

Profile / Summary

A qualified BTEC level 5 remedial massage specialist, Pranic Healer practitioner and experienced guided meditation provider. An independent remedial soft tissue and sports massage therapist with 24 years of experience in multiple massage techniques. His unique techniques aim to eliminate and manage musculoskeletal pain and aid recovery while maintaining balance within the body.

Tailored treatments promote physical and mental relaxation, as well as reduce pain and improve physical function. Possess a hands-on approach to address muscle and soft tissue pain, joint stiffness and improve posture to assist with efficient movement.

Alessandro has full UK therapist liability insurance and is passionate about improving the life quality of clients – physically, mentally and emotionally. He is professional and punctual, providing treatments through various clinical institutions.

Key Skills

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| <ul style="list-style-type: none">• remedial soft tissue massage• numerous massage techniques including sports; deep tissue; pregnancy; Swedish; Traditional Thai full body• manual therapy• deep lymphatic drainage | <ul style="list-style-type: none">• reflexology feet, full body and lymph drainage• energy healing – emotional, mental and physical treatments• pranic beauty – face lifting, cell rejuvenation, body sculpturing and psychotherapy with pranic healing• guided group and individual meditation |
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Career Highlights / Work Experience

Remedial Soft Tissue and Sports Massage and Biodynamic Body Work Master Therapist

- **Director: Holistic Healing Solutions** – <https://www.holistichealingsolution.co.uk/> (Sep'18 – present)
Alessandro Mancini is a Clinical Massage Therapist, an energy Pranic Healer and a Guiding Meditator. Alessandro has had the pleasure of treating many people in person and remotely, helping them recover from difficult physical, mental, emotional and spiritual issues or just helping them improve their general health.

Independent master therapist currently working on various freelance contracts including:

- **Path To Pranic Healing Ltd**, London – Director, Co-Instructor and Courses Organizer (Oct'23-present)
 - <https://www.pathtopranichealing.com/>
- **AELTC** (All England Lawn Tennis Club), Wimbledon, London – provide therapies for AELTC members (May'23-present)
 - <https://www.wimbledon.com/>
- **Southfields Physiotherapy** Clinic, London – Remedial Soft Tissue / Sports therapist and Pranic Healer (Sep'20 – present)
 - <https://southfieldsphysio.co.uk/>

Examples of regular alignment provided: frozen shoulder; golf and tennis elbow; cranial work; neck and shoulder muscles skeleton injuries; hormonal balancing - menopause; physical performance optimization - improve sports performance; posture alignment; repetitive strain injuries; tailored sessions for expectant and nursing mothers; chakra balancing; lower back muscles skeleton injuries; joint mobility and much more.

Wide range of regular clients like world-ranked tennis players; professional golfers; athletes and marathoners; football players; ballerinas; politicians; accounting professionals; horse riders; doctors and medical staff.

Earlier Career

Beaverbrook Hotel & Spa, Leatherhead, Surrey – remedial & biodynamic bodywork (Aug'22 – Jan'24) <https://www.beaverbrook.co.uk/spa/>
Marco Pasolini Health Clinic, Fulham, London – Sports therapist and Pranic Healer (Feb'20-Oct'23) <https://mphealthclinic.com/>
Doubletree by Hilton Acaya Hotel and golf club, Lecce, Salento Puglia region, Italy – masseur <https://www.acayagolfresort.com/>
IOMED, integrated holistic medicine center, Lecce, Italy - pranic healing and seminars <https://www.iomed.it/>
Gilleleje Badehotel, historic seaside hotel and wellness spa, Denmark - masseur <https://gillelejebadehotel.dk/en/badehotel/>
Hotel de Russie, Rome Italy – masseur <https://www.roccofortehotels.com/hotels-and-resorts/hotel-de-russie/>
The Westin Excelsior, Rome Italy – masseur <https://www.marriott.com/en-gb/hotels/travel/romwi-the-westin-excelsior-rome> **Hotel Hassler**
Beauty & Wellness, Rome Italy – masseur <https://www.hotelhasslerroma.com/en/beauty-wellness/amorvero-spa> **St. Regis** Rome luxury
Marriott hotel and spa - masseur <https://www.marriott.com/en-gb/hotels/travel/romxr-the-st-regis-rome>

Qualifications

ISRM Institute Of Soft Tissue Therapists <https://www.theisrm.com/> Full Member; BTEC Level 5 Sports & Remedial Soft Tissue Therapies

Brighton Holistic School <https://brightonholistics.co.uk/> FHT Level 3 Anatomy-Physiology-Pathology

Richdales Institute Hammersmith Hospital <https://richdales.co.uk/> ITEC Level 3 in Sport Massage; Pregnancy Massage

CANDI City and Islington College <https://www.capitalccg.ac.uk/candi>

Surin Thai Massage - Traditional Thai Massage and Reflexology

Institute For Inner Studies INC - Pranic Healing and Pranic Beauty

<https://www.globalpranichealing.com/> Instructor: Maurizio Parmeggiani and Master Hector Ramus

Basic Pranic Healing; Advanced Pranic Healing; Psychotherapy with Pranic Healing; Crystal Therapy with Pranic Healing; Psychic Self Defence; Super Brain Yoga; Business Management; Arhatic Yoga; Face Lifting and Body Sculpturing; Human Anatomy, Physiology, Biology, Endocrinology & Pathology level 3

Insurances

Member of the Guild Holistic Therapist and Protectivity Insurance; Pranic Healer; Remedial Soft Tissue; Sports Massage; Traditional Thai Massage; Reflexology Therapy; Pregnancy Therapy; Reflexology Lymph Drainage.

Reviews

<https://www.holistichealingsolution.co.uk/reviews>

References

Available upon request