



Tipo de Serviço		Sem Plano	My Home Care
 Pilates	1ª sessão de Pilates Clínico (80 min)	100,00€	50,00€
	Sessão de seguimento Pilates Clínico (60 min)	80,00€	40,00€

Packs 4 YOU	Preço		Sem Plano	My Home Care
	Pilates	Conjunto de 4 consultas/sessões	300,00€	140,00€

*Atualizado a 1 de Setembro de 2025



Type of Service			Without Plan	My Home Care
Osteopathy	1st Osteopathy Session		100,00€	65,00€
	Osteopathy		90,00 €	60,00€
	Osteo-myio-articular Pain (bones, muscles, joints)		80,00€	60,00€
	Spinal Pain			
	Scoliosis (Spinal Curvatures)			
	Paresthesia (numbness of the limbs or extremities of the body)			
	Tendinitis	Low Back Pain		
	Sprains	Cervical Pain		
	Headaches	Torticollis		
	Sciatica	Carpal Tunnel Syndrome		
Packs 4 YOU	Price		Without Plan	My Home Care
	Osteopathy	Set of 4 Consultations/Sessions	320,00€	220,00€