

Treatment Plans:

You may select our therapies composed in cures. Depending on your indication therapies may be combined suitably. Reduced prices will allow you to book for more than you may have thought of beforehand.



Would you like to feel well?

Then our **Relax And Revive** Treatment Plan is for you.

Would you like to enhance your life forces?

What about our **Revitalisation** Treatment Plan?

In **Detox Fasting** you will experience your life processes retuning, and you will feel more at ease in your body.

Are your joints bothersome?

Our **Joints and Musculo-Skeletal System** Treatment Plan will strengthen them and give you back your confidence when standing or walking.

Neurodermitis?

Find relief in our treatments using, among others, a local plant, the Crystalline Ice Plant.

Did professional or life stress exhaust you?

Restore yourself in our **Burn-Out** Treatment Plan.

Our **Biography Counselling** Treatment Plan may help you to realize that exhaustion and affliction may be an opportunity, and help to regain rhythms in your vita. An experience like this will pep you up.

You may find all our therapeutic offers and treatments at www.centro-lanzarote.de with descriptions and photos.

Centro de Terapia Antroposófica

Calle Salinas 12
E - 35510 Puerto del Carmen
Lanzarote / Canary Islands

Contact:

Telephone switchboard: +34 928 512 842

Phone extension for therapies: +34 928 516 955

Fax: +34 928 512 844

Email for therapies: therapeutikum@centro-lanzarote.de

Facebook: Centro de Terapia Antroposófica english

Centro de Terapia Antroposófica S.L.

in co-operation with

Casa de Terapias Antroposóficas

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Centre for Anthroposophic Therapies on Lanzarote



Nature
Therapy
Creativity
Finding Yourself

Welcome to the island of Lanzarote,
where the elements

Fire
Water Air
Earth

may enhance your vitality
and help you form your life creatively
and self-determined.

The island's lava subsoil and the sea will activate your invigorating life forces, and the warmth and the intensity of light will nourish you through your senses.



The warmth of a **Wet Pack of Lava Soil** will permeate your body to the core. Tensions and stresses will be dissolved. You will sense a feeling of relaxation spreading throughout you.

Full Body **Rhythmic Embrocation** works with well chosen oils directly on our life forces, which are the regeneration and renewal forces within us. It brings a feeling of security and inner calm.

Therapies in Harmony with the Elements

Oil Dispersion Baths will open up your skin for healing plant oils by using a water-swirling system to create a long last emulsion with tiny oil drops. You will feel the therapeutic effects working throughout your body.

Massages, in their various kinds, aim at restoring your mobility by helping you to relax. Physical and emotional problems may show in muscular tensions and can be softened by massages.

In **Physiotherapy** we will help you, by motion exercises and therapeutic treatment, to reduce your movement constraints in muscles and joints and move more freely again.



Curative Eurythmy is a movement exercise which heals by moving consciously in special ways. Certain gestures stimulate specific organ functions to assist your recovery. Your constitution will be harmonized and strengthened. Movements in Curative Eurythmy will mould a person, such as they may manifest themselves in speech and music, too.

Life is rhythm. **Rhythmical Massage**, by its special handling qualities, will invigorate your life forces directly.

In **Art Therapy**, through modelling, painting or drawing, your soul will seek its individual place between the polarities of round and straight, light and darkness, convex and concave. So you will discover yourself through what you are doing and then your soul will enter into a conversation with what you have done.

In **Biography Counselling** you will peer into your past looking for your future. Finding your life's thread, and forming it on and on, is what we aim at here.



Eurythmy: Movements, conducted consciously, will help you to experience your own gestalt and encounter other participants in a defined space. The only prerequisite being : enjoy the way you move.