



COMO  
SHAMBHALA  
LAUCALA  
ISLAND

## PAIN MANAGEMENT WITH KIM KOSTERS

Kim Kusters is a certified physiotherapist from the University of Applied Science in the Netherlands. With over 15 years of experience, she specialises in physiotherapy, massages, as well Pilates and yoga classes, which she uses to help her clients reduce and manage pain.

### PHYSIOTHERAPY FOR PAIN

Long hours hunched over our desks, together with busy and stressful lifestyles can cause tension to build up in our body. This can lead to issues such as frequent headaches, neck and back pain. Should these conditions be left untreated, they can develop into chronic conditions that require medication or even surgery to manage.

This physiotherapy session starts with a lifestyle assessment to better understand the root cause of your pain. The treatment combines massage techniques, posture correction, as well as exercises and stretches to aid in pain management. Kusters will also provide you with tips and exercises that will aid in pain prevention even after you return home.

### LYMPHATIC DRAINAGE DETOX

A gentle massage stimulates the movement of lymph fluids around the body, which helps to remove water and toxins from the body's tissues. Lymphatic massages can help to reduce swelling and improve circulation throughout the system, boosting the immune system.

### MYOFASCIAL RELEASE MASSAGE

This massage focuses on releasing muscle tension throughout your body. Through a combination of deep-tissue massage techniques and myofascial-release techniques, Kusters will help to unravel the knots in your muscles that may be causing pain in your neck, back and shoulders, or other parts of the body. This treatment can target specific areas of the body if needed.

### DESTRESS VAGUS NERVE ACTIVATION

Chronic stress can activate the sympathetic nervous system and cause physical and mental discomfort and other health issues. To combat this, the treatment teaches you ways to handle stress better and active your vagus nerve, which can help to calm down the nervous system. A combination of massages and breathing techniques help to relax you and stimulate natural healing.

### PRICES

60-minute sessions – US\$250

90-minute sessions – US\$300

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All prices are subject to service charge and prevailing government tax. Please let your Tau know if you wish to book a session with Kim Kusters, and we will help to make the arrangements.

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