



VILA VITA SPA  
**sisley**  
PARIS

# VISITING PRACTITIONER JOHN SANCHEZ

TRADITIONAL CHINESE MEDICINE DOCTOR · YOGA, TAI CHI AND CHI KUNG TEACHER  
LICENSED ACUPUNCTURIST · MASSAGE THERAPIST



# VISITING PRACTITIONER JOHN SANCHEZ

15 April - 31 May | 1 September - 7 October

By appointment only

Vila Vita Spa by Sisley Paris

## A DAOIST MEDICINE JOURNEY

Experience the power of Traditional Chinese/Daoist Medicine with a 3 or 5 day program. After an initial assessment, Dr. John Sanchez will tailor a treatment plan to match your personal needs, targeting both symptoms and root causes of your ailments. You will be amazed with how much can be accomplished in such a short period of treatment. Package pricing available upon request.

## ACUPUNCTURE & TCM

Duration: 60 / 90 min

**195 € · 250 € per person**

The use of micro fine sterilized needles in strategic points rebalance the body and trigger a true healing. You will be amazed how simple, painless and effective this time-tested therapy can be. Chronic/acute pain, migraines, sports injuries, digestive disorders, respiratory concerns and infertility are just a few of the ailments that can be treated. Both a preventative method and a powerful add-on to your conventional healthcare treatments.

## ACU-LASER THERAPY

Duration: 60 min

**195 € per person**

Afraid of the tiny acupuncture needles? No problem. You can get most of the benefits of acupuncture with this non-invasive therapy. Acu-Laser is an increasingly popular method that can treat pain and inflammation while promoting cell regeneration.

## ACU-SOUND HEALING THERAPY

Duration: 60 min

**195 € per person**

Every one of us has felt, in one way or another, how sound can affect our beings. Based on different music healing traditions and modern research, the use of tuning forks on acupuncture points and Chakras can trigger a profound rebalancing effect permeating all aspects of our beings. A beautiful alternative to the use of needles.

## ACU-FACIAL REJUVENATION

Duration: 60 min

**270 € per person**

Acupuncture can improve facial muscle tone, increase blood and lymph circulation and boost the production of collagen to treat fine lines and wrinkles. Finished with a touch of facial and scalp massage and the use of the cooling jade roller. For optimal results, multiple sessions are required.

## AURICULOTHERAPY NOGIER METHOD

Duration: 60 min

**195 € per person**

Based on Neuroscience and on Dr. Paul Nogier life's work, it's a proven method to treat addictions, stress, allergies, hormonal imbalances, pain and much more!

## DEEP TISSUE TRIGGER POINTS MASSAGE

Duration: 60 / 90 min

**185 € · 255 € per person**

Unique deep tissue massage combining trigger and acupressure points with sport/deep tissue massage and assisted stretches. It's a great treatment for athletes, muscle recovery, sports injuries or if you just love deep and firm pressure on your massage.

## DR. SANCHEZ MEDICAL MASSAGE

Duration: 60 / 90 min

**175 € · 245 € per person**

Restore energy flow and get rid of nagging acute/ chronic pain with this unique remedial massage where Dr. John Sanchez combines exclusive techniques such as acupressure massage with reflexology, or stretches and manipulations with the power of aromatherapy and essential oils.

## DORN BREUSS THERAPY

Duration: 60 min

**185 € per person**

Unblock and detox your spine with the Breuss method, a gentle yet powerful massage, thanks to the use of pure Hypericum oil - a well-known herb used to treat pain, relax muscles and treat depression for millennia - followed by the articular readjustment provided by the Dorn technique.

## CHINESE FOOT REFLEXOLOGY

Duration: 60 min

**175 € per person**

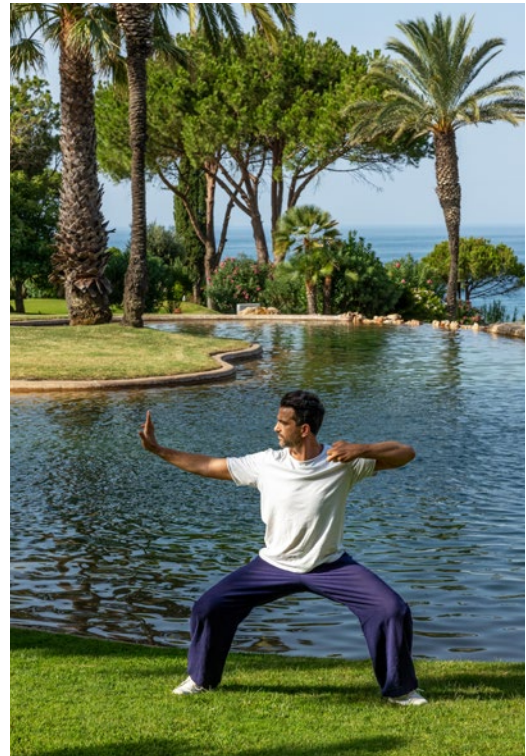
Special acupressure points on the feet and lower legs are stimulated manually to improve energy, blood and lymph circulation throughout the whole body. These special points can both diagnose and treat different imbalances, as the feet are the foundation of the body and our connection to earth.

## CUPPING THERAPY

Duration: 45 min

**175 € per person**

The suction effect of the negative pressure created by cupping increases the blood flow to the area, loosening muscles and sedating the nervous system. Simply put, it creates a controlled trauma that boosts the body's healing ability. Cupping has different modalities and the suction power can be controlled to avoid bruising or according to personal taste.



## FLYHIGH AERIAL YOGA CLASS

Duration: 60 min

**90 € per person**

This new growing type of yoga is a great way of increasing your relaxation, flexibility and body alignment thanks to the support given by the aerial yoga hammock.

## PERSONAL TAI CHI CHI KUNG CLASS - WUDANG STYLE

Duration: 60 min

**90 € per person**

According to Daoism, these standing and moving meditations can harmonize Yin and Yang forces within the human body and restore the dynamic balance required for healing and to maintain a good health and peace of mind. Both these practices are part of Traditional Chinese Medicine, being used solely or combined with other modalities, as part of a treatment plan.



## PERSONAL HATHA YOGA CLASS

Duration: 60 min

**90 € per person**

Specific Asanas progressions prescribed according to personal needs. Prana or Chi and blood must flow freely throughout the body in order to enjoy good health and happy living. Tailored classes will target more precisely your individual challenges and needs. Both group and private classes are available.

## GUIDED MEDITATION

Duration: 60 min

**90 € per person**

Reconnect to your inner self and lift that weight off your shoulders with a guided meditation using both Ayurvedic and Daoist meditation techniques and modern Mindfulness methods.

## ANIMAL FLOW L1 CLASS

Duration: 60 min

**90 € per person**

Quadruped stances are combined with explosive, animal inspired movements and stretches. Intense body weight workout that can be adapted to personal needs or goals. Great full body workout for increased balance, flexibility, coordination and stamina.



## ABOUT *JOHN SANCHEZ*

Passionate about healthy lifestyles, human movement, biology and motor skills, John dreams of a world full of happiness, love and sharing. His curious mind led him into science and nature, seeking a career in the health field. After a few years of Western Science studies, he decided to turn to Nature and to Eastern philosophies on his quest for professional achievement. He holds a degree in traditional Chinese medicine, is a licensed acupuncturist, massage therapist and Yoga/Tai Chi/Qi Qong teacher, among many other skills achieved through the years.

His passion for Eastern philosophies led him to the Wudang Mountains in China, where he lived as a Daoist monk for 4 months in The Five Immortals temple under the tutelage of Abbot Du Song Feng, learning Martial Arts and Ancient Daoist healing techniques. He is now a disciple of the 27th generation of the Pure Yang Lineage. With over 18 years' experience and 15.000 treatments under his belt, he will use his whole array of techniques to help you achieve your health and wellbeing goals.

# Vila Vita Parc

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