

# Health & Wellbeing

THE PORTUGAL  
**News**  
Established 1977

12 page pull-out feature  
Winter 2019



## Feeling healthy and well from the inside out



Health and wellness requires a holistic approach, working from the inside out to create a stronger, fitter and more beautiful you.

**K**eeping well in Portugal has never been easier or more fun as an increasing number of companies offer a wide range of services to make wellness achievable for everyone, whatever their budget, time constraints or interests. Whether you are looking for new sporting opportunities, spa treatments, health and dental care, aesthetic medicine or hair and beauty solutions, there is something for everyone to choose from.

At this time of the year it can be easy to succumb to the desire to hibernate in front of the fire and your favourite series but there is no better way to feel better about yourself than to embark on health and wellness activities. Getting out into the winter sunshine can boost your mood and indulging in some pampering is sure to leave you feeling beautiful from the inside out. Discover some of the best health and wellness options available to you in Portugal and start your journey today!



  
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\*\*\*\*\*

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# Re-establish your balance at the VILA VITA Spa

Taking care of yourself a few hours a week promotes your physical and mental health for a better life.



**T**he VILA VITA Spa by Sisley Paris is the sanctuary of tranquillity where personal wellness takes a 360° approach. The contemporary

design inspired by the Algarvian coast, its sea caves, the soft tones resembling the ocean tonalities, allow you to leave the world outside behind, while indulging in the hands of expert

therapists and essential plant-based oils. The Sisley treatments are known for combining an advanced scientific approach with the finest natural products,

including plant extracts and essential oils rigorously selected for their biological properties and their skin affinity. Treatments and massages can be fully experienced in one of the fourteen elegant treatment rooms, such as the Golden Quartz, a unique full-body therapy which offers all the beach-like sensation benefits of the quartz crystals to the sound of Tibetan bowls. Indulge in one of the varied facial treatment, according to your skin's needs or go all the way with one of the special spa and wellness programmes which include several treatments and personal training, along with a tailored individual eating plan. Once here, it will be hard to leave, so use the time well and take part in some of the private or group aerial yoga and meditation classes in the ample, bright, glass-walled Yoga Studio, overlooking the resort's lush gardens. Right next door, for those who aim for different results, the HYPOXI Studio offers an innovative method of body modelling, unique in Portugal. Because of their proximity to the

Spa building, the recently renovated Spa Suites are the suitable alternative for those wishing to enjoy a kind of getaway with a variety of treatments and private fitness classes, as they allow those seeking wellness to effortlessly slip from the spa to the suite during their stay. Many of the resort facilities and beautiful surroundings can, of course, be enjoyed such as outdoor sports, several swimming pools, tennis and volleyball courts, mini football, badminton, mini golf, putting green and pitch & putt. The 360° wellness experience is complete with the healthy approach found in the resort's many restaurants and bars, a 'farm-to-table' philosophy, offering fresh and nutritionally balanced organic or wholesome dishes, as well as gluten-free, lactose-free and vegetarian options from the resort's own organic farm in the Alentejo. After all this, your balance will be re-established to enjoy the world awaiting outside!  
**Contact Vila Vita on +351 282 320 351/2, email [spa@vilavita.com](mailto:spa@vilavita.com) or visit [vilavitaparc.com/spa](http://vilavitaparc.com/spa)**



## HOME CARE • TAILORED SERVICES

A helping hand to make life so much easier.

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[www.wecare.pt](http://www.wecare.pt)

 Fully licensed company.



## We Care - Offering a helping hand.

We Care is a licensed agency that provides care and assistance for people who need a helping hand in their daily lives, due to temporary or long-term illness.

Whether you need their help for just for a few hours, overnight, 24/7 or a holiday, their caring and experienced staff are determined to support you to live as independently as possible. We Care is specialised in dementia care and receives training from the National Certification Board for Dementia Care (Alzheimer Portugal Association). They also run the local Information and Advice office from Alzheimer Portugal Association to support dementia patients, families and carers. An assessment meeting is the first step to provide a successful home care service, We Care makes sure to know the living arrangements of the client, as well as knowing what risks and hazards are in the home and through meeting the client and understanding their needs and preferences, will be able to choose one of the 30 trained and professional carers, to ensure a successful client-carer-relationship. Making sure that both the client and the relatives are at

ease, throughout what can be a stressful time, is a priority for We Care, who can arrange everything needed from hospital pickups to preparing the home with equipment, letting them rely on We Care's expertise and experience. For people looking for home care services, the head of the agency Liliana Ferreira has a word of advice: "It's always advisable to ask if the agency meets the national certification requirements, if it holds a valid license (Licença de Funcionamento). This can help you determine its legitimacy and ensure it is monitored and inspected

regularly by the regulatory agency (Segurança Social), which means you will be safeguarded in terms of mandatory insurances, recruitment procedures and reporting any ill-practices. For information on specific agency certification requirements you can browse [www.cartasocial.pt](http://www.cartasocial.pt)." If you want to find out more about We Care, go to [www.wecare.pt/en](http://www.wecare.pt/en) call +351 282 411 723 send them an email at [geral@wecare.pt](mailto:geral@wecare.pt) or visit them in Portimão at Urb. Quinta da Ouriva, Ladeira do Vau, Lote 3, Loja 2. (GPS. 37.168038, -8.532776)







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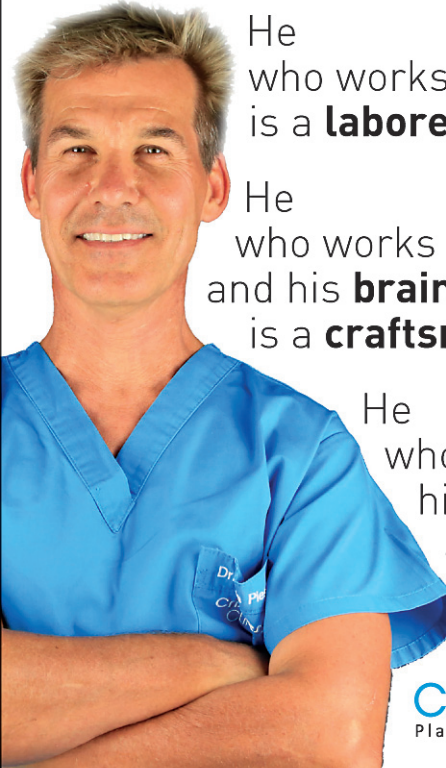


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# About Dental Implants


Having dental implants is an investment in your future and your quality of life.



He who works with his **hands** is a **laborer**.

He who works with his **hands** and his **brain** is a **craftsman**.

He who works with his **hands**, his **brain** and his **heart** is an **artist**.

**Cris Piessens Clinic**  
Placing dental implants since 1987 

It's a great and affordable treatment that will save you from other dental expenses in the future. More accessible than you

imagine, check prices on the website and book an appointment to talk to us to get a detailed quote. With implant supported teeth it is almost

impossible to tell the difference compared to natural teeth. With an implant-anchored full bridge there is no space between your gum and the

prosthesis. No infiltration nor decay will endanger the long lasting result. With proper care and cleaning, your implants will last a lifetime. Like natural teeth, with the passing of time, the crowns could become worn or damaged. The big difference is that your new teeth can easily be repaired or replaced, if ever needed, using the same implants for support. Dental implants are the permanent way for you to replace your missing teeth. Research and documentation show long-lasting results. Hundreds of thousands of people are now enjoying their new looks and their ability to laugh, speak and eat with confidence! The most difficult task for us is making your new teeth look like naturally beautiful teeth that blend in the harmony of your face. Therefore we plan and prepare, using molds, photo and video, hinge axe registration and wax-up techniques to simulate your new smile. When having replaced missing teeth with dental

implants, it takes a dentist to spot the difference; they look so much like your own. Extensive clinical studies show only positive long-term results, the implants used have a unique design and the surface gives superior strength and ensures teeth stay securely in place. The threads on the fixture anchor the implant and preserve the bone. This maintains the soft tissue contour which is important for a natural look. With the initial examination, the surgery, post surgery

check-up, the prosthetic work and one recall, it normally takes about 6-8 visits until the treatment is completed. In many cases however, with today's technology and over 25 years of experience, Dr. Cris Piessens can place the implants and provide the patient with - temporary - teeth in one session! On our website you can read all about the All-On - Four protocol to understand how we replace all your teeth on just 4 implants in One Day.



**Knowledge** is a unique kind of **property**, indeed: you can **share** it with others, while still **possessing** it.

Eraldo Banovac

**Cris Piessens Clinic** 

## Natural Joki Flow

for body balance and harmony

### Mind:

- One-one counselling service to help resolve emotional and personal issues.

### Body:

- Holistic Massage, an energising and relaxing treatment for the whole body.
- Indian Head Massage, both energising and relaxing for the upper shoulders, neck and head.
- Mobilisation Therapy, to help people with conditions such as lower back pain, scoliosis, arthritis, frozen shoulder and general mobility problems.
- Reiki, a very relaxing and energising treatment for the body and also the mind.
- Swedish Massage, a traditional full body treatment for relaxation and an energy boost.




Studio: for appointments - 934 622 500  
Paul: Counselling, Reiki and Swedish Massage  
910 665 601 • paul@naturaljokiflow.com  
Pasi: Holistic Massage, Mobilisation Therapy and Reiki  
910 636 518 • pasi@naturaljokiflow.com  
Edificio Pluma Comercial, Rua Dr Teofilo Braga 17, 1st floor,  
studio 5. 8500-668 Portimao

## A holistic approach to therapies for the mind and body

Natural Joki Flow is a holistic therapy centre in Portimão that offers a range of treatments for healing the mind and body.

Their clients range from people with limited mobility, to active sporty types whose bodies require some maintenance, or those who just want some relaxation time. Each body treatment is tailored to suit a client's capacity to move and stretch its muscles and joints. And as their body becomes more relaxed and receptive to the therapy the therapist can go deeper into the treatment process without causing trauma. This sensitive approach often means that the client experience is relaxing, pain-free, and often energising. Clients typically feel like they have had a mini holiday after an hour of treatment. And for those who are experiencing mental stress Natural Joki Flow offers a one-one counselling service where clients can off-load and share their deeper feelings in a safe and a non-judgemental environment. A client will typically receive at least six, one hour therapy sessions with an aim to review the work half way through the process. Also for the mind and the body is the energy healing, Reiki. This treatment is typically applied for clients with both mental and body stress, and is very gentle but energising too. Clients who are undertaking Chemotherapy and Radiotherapy feel less nauseous and

less fatigued after receiving regular Reiki treatments. Natural Joki Flow offers an appointment service but therapists Paul or Pasi are happy to chat to you in advance via the phone or email.  
Studio number 934 622 500



**Natural Joki Flow**  
for body balance and harmony

**Natural Joki Flow**  
for body balance





# Algarve Dental Implants

We give you a **1** day  
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- Only one single operation
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Spoken languages:  
English, Dutch,  
French, German  
and Portuguese.



### OUR TEAM

Left to right:  
Fátima Mendes;  
Hig. Telma Nhacarize;  
Catarina Silva;  
Manuela Rodrigues;  
Dr. Cris Piessens;  
Dra. Márcia Martins;  
Filomena da Cruz;  
Hig. Carla Sofia Martins;  
Stephanie Ataide.



**Dr. Cris Piessens:**

- Belgian dentist with over 30 years of experience in Implant Dentistry
- Founder and Clinical Director of Cris Piessens Clinic
- Member nr. 1201 of the Portuguese Dental Association (OMD)

[www.crispiessensclinic.com](http://www.crispiessensclinic.com)





# Top quality pampering at Spa Villas d'Agua

Spa Villas d'Agua is a beauty institute located in Olhos d'Agua, connected to Villas d'Agua apartments complex.



After running a beauty institute in Holland for 22 years, Ben and Ingrid decided to continue this in Portugal where they started in 2004. They offer, with their professional team, high level quality and

top service to pamper the clients during their stay. The outdoor pavilion with an amazing sea view is specially built for couples massages and body scrubs in a unique environment. Even in the winter it is possible to enjoy

this unique experience. You can buy gift vouchers for every special occasion, birthday, anniversary, Christmas etc. A wide range of different treatments are available to book; Facials, body treatments, manicure and pedicure, all types of

massages, hair treatments and a wide range of top products for hair, face and body to guarantee a long lasting effect on your treatments. Already for over 25 years MATIS Paris is the top brand for face and body. For the hair and scalp Rene Furterer has natural products to cure and maintain. Hands and feet are treated with PRO NAILS products and also the nailpolish and gellack are from the same brand. AROMS NATUR is the brand for the massage oils and body scrubs. Complete natural products with magnificent smells and structures. Spa Villas d'Agua invites you for a visit. Please call or email us for an appointment or just for an acquaintance to show you our beauty centre and to enjoy a coffee or tea. You are always very welcome! Spa Villas d'Agua Torre da Medronheira Olhos d'Agua - Albufeira tel. **289502555** mob. **938737333** [allskin@sapo.pt](mailto:allskin@sapo.pt)



## CLÍNICA PACÍFICO

BRITISH & PORTUGUESE DENTAL PRACTITIONER

**Dr. John McKean, BDS**

**Dr<sup>a</sup>. Joana Cesário, DDS**

SPECIALISING IN THE CARE OF NERVOUS AND FRIGHTENED PATIENTS

All costs agreed prior to treatment using the most cost effective solutions.

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Rua Alexandre Herculano, Conjunto Ria Formosa, n° Q, R/C 8200-271 ALBUFEIRA

## Clinica Pacifico Established in Albufeira since 1995

We work with an English and Portuguese dentists and a Ophthalmologist.

We are specialised in treating nervous and frightened patients undertaking pain free dentistry, involving the patient in all aspects of treatment planning.

**Dr. John McKean** qualified in the UK, and established his practice in Portugal as well in the UK, until he decided to move to Portugal full time.

**Dr. Joana Cesário** started her career in Clínica Pacífico, in Albufeira, in 2016 after working in Coimbra where she qualified and practiced for several years. She specialises in cosmetic dentistry, which includes whitening, reshaping and realigning teeth, using composite restoration rather than ceramic restoration. Such composite restorations reserve the natural tooth structure, involve considerably less cost and are the least invasive technique. A holiday to the Algarve brought her to the Clínica Pacífico, where she, after monitoring Dr. John McKean and his way of doing things for three weeks, found that this Clinic practices with integrity and in a way that made her want to continue her work at Clínica Pacífico.

Joana always continues to improve her skills and has been on an extended course for implantology and other advanced procedures. She has proven to be very popular due to her sympathetic approach to the sometimes nervous patient. To further relax the patient, each consulting room has a TV mounted on the

ceiling, so clients can feel at ease and watch anything which interests them. Also available at the clinic is **Prof. Dr. Alen Sulzbacher** from the **Eye Centre**, who share with us the ethic of caring and integrity towards the patients. He speaks English, Portuguese, German and French and continues to offer his ophthalmic services is also fully registered as an eye specialist in the UK and Germany. Dr. Alen is an Ophthalmic surgeon and able to undertake the treatment of more serious Eye problems.

For more information, Tel: 289543545, email: [clinica.pacifico.albufeira@gmail.com](mailto:clinica.pacifico.albufeira@gmail.com) or visit: [www.clinicapacifico.com](http://www.clinicapacifico.com)







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with sea view

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# Where the client is always the priority

7 years ago Alexandre, the owner of the hairdresser salon called “Alexandre” got the news that he had cancer.



into his salon, men and women, blondes, brunettes and everything in between. He also cuts children’s hair and if it is the child’s first ever haircut, Alexandre will cut it free of charge. Being able to speak three languages (Dutch, English and French), has helped him to communicate better with

his clients, as it is his priority to listen and to understand exactly what the client wants and to make this a moment of pure relaxation and comfort, letting clients rely on his years of experience. If you want to visit Alexandre, his salon is in Ferragudo, 66, Rua Infante Dom Henrique, where he

will be on Tuesdays, Thursdays and Saturdays, he can also be found in Al Mancil on Mondays, Wednesdays and Fridays in the salon “Dare U”, you can also look him up on facebook under “Alexandre Hairstyle”, on his website [www.alexandre-hairstylist.net](http://www.alexandre-hairstylist.net) or you can call +351 936 595 774.



**T**his for him was not something he or other people had to feel sorry about, as he rather saw it as a chance to turn his life

around and had the idea he was given a second life. With this new feeling of opportunity he decided to settle down in Portugal and in 2017 opened his hair

salon in the beautiful fishermen’s town of Ferragudo. Alexandre specialises in blond hair and highlights, but welcomes everyone



# Alexandre

*Belgian native*

## 936.595.774

French Hairstyle Trained

### ALMANCIL

229, Avenida

5 de Outubro

*@ Dare U*

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

### FERRAGUDO

66, Rua Infante

Dom Henrique

*Since 2017*



English spoken



Je parle français



Ik spreek Nederlands

[www.alexandre-hairstylist.net](http://www.alexandre-hairstylist.net)

Facebook Alexandre Hairstyle





# The “nips and tucks” of aesthetic medicine

Patients often pose the question: “What exactly is Aesthetic Medicine?”

**B**y definition, it is the practice of minimally invasive techniques and treatments in order to improve, reverse, or delay the effects of ageing, and although sounding very impressive in its objective, this definition still does not clearly explain the means by which this “miracle” is to be achieved. For decades Plastic Surgery has been the gold standard for facial rejuvenation but has always relied on the tried and trusted approach of stretch, lift and cut off excess skin and/or tissue. However, this traditional 2-dimensional approach did not address the effects of ageing on the underlying deeper structures such as bone and connective tissues, nor the overlying skin. It was from this that the multi-faceted approach of Aesthetic Medicine was born. Aesthetic Medicine aims to combine various treatments and therapies

to, not only improve skin tone, firmness and elasticity, but also to fill out and lift sagging tissues. Each treatment modality works to enhance the effects of the other, so for example, a skin that is more firm and less thin (through various collagen-stimulating protocols and skin-tightening treatments such as radiofrequency) will naturally wrinkle less, and will likewise “drape” more naturally when filled out and lifted with more conventional dermal filler materials. An Aesthetic Medicine trained practitioner must thus combine an artistic eye to understand the play of light, shadow and contouring to bring out the most aesthetically pleasing proportions to the client’s face. They must also understand the laws of physics, of levers and pulleys and the push-pull function of each facial muscle in order to lift a saggy brow without drooping another part of



the face. This anatomical knowledge must also be used to avoid complications and if they do arise, to know how to best deal with them. And of

course, knowing which product best addresses which problem. All the above must be combined with managing patient expectations,

needs, wants, and of course budgets. This is what makes Aesthetic Medicine not just exciting and rewarding, but also challenging.

**Please phone either Luzdoc in Praia da Luz on 282 780 700 or Medilagos in Lagos on 282 788 217 to make an appointment.**



## SPORTS MEDICINE

Prevention, diagnosis and treatment of sports injuries.

### FOR

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### BENEFITS

Improving performance, preventing and recovering injuries;

Pain control.



## AESTHETIC MEDICINE

**bt** botulinum toxin

**df** dermal fillers

**mn** microneedling

**ps** plasma surgical

**pp** PRP PLATELET-RICH PLASMA

**cp** chemical peels

**rf** radiofrequency

**ps** plasma shower

### Morada | Address

Rua 25 de Abril, 12,  
Luz, 8600-174 Lagos.

### Contactos | Contacts:

☎ 282 780 700 ☎ 282 780 709  
✉ info@luzdoc.com

## Clinic and Domicile

[www.luzdoc.com](http://www.luzdoc.com)

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Facial Revitalisation Acupuncture is not only a beauty treatment : it is a health treatment.

For thousands of years, the Chinese have known that beauty comes from the inside.

The Chinese discovered and utilised ways to change the energy flow within the body, to initiate the healing process for rejuvenation. What is Facial Revitalisation Acupuncture? F.R.A involves the insertion of hair-thin needles into particular areas of the face, neck, hands, trunk and legs, along channels or meridians of energy called Qi (pronounced chi). Specific points are chosen to manipulate the movement of Qi in the body, according to the individuals needs. Only the highest quality disposable needles are used.

Yvette Masure is a fully registered Member of the British Acupuncture Council (BACC) the lead body for Acupuncture in the UK.

They only represent those professional acupuncturists who have undertaken extensive training and who abide by the code of ethics. Yvette Masure Lic. Ac.

O.M.B.Ac.C

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## AMEM

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Rua do Povo do Burro, Carvoeiro







# Alcodem dental clinic, Algarve Orthodontic & Implant Centre

The Alcodem Clinic opened in 1996, expanded in 2012 and is located in Albufeira, with plenty of free parking and a bright and modern interior.

**E**ach of the five dentists that work here as a team, specialise in a different field, which enables Alcodem Clinic to offer almost anything a patient could need, from advanced oral rehabilitation with implants, orthodontics and odontopediatrics to endodontics, aesthetics and periodontics. Alcodem are basing their work

on a digital work flow, which means that X-rays and scanners function digitally and crowns and ceramics are made using a 3D printer. They always renew and update their equipment and technology to make procedures safer and easier both for the patient and the dentist. While keeping up with modern solutions is important, they still take their time for each patient



and make sure the patient feels at ease throughout every part of the process. Emergency services are also available and clients in need are usually seen within 30 minutes. Other special services include a

one day smile solution dental implants and invisible orthodontics. If you want to find out more about Alcodem, visit their facebook page "Alcodem Clinica Dentária", call +351 289 587

818 or visit them at Parque da Corcovada (near bullfight roundabout), Centro de Implantologia e Ortodontia do Algarve, R. Manuel Teixeira Gomes 30 loja E in Albufeira.

## ALCODEM CLINIC

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Rua Manuel Teixeira Gomes - 30 Loja E  
Parque da Corcovada - Albufeira







## Health and wellness is more than just about fitting into those jeans

Although it always feels good to fit into those "skinny" clothes kept in the back of your closet, wellbeing is so much more.

It's about keeping fit both physically and mentally and by doing something we enjoy in a welcoming environment. With over 35 classes per week and a mix of outdoor and indoor sports facilities the Health Club at Browns Sports Resort will help you feel better about yourself. Keeping fit doesn't have to be boring as Browns offers aqua aerobics, circuit training, pilates, pound, zumba and yoga classes just to mention a few; all given in both Portuguese and English. If you don't like classes or working out in the gym there is tennis, squash, spa area, basketball, an indoor and outdoor pool plus a one kilometre walking track. Walking football for the over 50 crowd is also very popular. Whether you relax by doing yoga or reaching your max heart rate in a high intensity class, you're sure to find the right class that suits you and meet new acquaintances as well!

Health Club memberships range from daily to annual, including packages specifically designed for non-residents who are "regulars" to the Algarve. All membership types include full use of all the Health Club facilities and classes with no hidden fees. Upon joining you will meet with one of our instructors to discuss your objectives and create a personalised plan

that is best for you. Moving into its 20<sup>th</sup> year, Browns Sports Resort continues to cater to professional athletes and local residence as a Health Club, Training Resort, Hotel and Sports Bar & Restaurant. **For more information, drop into the club at Caminho dos Golfes in Vilamoura, call 289 322740 or visit online at [www.brownsportsresort.com](http://www.brownsportsresort.com)**



### Have fun keeping fit.

Caminho dos Golfes, Vilamoura ☎ (+351) 289 322 740  
[www.brownsportsresort.com](http://www.brownsportsresort.com)





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## Fightershop.pt

Fightershop.pt is the only shop in the Algarve that specialises in high quality, professional fighting gear.

Here, customers can find a wide array of everything that is needed to practice and teach different fighting sports like Boxing, Karate, MMA, Thai boxing, Kickboxing, Krav maga and Jiu-Jitsu, as stocks range from coaching equipment, protection gear and combat gloves to mouth guards, kimonos, clothes, supplements and finger tape. They sell products from different high-grade brands and in different price ranges like Royal, Venum, Fairtex, King Pro Boxing, Twins Special and Buddha. The shop is easily accessible and is located

in Portimão, where the owners do everything they can to provide individualised customer support, taking their time to talk to each customer about their needs and preferences, as well as offering coffee and sweets, and knowledge about the fighting sports scene in the Algarve. If you want to find out more about **Fightershop.pt**, you can visit them in their shop at Rua 2, no.4 a, Bairro de Boavista, call +351 282 036 157, or visit their facebook or Instagram page "Fightershop.pt".

