

# Holistic Therapy

.....KATE SREENARONG.....

LOCATED IN LOULÉ, THE HOLISTIC MESSAGES AND THERAPIES STUDIO "O CASULO URBANO" SPECIALISES IN HOLISTIC CARE, THERAPEUTIC MESSAGES, AND MINDFULNESS TECHNIQUES.



personal needs. With almost 18 years of experience, I wish to share my wisdom and care and continue to bring wellbeing into your lives!", Eva Potrzebowski told **Central Magazine**.

**T**he founder of the studio, Eva Potrzebowski is a certified Holistic Therapist and Aesthetician who is passionate about alternative care and wellness.

Holistic therapy focuses on the person as a whole and integrates spiritual, physical, mental and emotional forms of wellbeing, with the aim of helping individuals develop a deeper understanding of themselves on all these levels.

At "O Casulo Urbano", the range of services are not just limited to massages, but also body-mind-soul experiences that allow you to achieve overall health. Eva offers a variety of options such as Reiki, Candle Massages, Mindfulness Life Coaching and Ayurvedic Facial Care, among others, to provide treatments for everyone.

"Each session is unique and individually adapted to your

## *Treatments*

The therapist described her techniques as "a little mix of everything", due to learning a broad spectrum of holistic practises and being able to incorporate them into her personal style. "I listen to what your body needs, and there's a different approach for everyone."

"O Casulo Urbano" offers a variety of treatments to be as inclusive as possible for everyone, from clients with cancer or scoliosis, to eczema and they are equipped with a hydraulic massage bed to accommodate clients that weigh up to 120kg. "I also massage babies, from the age of 1 and children too, they're huge fans."

All massages are done with natural sesame oil and the Candle Massage is executed with a candle made of soya and coconut oil which stays at body temperature "so that it does not become waxy".



"I include Reiki into all my massages, for energy and chakra balancing, as well as the physical benefits. It helps me help you better, I try to assess your physical and spiritual wellbeing to the best of my abilities. Sometimes people aren't up for talking or understanding the concept, so I decided to integrate it into every treatment", Eva explained.

Adding that she likes to get to know her clients, their bodies and minds. To cover a broader range of issues. "I go in depth if they're up for it. If I know someone has kidney, digestion or liver problems, I can also give nutrition advice and breathing techniques, and if they should do certain exercises and let them know what could disturb their bodies."

Eva Potrzebowski is also a mindfulness coach who is dedicated to helping you navigate life's challenges and achieve a state of balance, clarity and fulfilment. The goal of the "Mindfulness and Life Coaching" programme is to help you cultivate a deep sense of awareness, resilience and inner peace. "I will provide a safe, non-judgemental space for you to explore your thoughts, emotions and experiences."

## Background

Born into a traditional Indian family, Eva was introduced to massages, yoga, meditation and reiki at a very young age. "I grew up surrounded by these practises, where we massage children with their mothers, and having two brothers, I got to see that."

"I've always had an interest in "touch therapy", I would participate in workshops to learn more. When I turned 18, I began to study more intense reiki courses, which led to me taking anatomy, physiology, reflexology and some Thai massage courses", Eva shared.

Before moving to Portugal, Eva lived in Switzerland as an Entrepreneur and certified Holistic Therapist. "I lived among the Alps and enjoyed 13 years of great success, with features in newspapers and magazines such as L'Hebdo, Femina and La Liberté, among the best institutes in the Fribourg and French-speaking Switzerland region."

## "O Casulo Urbano"

The studio aims to provide a safe and relaxing environment for anyone seeking to improve their wellbeing.

Eva considers the logo and name "O Casulo Urbano" translated into English "The Urban Cocoon", to mean metamorphosis. "We all go through transformations in life, these techniques and therapies can help to lighten the load, help connect and regenerate. Taking care of yourself makes a difference, focusing on your own wellbeing is essential."

From the smells to the visuals and music, the studio is curated to be a place where you can leave your problems at the door and destress. "I enjoy being present and attentive. I'm here for anyone who wants help, either to listen or to take care of anything that may be affecting your health, mentally or physically", Eva concluded.

In addition to the holistic care, "O Casulo Urbano", donates 10 percent of proceeds in support of two orphanage schools in India, namely "Shanti Bhavan" and "Dom Bosco".

**For more information on the studio please visit:**

**[https://www.instagram.com/ocasulourbano\\_loule](https://www.instagram.com/ocasulourbano_loule) or**  
**<https://www.facebook.com/OCASULOURBANOLOULE>**

