



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**

Wellbeing service offered:

Rebalancing TuiNa/AnMo treatment

- improves flexibility and joint range of motion
- relieves eyestrain and eases desk work related tension/postural tightness
- helps strengthening the body and reduces pain
- restores optimal circulation of vital energy

Single session:

Duration: 30 min

Standard fee: 40€

Fee for FAO Staff Coop members: 30€

Duration: 50 min

Standard fee: 60€

Fee for FAO Staff Coop members: 50€

Packages:

3 Rebalancing TuiNa/AnMo treatments

30 min

For Members: 80€

instead of 90€

For Non Members: 100€

instead of 120€

Packages:

3 Rebalancing TuiNa/AnMo treatments 50 min

For Members: 100€

instead of 150€

For Non Members:

120€ instead of 180€

Abdominal massage - Tongmai Tiao Shen

- targets the abdomen (belly area) viewed in TCM as major hub for energy flow, digestion and emotional health
- gentle pressure and calm rhythm lowers stress and calms anxiety acting on the brain-gut axis
- supports gut health and motility, reduces premenstrual or menopausal symptoms
- relaxes the diaphragm, helping for shortness of breath
- aids metabolism and assists with weight loss
- helps with sleep trouble and releases emotional blockages
- promotes overall vitality and strengthens the core

Single session:

Duration: 40 min
Standard fee: 60€
Fee for FAO Staff Coop members: 50€

Packages:

3 Abdominal massages - Tongmai Tiao Shen

40 min

*For Members: 120€ instead of
150€*

*For Non Members: 150€
instead of 180€*

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€*

About me:



ANNA MÜLLER PRAEFCKE

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