

# 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	50 €
30 mins face-to-face + remote counselling and personal feedback	130 €
45 mins + 30 mins face-to-face + remote counselling and personal feedback	195 €



### Manual therapies (incl. lifestyle and health counselling)

	before 2 pm	after 2 pm
50 mins	47 €	52 €
65 mins	54 €	59 €
80 mins	64 €	69 €
110 mins	82 € (zone therapy only)	87 € (zone therapy only)
110 mins	87 € (other treatments)	92 € (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 fine), E-mail voimaantumispaikkazona (at) gmail.com

