



One  
Hundred  
Paths



## Acupuncture and Tui Na Massage

A path to better health and wellbeing

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### Treatment Fees:

Acupuncture:	First Appointment	(75 mins) £45
	Follow-Up	(50 mins) £40
Tui Na Massage:	First Appointment	(90 mins) £55
	Follow-Up	(60 mins) £50

48 hours notice required for cancellations.



Acupuncture and Tui Na are safe therapies and do not conflict with other medical treatments, however if you have been prescribed medication it is advisable to tell your GP that you are planning to have Acupuncture and Tui Na.

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Acupuncture and Tui Na are branches of Chinese medicine and have been practised for millennia.

Acupuncture uses fine needles to balance the body's energy and stimulate healing.



Tui Na is a form of therapeutic massage that is effective on its own or in combination with Acupuncture.





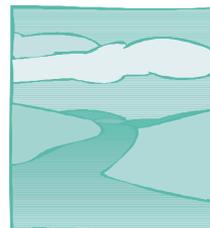
# Acupuncture and Tui Na can:

- Reduce pain e.g. in pain syndromes, arthritic pain, back pain, neck ache, rheumatic pain, dental pain, post-operative pain, headaches, menstrual pain
- Benefit some gynaecological disorders and obstetric symptoms
- Increase the success rate of fertility treatment (BMJ, 2008)
- Alleviate allergic conditions
- Relieve symptoms in chronic complaints
- Improve mental wellbeing
- Boost energy levels
- Enhance sleep quality

To discuss whether Acupuncture or Tui Na could benefit you please contact Stephanie.



Guiding you along the path to better  
health and wellbeing



Stephanie Wood (Lic Ac. MBAC Lic Tui Na) is a fully qualified and registered Acupuncturist and Tui Na massage practitioner based in Earlswood (conveniently located for Redhill and Reigate), and Ashtead (at Ashtead Health & Beauty).

## To contact Stephanie:

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