

HEALTHY LIVING

HEALING THERAPIES

Rich healing traditions can be found in every culture throughout the world. Fortunately, many of these traditions have become well known outside of the geographical location where they originated due to their effectiveness in promoting health. Our highly trained licensed therapists excel in delivering these therapies in accordance with tradition.



ACUPUNCTURE

Our Licensed Acupuncturists provide an individualized assessment and evaluation of each person's health, stressors and lifestyle using a Traditional Chinese view, checking pulses and looking for imbalances in the flow of energy in the channels that run throughout the body. Using a series of fine needles to restore balance, and elevate the mind and spirit, acupuncture relieves pain, enhances sleep, alleviates anxiety and stress, and treats acute and chronic muscular and degenerative conditions.

60/90-MINUTES

30-MINUTE FOLLOW-UP APPOINTMENTS ONLY AVAILABLE UPON COMPLETION OF ANY 60/90 MINUTE SERVICE EXPERIENCE.

ACUPRESSURE

Acupressure uses finger pressure rather than fine needles on specific points along the body to reduce stress, tension and alleviate aches and pains. **30/60-MINUTES**

ACUPUNCTURE FACIAL

This Rejuvenating Acupuncture Facial promotes innate beauty and radiance, resulting in a more youthful look by reducing fine lines, wrinkles and puffiness on face and eyes as well as an increase in circulation and improved facial color. We suggest extending the benefits of this treatment by adding the 45-minute Rejuvenating Facial immediately following. **60/105 MINUTES**

CUPPING

In this traditional Chinese medical technique the therapist uses heat to create a vacuum in a cup, then quickly places it on the body using a gliding motion along the skin. The resulting suction moves energy, or Qi, to increase local circulation, relieve pain and promote healing. Cupping may be performed on the back and shoulders or along the thighs and upper buttocks to help reduce the appearance of cellulite. Cupping may cause faint bruising. **60-MINUTES**

THAI MASSAGE

The perfect massage for the sports enthusiast or more experienced spa-goer. Thai massage incorporates stretching and targets pressure point to allow your energy to flow. This experience takes place on a Thai floor mat. Skilled therapists literally use their whole body to move you into various yoga like positions, releasing muscles, increasing range of motion and leaving you relaxed and invigorated. **Please wear loose fitting clothing. 60/90-MINUTES**

