



Somatica Educational Platform Profile

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.