

SPRING TUNE UP



Spring brings with its warmer weather and renewed physical and mental energy. For many people, however, the transition from winter to spring isn't always easy. The chilly winter months are a natural time for rest and introspection, so it can be a challenge to get moving again.

Traditional Chinese Medicine (TCM) tells us that settling into spring can be for the flow of Qi (Life Energy) throughout the body. An imbalance or lack of Qi can cause an entire range of emotional and physical symptoms, such as anger, depression, mood swings, hormonal problems, and even allergies.

Our Spring Tune Up program is a package of three therapies: Hydrogen Therapy, Foot Detox and Vitamin B Acupuncture. This combined program engages in various levels of the body: molecule, cell and system to address the blockage, imbalance and damage. It boosts your energy, enhances your Qi flowing and keeps you in the optimal health.

While you choose the Spring Tune Up program, you are taking charge of your health, kick-start your spring and enjoy all the wonderful benefits of spring.

This program is completed in three weeks. One therapy each week.