

Acupuncture or Massage Add-On's

Cupping..... \$15

*Glass, plastic, or silicone cups are placed on the skin to create a vacuum. By creating negative pressure, cupping releases soft tissue, drains excess fluids and toxins, loosens adhesions, lifts connective tissue and brings blood flow to stagnant skin and muscles. **Benefits may include:** pain relief from tight, knotted muscles, sciatica, headaches, sports injuries, and poor circulation.*

Gua Sha \$15

*An ancient Chinese healing technique that involves scraping the skin with a smooth-edged tool, typically made of ceramic or stone. **Benefits may include:** pain relief from tight muscles, improved blood circulation, muscle relaxation, detoxification, and stress relief.*

Castor Oil \$25

*A wool cloth soaked in castor oil and placed on the area of the body that needs healing. Client keeps the rest of the castor oil bottle and the wool cloth. **Benefits may include:** enhanced blood circulation at the local area, reduction in fluid accumulation (cysts, fibroids) or scars, enhanced skin and digestive health.*

Celluma \$25

***Bring in your own Celluma \$0**

*FDA-cleared Celluma PRO LED Light device used to apply specific wavelengths of light energy to the body. **Benefits may include:** improved cellular metabolism, repair and performance, accelerated tissue repair, relief from muscle and joint pain and stiffness, improved skin tone, texture, and clarity. Recognized by the FDA to treat arthritis.*

Moist-Heat Packs \$20

*These moist-heat packs are applied to the body to soothe affected areas. **Benefits may include:** increased blood flow, relaxing muscle spasms, improved flexibility and joint mobility, and reduced muscle soreness and stiffness.*

Acupuncture Only Add-On's

Additional Set of Needles..... \$35

After the acupuncturist treats the points on one side, the client will turn over and additional needles will be used for the other side.

Massage Only Add-On's

Hot Stones \$25

Smooth, flat, heated basalt stones used by a massage therapist to massage along the body.

Benefits may include: relief of chronic muscle tension and pain, increased blood circulation, and a reduction in stress and anxiety. Great for folks who need deep tissue massage but don't like the deep pressure.

Lymph Dry Brush \$35

***Bring back brush** \$20

*A natural fiber brush with a long handle is used to gently brush along the lymphatic system. Client keeps the brush. **Benefits may include:** stimulating the lymphatic system to promote proper detoxification and elimination, exfoliating the skin, increasing circulation and energy.*

Silk Glove Dry Brush \$35

*Known as Garshana in Ayurveda, silk glove dry massage is like dry brushing, but is a bit gentler and the practitioner has more control over the pressure and process. **Benefits may include:** a refreshing skin tone, stimulation of the lymphatic system, increased blood circulation, a reduction of cellulite, a release of accumulated toxins, and increased energy.*

CBD Oil \$20

Buzzed Bee Botanicals CBD salve or oil will be added to the session, along with a moist heat pack.

Benefits may include: enhanced and prolonged pain relief of both muscle pains and arthritis/joint pain, and increased circulation.