

Chester Wellness Centre

A & E Holistic Therapies Acupuncture & Traditional Chinese Medicine

www.ae-therapies.co.uk

- Acupuncture and Traditional Chinese Medicine
- Shiatsu
- Colour & Crystal Therapy
- Champissage (Indian Head Massage)

THERAPISTS

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Member of the Association of Traditional Chinese Medicine
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EMMA WILLIAMS M.I.C.H.T.
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LIZ EAMES Dip.BSS-Do, MRSS(T) (BAMBOO HEALING)
Member of the Register of the Shiatsu Society

ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE (TCM)

TCM incorporates several techniques including acupuncture, Chinese herbal medicine, moxibustion (adding warmth by use of a smouldering herb), cupping or tuina (Chinese therapeutic massage).

BENEFITS OF TREATMENT Treatments can be used to complement western or other complementary therapies,

to address particular symptoms or to maintain health. The essence of Chinese medicine is to trigger a return to homeostasis (a state of balance) and improve your overall well being.

SHIATSU

Shiatsu is a traditional hands-on Japanese healing therapy which usually takes place on a padded mat or futon at floor level. For people unable to lie down the treatment can be given sitting on a chair. A variety of techniques are used to improve your energy flow including gentle holding, pressing with palms, thumbs, fingers, elbows or knees and feet.

BENEFITS OF TREATMENT Shiatsu can help in a wide range of conditions – from specific injuries to more general symptoms of poor health. It is a deeply relaxing experience and after treatment there can be a feeling of increased vitality.

COLOUR & CRYSTAL THERAPY

COLOUR THERAPY This is the implementation of colours and colour light within the body and aura to bring about healing and emotional balance. This therapy comes with lots of practical aftercare advice on how you can implement colour therapy into your every day life.

CRYSTAL THERAPY Crystals have been used for many centuries by cultures across the world. They encourage healing and growth on all levels and help prevent the build up of negative energy that causes illness in the first place.

BENEFITS OF TREATMENT Treatments can be used to complement western or other complementary therapies, to address particular symptoms or used regularly to maintain health.

CHAMPISSAGE (INDIAN HEAD MASSAGE)

Champissage is an ancient healing art using various massage techniques on the scalp, face, shoulders, upper back and arms to relieve pain and stiffness and increase mobility in the neck and shoulder area. It increases the energy levels, alleviates stress and anxiety and promotes more restful sleep.

BENEFITS OF TREATMENT Treatments can be used to complement western or other complementary therapies, to address particular symptoms or used regularly to maintain health.

COMBINATION TREATMENTS

Certain treatments can be combined to further enhance their therapeutic effects.