

Acupuncture is a modality of Chinese Medicine. It is a technique in which practitioners stimulate specific points on the body—most often by inserting thin, stainless steel, sterile needles through the skin.

Acupuncture can treat musculoskeletal issues, neurological conditions, digestive disorders, and emotional imbalances. In addition, it can address addictions, auto-immune disorders, skin complaints, boost the immune system and so much more!

Cupping is the use of glass or plastic cups to create suction on the skin to increase circulation and eliminate toxins. It is one of the oldest medical techniques used in many cultures around the world to successfully treat respiratory issues and musculoskeletal conditions.

Gua Sha is a light scraping on the skin to release heat, toxins, and stagnation in the physical and emotional body.

Aroma-Acupoint Therapy is a specialized technique using essential oils on acupuncture points to effect change in the body and enhance a person's emotional well-being.

“E-stim” is electrical stimulation applied to needles inserted at acupuncture points to increase cellular activity in a specific area of the body.