



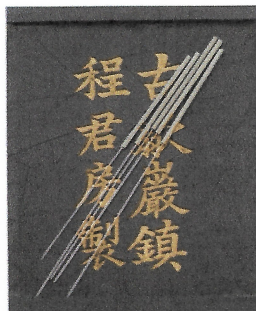
ACUPUNCTURE

The point of wellbeing, A life changing Introduction

Acupuncture is widely known to relieve pain, but it is also helpful for many conditions where pain is not the primary issue. At *Relax & Refresh, Health Beauty and Wellness*, our therapies feature some of the most modern and cutting-edge treatments, but we also believe in a multi-disciplinary approach as well. Not only do we offer the industry's latest treatment options, but we also provide ancient Eastern medicine alternatives.

Research has shown acupuncture to be effective in the treatment of over 100 health conditions, some of which are listed below:

STRESS	DIGESTIVE	RESPIRATORY	PAIN	COMMON COMPLAINTS
Insomnia	Sea Sick	Colds	Joint Pain	Weight/Obesity
Anxiety	Nausea	Flu	Neck/Back Pain	Edema
Depression	Vertigo	Asthma	Sciatica	Tinnitus
Vertigo	GERD's	Sinusitis	Arthritis	PMS/Menstrual
Tension	Gastritis	Rhinitis	Carpal Tunnel	Menopause
Spasms	Constipations	Allergies	Tennis Elbow	Diabetes
Addictions	IBS	Hay Fever	Frozen Shoulder	UTI's
Dizziness	Gas Bronchitis	Fibromyalgia	Trigeminal	Neuralgia
Fatigue	Crohn's	Pneumonia	HA's/Migraines	Bell's Palsy
Menieres	Diverticulitis	Post Nasal	Shingles	Impotence
Hypertension	Bloating	Ear Ache	Heel Spurs	Jet lag
PTSD	Acid Reflux	COPD	Sports Injuries	Peripheral Neuropathy



What is Acupuncture?

Acupuncture is a medical science used by early physicians in East Asia for more than 5000 years to treat pains and dysfunctions in the body. There are over 500 acupuncture points on the body that directly affects the body's energy network, called Qi. Qi has no direct English translation, but can be translated as 'vital energy' or 'life force'. Qi is the force that gives things life, animation and movement.

How Does Acupuncture Work?

Chinese Medicine works to balance a person's internal environment. Physical, emotional and environmental stressors that each affect the body differently. The use of hair-thin needles at particular acupuncture points, or points of discomfort, create an endorphin response that releases energy triggering the body's natural instinct to heal itself.

In addition to acupuncture, we also offer the following treatments:

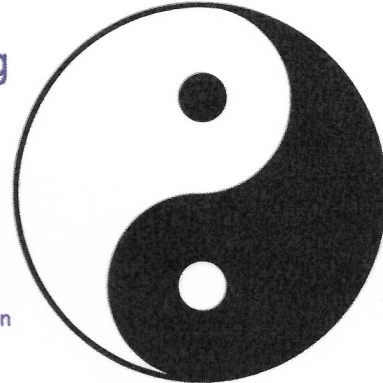
- **Electro-Acupuncture:** a technique using electrical stimulation of the needle points to increase therapeutic benefits.
- **Cupping:** a therapy designed to stimulate blood flow through the use of small glass cups. A vacuum is created under the cap using heat and suction. When needed, the cups can be moved along the skin.
- **Tui Na:** a massage technique that translates 'push grasp' that moves vital energy in various parts of the body. It is used mostly to relieve muscle pain, tension and inflammation.

Our Acupuncturist, **Doctor Young Min Yang**, is a Doctor of Oriental Medicine, Herbalist, Acupuncturists, with more than 10 years experience of treating patients with following disorders:

- Pain Management
- Weight Loss
- Disc Herniation
- Headaches, Migraines
- Anxiety/ Stress Relief
- Menstrual Disorder
- Depression/ Emotional Disturbance
- Stroke and Paralysis
- Gastro-Intestinal Disorder
- Allergies and Sinusitis
- Cancer patients
- Auto Immune disorders

Yang

positive
sun
light
heaven
active
fire
above
heat
generation

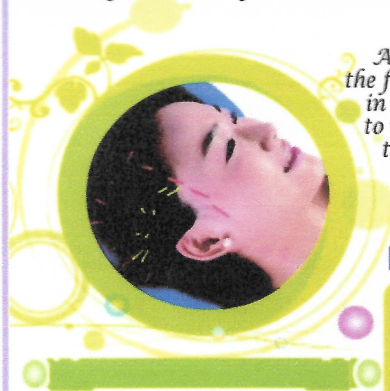


Yin

negative
moon
dark
earth
passive
water
below
cold
growth

Cosmetic Acupuncture

To obtain **Natural younger & Healthy skin** only by using the hair fine needles **without a surgery or pain!!**



Acupuncture Treatments involve using the finest needles to stimulate the meridian in order to increase the blood circulation, to relax or tighten the facial muscles, and to enhance collagen production & tone for a vital and youthful facial appearance.

Miracle Face Revolution

Results may :

- Soften fine lines and wrinkles
- Lift sagging skin and double chin
- Brighten and lift the eye lids
- Tighten and lift the jaw line
- Keep acne prone skin under control
- Increase collagen production
- Minimize age spots & dark circles
- Improve skin tone, color, & texture
- Improve Bell's Palsy
- Restore brightness & vitality to the complexion

Natural youthful look!!
Long lasting effects

No Pain
No Anesthesia
No Side effects
No problem with
normal activities/working

