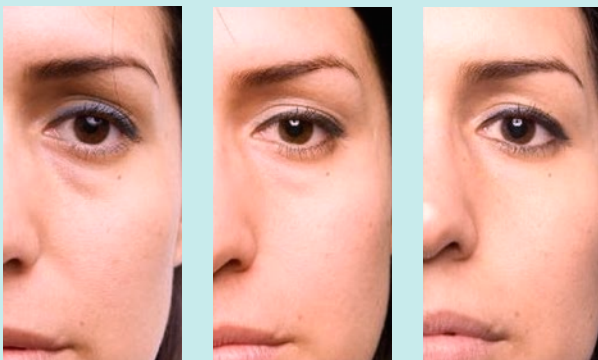
The Qi which circulates through the whole body nourishes the organs in the interior and makes the flesh and skin glossy at the exterior.

The Yellow Emperor's Classic of Medicine

About the Treatment

Although the rejuvance method can be considered a form of facial massage, the word 'massage' does not accurately describe it. The moves are gentle and soft even though they penetrate deeply. These specialised, tender moves address all layers of facial soft tissues, superficial and deep (skin, connective tissue and muscles), restoring the normal flow of nutrients, dissolving adhesions, helping the skin regain its elasticity and the muscles their tonus.

The rejuvance method is carefully designed to work on every area of the face, head and neckline, completing the treatment in six sessions. One off treatments can be customised to work on the entire facial connective tissue or specific areas to instantly brighten and smoothe the face.



What is Rejuvance Finger Tip Face Lifting?

Rejuvance face lift bodywork is a gentle and effective technique that rejuvenates your face and offers deep relaxation to both mind and body.

It involves of a variety of techniques including muscle release, acupressure and connective tissue release that focus on the patterns of stress and tension locked up in the face.

These techniques are designed to lift and rejuvenate all areas of your face, décolleté and neck. Wrinkles become smoother, fine lines disappear, elasticity and muscle tonus are restored, leaving you with a profound sense of inner wellbeing.

Rejuvance also helps to balance the nervous system and works on the same set of principles used in acupuncture, promoting the unimpeded flow of vital energy and circulation, not only in your face, but throughout your whole body.

It is almost certainly one of the most effective facial rejuvenation systems there is - all achieved purely through bodywork, without the use of any cosmetic products at all.

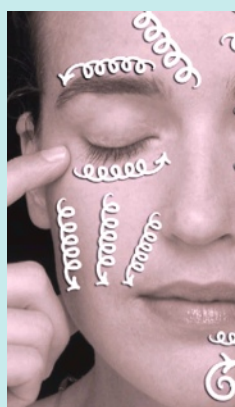
The results speak for themselves.



Facial Bodybuilding

Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

Plato



Aromatherapy Self Massage & Acupressure

This special self massage routine has been developed for personal use and everyday care. A relaxing and satisfying treatment you can give yourself anywhere and at no cost.

Once you learn the moves, you can apply it in as little as 3-5 minutes. Giving a little more time for this effective beauty treatment is also a great way to relax and pamper yourself.

The strokes are precisely taught to cover the entire face and neck. We learn how to feel the different layers of tissue, superficial and deep. Using only nature's best cosmetics - organic plant oils and aromatherapy essences - friction massage techniques work on lines and wrinkles, acupressure stimulates vital energy flow, vibrations and other techniques lift and tighten the face. Stretching tones the muscles and smoothes the appearance.

Self massage is ideally combined with facial bodybuilding for maximum results.

Facial Bodybuilding

This carefully designed facial exercise programme, is designed to sculpt the face by gradually strengthening those muscles which have a tendency to flaccidity, while at the same time relaxing those which are already too tight and are the primary cause of expression lines and wrinkles.

The unique feature of this programme is that it uses the principles of oriental medicine to customise the exercises to suit individual needs. The exercises build up gradually, starting with just a few repetitions of the muscular contraction. As the muscle gets stronger, longer repetitions and isometric contractions are used.

Results are immediately visible, with ongoing improvement in time. The face is toned and lifted and specific problems such as puffiness, flaccidity and sagging are noticeably reduced or completely eliminated.

The facial bodybuilding exercise programme is based on Ilaira's twenty or so years of clinical experience in both eastern western approaches to beauty, health and exercise. She has been teaching it since 1998.

Treatment Combinations & Prices

Ilaira Bouratinos

Acupuncture, initial session	90 minutes	€150
Acupuncture, follow up sessions	60 minutes	€80
Acupuncture & therapeutic massage	90 minutes	€150
Shiatsu, initial session	90 minutes	€150
Shiatsu, follow up sessions	60 minutes	€120
Sotai & Stretching Bodywork	90 minutes	€150
Shiatsu & Sotai	90 minutes	€150
Therapeutic Massage, Face or Body	60 minutes	€120
Therapeutic Massage, Face or Body	90 minutes	€150
Rejuvance Facial Bodywork	60 minutes	€120
Rejuvance, two treatments in one	2 hours	€180
Aesthetic acupuncture	2 hours	€250
Total facial rejuvenation *	4 sessions	€900
	6 sessions	€1200
	12 sessions	€2100

* Sessions alternate between acupuncture and therapeutic massage that work synergistically but can't be applied at the same time. It is recommended that treatments are given twice per week but no more often than every other day.

Facial bodybuilding workshop	2.5 hours	€90
Beauty self massage workshop	2 hours	€90



Ilaira Bouratinos

DipAc (1995), DS (1993)

Ilaira Bouratinos is internationally recognised for her comprehensive knowledge and wide-ranging practice of oriental medicine, acupuncture and bodywork, as well as her bestselling book *A Practical Guide to Acupoints*.

She is well known for her lively style and holistic approach. Drawing on her wide clinical and teaching experience, she offers a high standard of care and impressive results in treatments that skilfully combine acupuncture with specialised bodywork techniques and nutrition.

She is also the founder and principal of the Oriental Medicine Training Centre - European Shiatsu School in Greece, where she teaches oriental medical theory, acupuncture, shiatsu, and a variety of other bodywork methods, including therapeutic massage and natural facial rejuvenation.



Oriental Medicine Training Centre

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