

What is Classical Acupuncture?

Classical Acupuncture is an ancient form of healing that supports the balanced flow of energy within the body. It considers the health of the body, mind and spirit to be equally important in overall health.

Modern approaches use formulas to support the current problem and address the symptoms often missing the underlying cause. The acupuncturist seeks to understand the patient's unique energetic balance and in so doing, treat the causative factor, the underlying weakness so that healing is supported on a more profound level.

Ultimately, health is not just the absence of symptoms, it is the vitality, clarity and energy we need to pursue a rich and fulfilling life.

What can Acupuncture help?

Classical Acupuncture treatments can be used to help a wide range of conditions including:

- Anxiety, stress and depression
- Sleep disorders
- Circulation problems
- Digestive and bowel disorders
- Respiratory disorders including asthma
- Eczema and other skin conditions
- High blood pressure
- General aches and pains
- Menstrual problems
- Infertility
- Poor energy levels

Testimonial

"I began to have acupuncture about 9 months ago for the fatigue caused by my Rheumatoid Arthritis and never looked back. .. I've gone from exhausted and in pain to walking the dog twice a day, it's made such an amazing difference not just to my health but to my life as a whole."

Mrs C. Warwickshire



Acupuncture for Pain

Use for acute and chronic pain in most areas of the body. Standard treatments can often ease the pain, but when they don't, acupuncture is an option that is worth considering.

Research shows that acupuncture may provide real relief from common forms of pain. Recently NICE* has supported acupuncture for headaches, knee and back pain.

* National Institute for Clinical Excellence

What can Acupuncture help?

- Chronic back, neck and knee pain
- Chronic tension headaches and migraines and sinusitis
- Osteoarthritis and Fibromyalgia
- IBS and abdominal pain
- Golfer/Tennis elbow and Plantar Fasciitis
- Frozen shoulder
- Muscular spasms of MS
- Sciatica, Trigeminal and Post Herpetic Neuralgia
- PMT and Endometriosis

Testimonial

"After suffering from Sciatica for a couple of weeks and trying prescribed painkillers which did not work, I tried acupuncture. The relief was immediate, after my second session a week later the pain had gone completely."

Mr A. Birmingham

Cosmetic Acupuncture

Based on the ancient Chinese concept that the body's motivating energy, the qi, diminishes with age. This treatment hydrates and plumps the skin, improving the appearance of fine lines, baggy eyelids, dark circles, discolored skin, scars, acne and other blemishes.

Acupuncture is not just a 'facelift', it's a holistic treatment which aims to restore well being of the body and as such may offer other health benefits.

As an alternative or in combination with acupuncture, facial Gua Sha and cupping helps remove toxins, tensions and improve the circulation of blood and energy, qi, around the face and neck resulting in a more youthful appearance.

What to expect

Acupuncture is the insertion of very fine needles on specific points along energy pathways called meridians. It can be combined with the burning of moxa, a herb, and/or cupping. The needles, moxa and cupping influence the balance and flow of energy, qi, in the patient and assist in regaining and maintaining health.

It is advised to embark on a course of 5 - 10 treatments. What to expect - minor or acute conditions may see improvement after 3 treatments and more chronic conditions may take the 10 sessions. However, some clients can feel and see a difference after the first couple of sessions even in chronic conditions.

Top up treatments are required every couple of months to maintain optimum effect.

Initial treatment is approximately 2 hours.

Follow up sessions are 1 hour.