

Wellness Services offered by Anna Maria Laudoni

Naturopath and Holistic Consultant



AVAILABLE EVERY THURSDAY
FROM 10:00 TO 14:00
IN FAO, ROOM E012



SERVICES OFFERED:

- **Manual anti-aging facial treatments:** using facial massage techniques and cosmetics that rebalance and normalize the skin barrier;
Duration: 50 min.
Standard Fee: 70€
Fee for FAO Staff Coop members: 55€
- **Reiki treatments for energy rebalancing:** these involve manual “holds” and “touches” performed on clients who are lying down and fully clothed;
Duration: 50 min.
Standard Fee: 50€
Fee for FAO Staff Coop members: 40€
- **Craniosacral biodynamic treatments** for stress relief and relaxation performed on clients lying down and fully clothed, using gentle techniques on various areas of the body;
Duration: 50 min.
Standard Fee: 50€
Fee for FAO Staff Coop members: 40€
- **Vodder lymphatic drainage**, effective against water retention and cellulite imperfections because it stimulates the lymphatic system with slow, rhythmic, and gentle movements (pumps, circles) that follow the path of the lymph, promoting the drainage of excess fluids and toxins accumulated in the tissues, reducing swelling and heaviness, and improving circulation and skin tone.
Duration: 1 hour and 15
Standard Fee: 90€
Fee for FAO Staff Coop Members: 70€

POSSIBILITY TO BUY PACKAGES OF 5 TREATMENTS AT DISCOUNTED PRICE (VALIDITY: 3 MONTHS)

COUNSELING:

- Naturopathic counseling to identify any deficiencies and guide clients towards habits and supplements to correct psychosomatic discomfort and difficulties;
- Flower therapy consultations to support any emotional problems with the use of Bach and Australian flowers with personalized programs depending on the situation.
Duration of Consultations: of 1 hour
Standard Fee: 90€ / **Fee for FAO Staff Coop Members:** 70€

ON APPOINTMENT ONLY

All this within a holistic vision in which the various natural disciplines can, of course, be used in synergy to improve well-being and promote aesthetic improvement in a personalized way.



Link to the video demonstration
Craniosacral biodynamics: reallygreatsite.com

Australian Flower Therapy: reallygreatsite.com

To book, please contact FAO Staff Coop: 06-57053142 / fao-staff-coop@fao.org

Kindly note that FAO Staff Coop is in no way responsible for services provided by third parties, who respond directly to clients.