



## **Somatica Educational Platform Profile**

**[www.somatica.eu](http://www.somatica.eu)**

## Who We Are

Somatica is an international educational platform offering modern approaches to massage and manual practice.

It is a logical, physiologically grounded system of training where safety, quality of touch, and respect for the body are core priorities.

Somatica integrates international experience, contemporary research, and author-developed programs, following a simple principle: massage must be reasonable and aligned with current scientific knowledge.

## Core Training Areas

Somatica training covers key directions in contemporary bodywork and manual practice, all grounded in up-to-date scientific data.

- **Chronic somatic pain and myofascial pain syndromes (MFPS)**

Modern models of pain, contributing factors, trigger points, and algorithms of inactivation.

- **Aesthetic facial massage through the lens of neuroscience**

Tissue reactivity, mimic patterns, facial aging morphotypes, physiologic and effective techniques.

- **Fascial techniques and gentle manual therapy**

Tissue mechanics, slow vector loading, work with superficial and deep layers, sensory modulation.

- **Ergonomics and biomechanics for practitioners**

Movement control, force distribution, prevention of overload, and improvement of touch quality.

## Somatica Author Programs

Somatica includes several author-developed programs combining scientific grounding and practical precision.

- **Remodeling Facial Chiromassage®**

A facial massage based on aging morphotypes, mimic patterns, and natural tissue dynamics. Focus: prevention of aging. This course differs significantly from the classical chiromassage of Enrique Garcia and the IQ chiromassage of Elena Zemskova in both structure and theory.

- **Neuroplastic Facial Chiromassage (Neurosedative techniques)**

A program designed for sensory modulation and normalization of facial tissue reactivity and mimic patterns. Useful for tension, stress-related reactions, and tonus regulation.

- **INIT (Integrated Neuromuscular Inhibiting Technique)**

A program focused on chronic somatic pain and MFPS. Includes assessment, normalization of reactive tissues, movement integration, and pattern correction.

## Training Formats

Somatica offers several formats that allow specialists to choose the pace and depth of study.

- **In- person trainings**

Small groups, hands- on practice, tactile skill development.

- **Online courses**

Thematic programs for self- study with access to theory and demonstrations.

- **Video lectures with long- term access**

In- depth lectures on pain, tissue mechanics, facial morphotypes, and tactile anatomy.

- **Modular learning**

Structured theoretical and practical blocks.

- **Individual technique correction**

Touch analysis, movement efficiency, and practitioner ergonomics.

## Certification

Upon completion of training, students receive certificates or diplomas confirming professional development.

- **Somatica certificates are recognized across European countries**

They meet the standards of continuing professional education.

- **The instructor and the school are accredited in Israel**

Programs are officially recognized by national professional bodies.

- **Certificates and diplomas are recognized by the Israeli Professional Massage Association**

They can be used to validate qualification and professional status.