



PALÁCIO ESTORIL
WELLNESS CENTRE

CLINICAL TEAM

We are proud to have brought together an unrivalled team of expert therapists and medical practitioners dedicated to providing a fully integrated, 360° approaches to physical, mental and emotional wellbeing. From physiotherapists and masseurs to osteopaths and general medical clinicians, our highly qualified team brings a wealth of experience and a proven track record in their chosen field. Relax and enjoy your journey into wellbeing. It starts here.

Dr. Cândida Monteiro

Physical Medicine and Rehabilitation

Dr. Cândida Monteiro has a Degree in Medicine from the *Faculdade de Medicina de Lisboa* (1983). She completed training in the Medical Specialty of Physical Medicine and Rehabilitation (PM&R) in 1991, and gained a PhD in Palliative Care from the *Faculdade de Medicina de Lisboa* in 2013. She is also qualified in Medical Hydrology, has been a practicing Physiatrist at the Portuguese Institute of Rheumatology since 2004 and the **Clinic Director of the Estoril Wellness Center** / Termas do Estoril since 2010.

Dr. Teresa Nogueira Filipe

General Practice

Dr. Filipe has a degree in Medicine from the *Universidade Clássica de Lisboa*. She has also completed and qualified in Hydrology and Climatology at the *Instituto Superior Técnico de Lisboa*, and boasts a Master's Degree in Immunoallergology and Competence in Pharmaceutical Medicine. The doctor is a member of the International Society of Medical Hydrology and Climatology and of the Portuguese Society of Pulmonology. She has been working at the Estoril Wellness Center since 2010.

Dr. Vera Las

Rheumatologist with clinical competence in Pain Assessment.

With a degree in Rheumatology and Hydrology from the *Faculdade de Ciências Médicas da Universidade Nova de Lisboa*, Dr. Vera has been a valuable part of the team at the Estoril Wellness Center since its opening in 2010. She is also a graduate assistant at the Portuguese Institute of Rheumatology and as Rheumatologist, with clinical competence in Pain Assessment from the Termas do Vimeiro. Dra. Vera Las has her own clinic "*Reumatologia Clínica Vera Las Lda.*".

Dr. Paulo Fonte

Physiotherapist and Traditional Chinese Medicine

Paulo has been working at the Estoril Wellness Clinic since early 2016, after 6 years of education and practice at Taipei, Taiwan. Worked for 5 years as acupuncturist at the Yu-Sheng Chinese Medicine Clinic (Taipei). Born in Portugal and with his academic degree in Physiotherapy from the *Escola Superior de Tecnologias da Saúde do Porto*, and with many professional qualifications in Tai Chi, Neurorehabilitation Systems, QiGong, Yoga, Watsu, among others. Paulo has a strong commitment to all his patients given his vast experience in integrative health treatments and therapies.



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Dr. Patricia Segadães

Nutritionist

With a Nutrition Sciences Degree from the *Instituto Superior de Ciências da Saúde Egas Moniz*, Patricia is the co-founder of Walmond – a digital platform within the Nutrition and Dietetics area. As such she is a frequent collaborator in popular monthly health Magazines *Prevenir* and *Saber Viver*. Patricia is the co-ordinator of the WellnessSlim programme and Nutrition Consultations at the Estoril Wellness Center. For her the importance is not dieting or calorie-counting, but re-educating people to make better food choices based on good nutritional information.

Dr. Margarida Garcia

Biofeedback Quantum Medicine and Traditional Chinese Medicine

An avid seeker of human and humanistic processes, be it biochemical or physiological, or in its most political-sociological aspect. She gives himself with deep dedication to the perfection of well-treating and caring for the human being. Internist Specialist in Traditional Chinese Medicine from Nanjing University. Lisbon 2009 - Degree in Traditional Chinese Medicine, ESMT. Los Angeles 2005 - Master Specialist in Biofeedback - Quantum Medicine, by the Quantum Center of Excellence in London 2004 - Degree in Philosophy from the University of London. London 2000 - St John's Ambulance Award First Aid Course.

Prof. Dr. Manuel Pinto Coelho

Anti Aging Medicine

A medical Doctor from the University of Lisbon - School of Medicine, Dr. Pinto Coelho completed a Post Graduation course in Anti-Aging Medicine at the Spanish Society of Medicine and Cosmetic Surgery of the Universitat Autònoma de Barcelona. He also has a Ph.D in Educational Sciences UTAD from the University of Trás-os-Montes e Alto Douro.

He has his own clinic – Clínica Doutor Pinto Coelho – which specializes in medical intervention, including Bio-Identical Hormone Replacement and Supplementation to help diabetes and obesity. He is also a Professor at ISCE – Superior Institute of Educational Sciences Visiting Professor at UTAD – University of Trás-os-Montes e Alto Douro Member and Researcher at CIDESD (Research Center in Sports Sciences, Health and Human Development – UTAD). Other accreditations include Personal Physician of the Prime-Minister of Portugal, and Clinical Director on Detox and Rehab and Head of Research at Clínica Dr. Manuel Pinto Coelho – Gondomar and Galamares.

Dr. Marcela Pinheiro:

Dental Medicine

The Dental Clinic at the Estoril Wellness Center is headed by Dr. Marcela Pinheiro and her team, who are focused on specific treatments, such as: Dentistry, Oral Hygiene, Endodontics, Periodontology, Oral Surgery, Dental Prostheses, Dentistry, Functional Jaw Orthopedic, Corrective Orthodontics and Implantology. Dr. Marcela Pinheiro has a degree in Dental Medicine from the *Instituto Superior de Ciências da Saúde – ISCS-Sul* and a Master's degree in Ortodontia by the Ibrapro in São Paulo, Brasil. She has been a part of the Estoril team since 2013.



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António Abrantes

Coordinator of the Clinical Team

Antonio has been the coordinator of the Clinical team since its beginning. He is also a teacher of Hydrotherapy Techniques and the Senior Therapist at the Estoril Wellness Center. Antonio has his degree in Tourism, Hospitality and Hydro Therapy from the ISCE University.

Carla Bangueses

Physiotherapist / Pilates instructor

Carla has joined our specialized team in the beginning of 2018 and with her vast experience on the rehabilitation has been a very successful expert in this specific field. Carla has a degree in Physiotherapy from the *Escola Superior de Saúde do Alcoitão*, with a specialization in Physiotherapy for pre-partum and baby massage. Took a special training Taping Miofascial for physiotherapists and has also the Clinical Pilates MW1 Matwork certification (2015) and the Pilates Complete Equipments Essencials (2017).

Dr. Isabel Tomaz

Osteopath and Physiotherapist

Dr. Isabel graduated from *Escola Superior de Saúde do Alcoitão* in Physiotherapy, followed by Advanced Training in Postural Reeducation Articular at the *Université Internationale de Thérapie Manuelle* (France). After that she took a degree at the *Escola de Osteopatia de Madrid* (Spain) in Osteopathy and later a postgraduate degree in Advanced Osteopathy. She has been working with the Estoril Wellness Center since 2017 and has a real dedication to the profession and to her patients.