



ALESSANDRA PEIN

Masseuse

PROFILE

A professional with international experience in the field of health and well-being, specialising in Pranothérapie, Reflexology, Essential Oils, Mental Techniques and Coaching. An expert in Breath Science and human bioenergetic functioning, she works in Italy and abroad, offering customised solutions for improving psychophysical well-being.

WORK EXPERIENCE

Pranothérapie Practitioner

Activities performed to improve the energetic and physical well-being of clients through bioenergetic rebalancing techniques.

Professional Reflexologist

Experience in the application of reflexology treatments for relaxation, stress management and support of general well-being.

Essential Oils Consultant

Advice and training on the use of essential oils to improve health and promote natural well-being.

Mental Coach and Trainer

Customised support for the development of mental techniques, coaching and strategies for personal growth and goal attainment.

Expert in Breathing Science

Specialising in breathing techniques to optimise bioenergetic functioning and psychophysical well-being.