



Life in Balance

*Living in Balance
means living
in Harmonie ...*

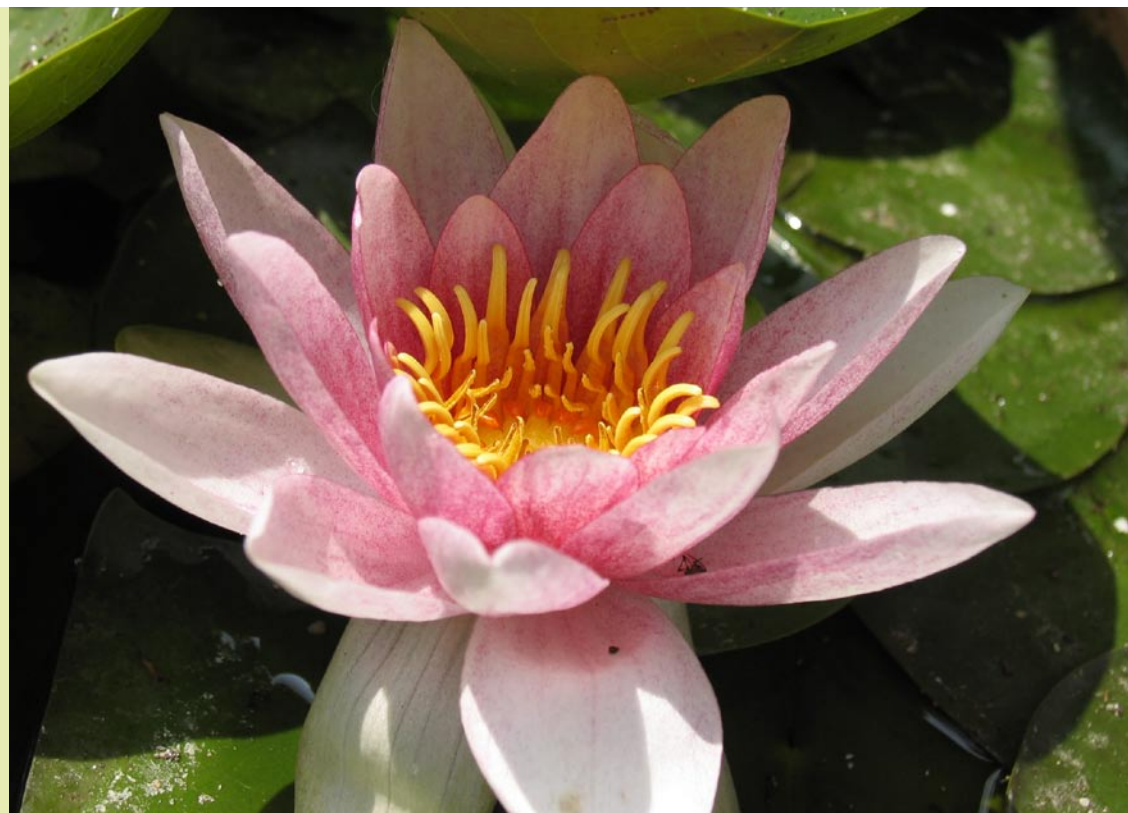
The Therapy Center

Our therapy center "Life in Balance" regards physical health and mental balance holistic processes, with the human being as the center.

Our counselings, therapy forms and methods are individually adapted and are targeted to increase quality of life, gain inner balance and to find (again) enjoyment of life.

Our range of services aims at the vocational and private self realization as well as on the physical and mental well-being of our clients and patients.

We are looking forward to your attendance.
Your "Life in Balance" team



Our Philosophy

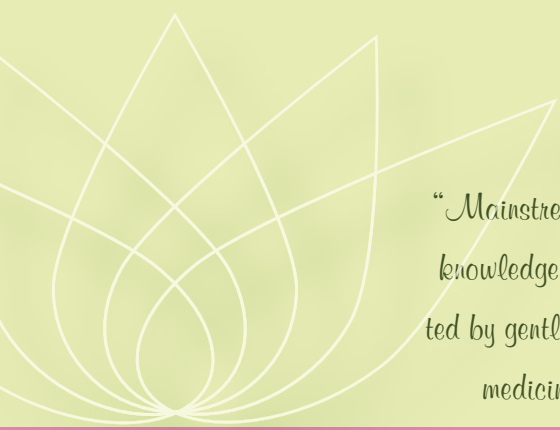
"The Human Being is the centre of our attention".

Our center joins therapists and coaches with expert knowledge of various areas of health studies. Alternative medicine and holistic approaches complement methods of mainstream medicine.

All therapies and treatments are preluded by an extensive counselling talk, in which we, together with our patients, will determine the course of action.

Fit and balanced

In addition to this holistic therapy approach we also offer trainings to support physical fitness and mental balance. These trainings can also be attended to separately.



"Mainstream medicine knowledge complemented by gentle alternative medicine methods."



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Acupuncture is thought to have originated in China and is most commonly associated with Traditional Chinese medicine (TCM).

Acupressure is a traditional Chinese medicine (TCM) technique based on the same ideas as acupuncture. Acupressure involves placing physical pressure by hand, elbow, or with the aid of various devices on different acupuncture points on the surface of the body.

Aura Soma combines the energy of colour with the energies of herbs from essential oils and herbal extracts as well as the energies of precious stones with healing characteristics.

Bach claimed to have psychically or intuitively discovered the healing effects of 38 wildflowers. His "discoveries" were arrived at by "inspirations."

The system of Reiki comes from Japan and the word Reiki can be translated as "spiritual energy".



Our Services

Acupuncture

Acupressure

Aura-Soma

Beachflowers

Reiki

"Holistic Healthcare is more than statistical data. Mental balance is as important as mensurable data from the mainstream medicine."

