



Acupressure is an ancient Chinese healing method that involves applying pressure to certain meridian points on the body to relieve pain. The human body has fourteen ‘meridians’ that carry energy throughout the body. These meridians start at the fingertips, connect to the brain, and then connect to the organ associated with the specific meridian.



Acupuncture and Acupressure use the same points, but acupuncture uses needles, while Acupressure uses the gentle but firm pressure of hands. There is a significant amount of scientific data that demonstrates why and how Acupressure is effective.

Acupressure is the most effective method for treatment of tension-related ailments by using the power and sensitivity of the human hand.

Acupressure deals with all the aspects of a person as a whole: body, emotions, mind, and spirit as one, not as separate parts. It relaxes muscular tension and balances the vital life forces of the body.

Acupressure Benefits

• Aid in the removal of toxic wastes
• Balance Bodies Energy levels
• Decreasing labor pains
• Headache Pain Relief
• Increase blood circulation
• Increase energy levels
• Increase overall feeling of well-being
• Promote the healing of injuries
• Provide relief from head, neck and shoulder aches
• Relaxes mind and body
• Relieve stress and tension
• Sinus Pain Relief

Acupressure uses the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing.

Acupressure can be effective in helping relieve headaches, eyestrain, sinus problems, neck pain, backaches, arthritis, muscle aches, and tension due to stress. There are also great advantages to using Acupressure as a way to balance the body and maintain good health. The healing touch of acupressure reduces tension, increases circulation, and enables the body to relax deeply. By relieving stress, acupressure strengthens resistance to disease and promotes wellness.

Acupressure focuses on relieving pain and discomfort as well as on responding to tension before it develops into a "disease,"

that is, before the constrictions and imbalances can do further damage. By using a combination of self-help methods, you can improve your condition as well as feel more alive, healthy, and in harmony with your life.

This treatment involves stimulating the vital-energy points along the meridians on our body to effect maximum energy flow.

According to Traditional Chinese Medicine, there are over 800 vital energy points along the meridians that run from the head down to the heels, especially along either side of the spinal column. (The meridians connect the interior and exterior of the body). Every point has specific therapeutic effects on the related organ. By massaging these points, the corresponding body area receives specific therapeutic treatment. It can be used to treat internal organ diseases, relieve internal discomfort, and relax yourself; or to promote overall well-being of the body.

Western scientists have shown that many of these points are located at key crossways of the autonomic nervous system. This may explain in part why they can affect pain that the patient experiences in a part of the body far from where the pressure is applied.

What can I expect?

Each client's situation, symptoms and conditions are unique. We honor this and we work with you to harness the natural healing power of the body.

Each session is once again unique but in general the first session lasts about 90 minutes and follow up sessions should they be required last about 60 minutes.

Dress in comfortable clothing which allows for ease movement each session is conducted fully clothed.

How many sessions will be required?

As each client and condition is unique we will advice you on this as we progress:

In general, the longer the condition has not been addressed or treated, the more chronic it has been become, the more sessions will be required.

Our aim is to help facilitate relief in as few sessions as possible.

How does a session cost?

Please see our prices page.