



THE ACUPUNCTURE LOUNGE

..... *garstang*

AURICULAR ACUPUNCTURE

Auricular Acupuncture involves the insertion of very small Acupuncture needles in to points on the ear. There are over 200 points on the ear, each one named after, and relating to an area of our anatomy.

Auricular Acupuncture is widely used throughout the UK and is recommended by the Department of Health for many detox programmes, it features in smoking cessation treatments and many others.

EAR SEEDS

Ear seeds are tiny beads that are stuck to the Acupuncture points on your ear, the seeds stay on for several days and the points are stimulated by pressing the seeds.

ACUPRESSURE

Acupressure involves the stimulation and massage of Acupuncture points using finger pressure to help encourage the flow of Energy.

Acupressure can be ideal if you are nervous about having needles inserted, it is also used alongside Acupuncture. Acupressure techniques can be carried out by you at home between visits to the clinic.

MOXIBUSTION

Moxibustion commonly known as Moxa is the combustion of a herb; common mugwort (*artemesia vulgaris*) near to the skin or Acupuncture point.

At The Acupuncture Lounge a special smokeless form of Moxa is used, it can be burnt as a cone on top of a needle, as a stick held close to the body or in a box placed over larger areas. Moxa warms the area increasing the circulation of Energy and Blood. Don't worry Moxa does not burn the skin, and great care is taken to ensure your safety during the treatment. You may be taught how to carry out Moxa so that you can apply it at home between treatments.

CUPPING THERAPY

Cupping therapy involves creating a suction with heated glass, or plastic vacuum cups on the skin, causing the soft tissue to lift. The pressure created increases the flow of Blood and nutrients into the area, whilst increasing Lymphatic drainage, and boosting the

immune system.

The cups will either be left stationary; providing a form of Acupressure, or they will be moved along the skin; providing a form of deep tissue work. Cupping is used to to relieve muscular tension and inflammation, and stretch tight muscles and connective tissue. The effect is like that of a deep tissue massage, but with less discomfort.

GUA SHA

Gua Sha involves the stimulation of areas of the body or face with instruments made from water Buffalo's horn, or Jade. A rubbing or smoothing action is applied which stimulates skin, muscles and nerve tissues, relieving muscular tension and promoting the flow of Energy and Blood. It also speeds up metabolism, encourages cell renewal, and helps the flow of lymph.

BODY WORK AND MASSAGE

If you are suffering from muscular aches and pains a variety of massage techniques can be used to soften the tissues prior to Acupuncture to provide maximum benefit from the treatment. The techniques used include Swedish massage, and Tui Na; a Traditional Chinese Technique.

