



THE SPA  
CASA de CAMPO

## LEARN ABOUT THE BENEFITS OF ACUPUNCTURE AT CASA DE CAMPO SPA

### **ACUPUNCTURE TREATMENT - 60 mins**

During your consultation, a full history of your general health and details of your current symptoms and lifestyle are taken into account in order to establish a clear picture and understanding of the underlying causes of any disease or illness and formulate an appropriate treatment plan. Acupuncture diagnosis focuses on the individual and not just his/her illness. All symptoms are seen in relation to each other, so two people with the same Western diagnosis may be treated differently.

### **QUIT SMOKING FOR LIFE - 30 mins**

You may have tried to quit smoking before but the withdrawal symptoms caused anxiety and the fight became too difficult. There is a more natural, painless and effective solution - with Auricular Therapy - a proven, effective tool to help you quit smoking by minimizing cravings and calming the nervous system. Dr. Rui's treatment uses mild electrical stimulation on the outside of both ears. It is similar to ear acupuncture but without the use of needles. His average success rate is 85% percent and there is no need for patches, gum or pills afterwards.

### **ANTI-CELLULITE TREATMENT - 60 mins**

This method gives excellent results in modulation of different parts of the body- abdomen, buttocks, lower and upper limbs - for conditions such as cellulite, sagging, localized fat deposits and excessive weight. Anti-cellulite acupuncture helps the whole body both look and feel younger, rejuvenating and revitalizing.



### **HOLISTIC FACIAL REJUVENATION PROGRAMME - 60 mins**

The “natural facelift” – cosmetic acupuncture for wrinkles and sagging. 24-carat gold needles will be applied to specific acupressure points on your face and body to help nourish the skin. The gold-plated composition of the acupuncture needles is singularly significant as it produces measurable results by visibly enhancing the volume and tone of facial muscles, so improving the skin’s circulation, collagen, and elastic fibre network which activates the fibroblastic cells and increases hyaluronic acid production. Experience sleeker, plumper, more youthful skin.

### **FULL EPIGENETIC TEST**

Dig deeper into your genetic data. Undergo an epigenetic hair test, through a bio profiler, which gives information about yours levels of nutrients, vitamins, minerals, essential amino acids, fatty acids, antioxidants and contaminants. Analyzing the 15 most common vitamins, 23 major groups of antioxidants, 16 everyday minerals, 115 food restrictions and food additives, immune stressors, all 23 amino acids, and omega 3, 6 and 9, the epigenetic test gives you lifestyle and diet recommendations to optimize your health.



**DR. RUI PEDRO LOUREIRO**  
Chinese Medicine

Ancient wisdom and contemporary diagnostics meet. Explore alternative healing therapies from acupuncture to epigenetics. Dr. Rui Loureiro gets his Bachelor degree from Chengdu’s University of Chinese Medicine in China, postgraduate in Cosmetic Acupuncture from CMIR/ACUMEDIC - London and Beijing’s University of Chinese Medicine. Expert in diagnosis. He worked in hospital in China and clinics in London and Portugal, where currently is the responsible for the Chinese Medicine Department of St. Louis Hospital in Lisbon, clinical director of Clinica Cura Pura in Aveiro - Portugal. With over 20 years of clinical practice, is a passionate, dedicate, and a lifetime student and researcher of the knowledge of Chinese Medicine.

Visit Dr. Rui for a complimentary consultation.  
**For reservations, please call Ext. 2600**