**Traditional East Asian Medicine (TEAM)**

**Dating back thousands of years TEAM treatments aim to balance Qi harmoniously through the meridians in the body resulting in an even flow of all channels resulting in healthier wellbeing and longevity**

**Acupuncture**

This treatment dates back thousands of years, usually involving painlessly inserting thin needles to specific points on the body to help alleviate pain, nausea, vomiting and increase overall wellbeing including stress management

**Auricular therapy**

This treatment concentrates on the ears, as per TEAM parts of the body can represent the whole body and this is no different for the ears.

Needles, acupressure, magnets, pellets and moxa can all be used to alleviate problems and bring wellbeing and balance

Again, very useful for children, elderly and nervous patients

**Cupping**

This is an ancient form of therapy where cups are heated and placed over the body, mainly the back. It’s great for a deep tissue massage, inflammation, blood flow, relaxation and detoxification. Suction cups can be used if you prefer not to have the heat.

**Facial rejuvenation**

Needles are placed in certain points of the face to help with ailments, lifting, wrinkles, detoxification, headaches and to create a glowing healthy complexion. Finished and cooled with jade gua sha, it’s an amazing facial

**Gua Sha**

The gua sha are jade or horn tools used to scrape skin and stimulate the blood flow. They can be used on ailments such as inflammation, chronic pain, thinning hair, acne scars, cellulite

This can be quite a painful treatment and often leaves bruises due to bringing the blood back to the surface but can be very worthwhile.

**Korean Foot therapy**

KFT is a form of foot acupuncture/acupressure which can involve needles, magnets, pellets, moxa or massage.

This is a non-invasive way to treat a variety of patients and can assist in balancing the meridians and alleviate numerous ailments in your body.

**Korean Hand Therapy**

KHT is a form of hand acupuncture/acupressure which can involve needles, magnets, pellets, moxa or massage. This is a non-invasive treatment and is great for the nervous, young or elderly client and can alleviate and assist with a variety of problems.

**Stomach acupuncture**

The stomach represents the whole body, brain and nervous system.

Keeping the stomach healthy is of great importance to both mind and body.

Acupuncture/pressure, massage, moxa and magnets may be applied/used.

Not only is this a fabulous treatment it will alleviate constipation and can help with fertility as well as all other aspects of life stress and wellbeing