



# Five Seasons Flow

ANMO / TUINA INSPIRED TREATMENT

BY ANNA MÜLLER PRAEFCKE

Experience a personalized treatment that blends traditional Chinese, Oriental and Western wisdom & carefully chosen techniques and tools to restore inner harmony between body, spirit, mind and soul. A gentle touch and targeted manual pressure to ease the physical and emotional load everyone daily carries. Each session supports your wellbeing - a nurturing moment for yourself. Feel lighter and more comfortable in your body.



**SERVICE AVAILABLE ON APPOINTMENT EVERY WEDNESDAY IN FAO - ROOM E008  
FROM 13:00 to 16:00 HRS  
FOR BOOKING: [fao-staff-coop@fao.org](mailto:fao-staff-coop@fao.org)**

## Wellbeing service offered:

### Relaxing Head, Neck & Scalp Massage (with option to include also legs/back)

- **An Mo /TuiNa inspired treatment** which promotes deep relaxation and rebalancing
- reduces stiffness of muscle tension
- promotes hair health, improving blood circulation to nourish hair follicles
- rejuvenating
- manual stimulation, as well as use of jade or terahertz gua sha stones, kansa wand, sandal wood combs and tools
- (may exclude scalp, if desired)

#### Single session:

**Duration:** 50 min

Standard fee: 70€

**Fee for FAO Staff Coop members: 60€**

**Duration:** 30 min

Standard fee: 50€

**Fee for FAO Staff Coop members: 40€**

#### Packages:

**3 Head, Neck&Scalp  
30min massage**

*For Members: 100 €  
instead of 120€*

*For Non Members: 130€  
instead of 150€*



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ANNA MÜLLER PRAEFCKE

## About me:



Hello, I'm Anna Müller Praefcke, a licensed holistic practitioner whose journey in the wellness field has been a deeply personal one, always seeking a meeting point between science and spirituality, combining academic studies with traditional wisdom. My approach to wellness is a philosophy rooted in multiple healing traditions as Chinese medicine, Ayurveda, Aromatherapy and others. Each of these paths reveal the body not only as a mechanical structure but as a map of memory, energy and emotion. Every treatment is a personalized session, seasonally aligned and tailored to your unique needs.

*Fluent in Italian, German and English.*

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