



PAULA BRAVO

MULTIREFLEXOLOGIST & INTEGRATIVE WELLNESS PRACTITIONER

"Touch is a living science. Food can be medicine. And the body, when truly listened to, knows how to heal itself."

ABOUT

Paula is a pioneer of Facial Reflexology in Portugal, the first person to translate the original Dien Chan method into Portuguese, and a deeply experienced integrative therapist with a unique gift for blending ancient wisdom with practical, transformative group experiences. With over 200 women reached through her signature programme and years of corporate and retreat experience, Paula creates sessions that leave participants genuinely different.

SIGNATURE WORKSHOP

90 min · group format

"Balance Your Body Through the Face"

1. Introduction to facial reflexology: how the face maps the entire body, engaging, accessible, no prior knowledge needed
2. A guided sequence of 12 self-massage techniques practiced by each participant on themselves
3. The "before & after" moment: participants photograph themselves before and after, the visible shift in relaxation and luminosity is immediate

THE WOW MOMENT

Participants are always amazed by the visible transformation in their own face, a rare, undeniable moment that turns sceptics into believers and gives everyone a tool they'll use for life.

Tailor-made workshops & programs

Paula's creativity is unlimited when it comes to promoting wellbeing through reflexology. Every organization is different, and so is every experience she designs. Whether the brief is a one-off afternoon session, a themed corporate event, or a multi-day retreat, nothing is off the table. She collaborates closely with organizers to craft something truly bespoke: the right format, the right tone, the right impact for each specific group.

Corporate team days | Wellness retreats | Burnout & resilience programs | Women's empowerment | Leadership wellbeing | Themed seasonal sessions | Multi-day formats

ADDITIONAL OFFERINGS

- Themed facial reflexology workshops
- Stress relief, energy boost, sleep & recovery, adaptable to any corporate wellbeing theme
- Guided meditation & mindfulness
- Tailored group sessions to open or close a vitality afternoon, accessible even for beginners (15–30 min)
- Foot reflexology
- Complementary individual or rotational session, relieves stress and re-energises the body
- Retreat collaboration
- Regular collaborator in multi-day wellness retreats, experienced with group dynamics and immersive formats

SPECIALIST TECHNIQUES

Facial Reflexology (Dien Chan) Foot & Palmar Reflexology Auricular Reflexology Biomagnetism Yamamoto Cranio puncture (YNSA)Tung Acupuncture NEURO touch Energetic Nutrition (5 Elements, TCM), Gua Sha (porcelain — own creation)

Pioneer & Ambassador of Dien Chan in Portugal. Created the online program "Os Segredos da Face" (The Secrets of the Face), which has already transformed the self-care routines of more than 200 women. In 2022, she walked Portugal's iconic Nacional 2 route with the motto "Balance your body through your face" — concluding the journey live on national television, celebrating her birthday and proving that vitality has no expiry date.

LANGUAGES

- Portuguese — native
- English — fluent
- Spanish — fluent
- French — conversacional
- Italian — conversacional

"More than applying therapies, I create pathways of reconnection, where touch awakens, breath reopens, and care becomes courage."

BASED IN

Portugal · Available across Europe (always upon request and availability)