

# Elite Dame Your Health - Your Body - Your Soul

## Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) practitioners use cultural beliefs to interpret the states of wellbeing. Any imbalance of Yin and Yang may cause disruption to health. The task of a TCM doctor is to restore this imbalance. Treatments include acupuncture, moxibustion, massage, exercises, diet and herbal medicine. The holistic approach of TCM is to treat the body as a whole and address any imbalances.

TCM treatment sessions include consultation followed by the appropriate treatment. Prescribed treatment(s) may include:

- Acupuncture
- Moxibustion
- Cupping
- Gua-sha
- Herbs

Initial visit	\$ 80
Revisits	\$ 60
Cupping Therapy	\$ 60

## Massage

Massage can harmonize your body and mind with combination of therapeutic elements of acupressure with relaxation massage techniques to rejuvenate and induce calm.

### Massage Treatments

#### Harmony

A harmonizing oil based massage using Traditional Chinese Medicine sequence, combining relaxation massage techniques with therapeutic acupressure. Leaves you calm and revitalized.

#### Yin Yang Balancing

A combination of dry and oil based massage techniques along with Traditional Chinese Medicine (TCM) sequence of acupressure will leave you energized and re-balance your Qi.

60 min	\$ 90
90 min	\$ 130
120 min	\$ 170

## Hands and Feet Therapies

### Reflexology

Reflexology is an ancient Chinese Medicine art which combines pressure points and massage techniques applied on the feet and hands to balance the flow of Qi and promote relaxation and healing.

60 min	\$ 80
90 min	\$ 115

### Blissful Feet

Enliven your tired and aching feet with this refreshing treatment. First your feet are immersed in a warm bath with natural aromatics, before restoring the skin with warm oil and mineral salt exfoliation. Then a foot mask is applied to rejuvenate and revitalize, followed by a foot massage integrating the benefits of reflexology to release tension and improve Qi circulation. Your feet will be refreshed and pampered.

70 min	\$ 100
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