



Acupuncture

DESCRIPTION OF SERVICES

ACUPUNCTURE

Insertion of thin needles into the skin to energetically bring the body back to balance (homeostasis) allowing the body to heal itself.

GUA SHA

Technique that involves scraping the skin with a smooth-edged tool to relieve pain and tension

TUINA

Ancient form of massage that focuses on balancing energy.

CUPPING

Glass cups applied to the skin creating suction as a way of stimulating the flow of energy (Qi) and promoting fresh blood flow.

MOXA BUSTION

Burning dried mugwort (moxa) on particular points on the body, and or on the ends of needled points.



GUASHA



MOXA



CUPPING

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