

Voimaantumispaikka Zona

Nutrition counselling	Holistic and tailored to the clients' needs, e.g. health challenges, physical activity pursuits
Lifestyle counselling	Stress management, relaxation, physical activity, sedentary behavior, recovery and sleep
Manual therapies	Swedish massage, Chair Massage in Singaporean style, Indian Head Massage, Zone Therapy /Reflexology, Relaxation Treatment

PRICES

Nutrition counselling (incl. lifestyle and health counselling)

30 mins face-to-face	45 €
30 mins face-to-face + remote counselling and personal feedback	120 €
45 mins + 30 mins face-to-face + remote counselling and personal feedback	190 €



Manual therapies (incl. lifestyle and health counselling)

	before 2 pm	after 2 pm
50 mins	45 €	50 €
65 mins	52 €	57 €
80 mins	62 €	67 €
110 mins	80 € (zone therapy only)	85 € (zone therapy only)
110 mins	85 € (other treatments)	90 € (other treatments)

EDUCATION

- University of Jyväskylä, the Faculty of Sports and Health Sciences, Master of Health Sciences (Health Promotion and Sports Nutrition, 2020)
- University of Eastern Finland, basic and subject studies in Nutrition Science (2013 – 2018)
- SantaSport Lapland Sports Academy, nutrition coach training (2011 – 2012)
- OAKK, Massage therapy training (2005 – 2006)
- University of Oulu, Bachelor's degree in Humanities, including pedagogical studies (1999)

Please contact Voimaantumispaikka Zona if you wish to have more detailed information in English on our services. Tel. 040 8329 209 (text messages are also fine), E-mail voimaantumispaikkazona (at) gmail.com

