**TREATMENT OFFERINGS**

**Traditional Chinese Medicine**

**Comprehensive Initial Consultation with Traditional Chinese Medicine Doctor Duration:** 60 minutes
**Components:** Verbal Consultation followed by recommended treatment plan.

A consultation with our TCM doctor is required to ensure the correct treatment path is followed and to ensure the best results. In TCM the mind, body and spirit are not viewed as separate, but viewed as interconnected structures that work together to keep the body functioning. Your doctor will consult on every aspect of your health explaining appropriate nutritional recommendations, introduction of effective supplements, lifestyle changes, sleep hygiene and recommending the appropriate course of treatment with integrated interventions of regenerative procedures.

**Comprehensive Initial Consultation plus First Treatment**

**Duration:** 90 minutes
**Components:** After an initial consultation, treatment choice is performed according to guest’s preference and doctor’s suggestion

Acupuncture helps to relieve symptoms and signs of many health issues, or simply increase your sense of well-being and relaxation. The insertion of fine needles into strategic points of the body can help to resolve pain, improve sleep, digestive function, and sense of well-being depending on your treatment concern. Addressing the whole being, not just focusing on the symptoms Dr. Fabio will investigate and treat the root-cause in order to achieve an individual sustainable state of well-being. This treatment always begins with a consultation that covers a comprehensive health history, lifestyle, and current symptomatology, to identify and support your personal wellness goals. Dr. Fabio will formulate a tailored treatment plan that approaches your health holistically and integrate the treatment with all the other modalities offered here at Soneva Soul. Treatment may include possible Guasha, moxibustion, Celluma, Tui Na, and cupping to enhance the benefits. and success.

**TCM Treatments**

**Acupuncture
Duration:** 60 minutes
**Components:** Insertion of fine needles into strategic points of the body.

After the initial consultation where Dr. Fabio will formulate a tailored treatment plan, subsequent acupuncture treatments will increasingly benefit your health and well-being in a cumulative way.

**Auricular acupuncture
Duration:** 30 minutes
**Components:** Application of needles, magnets, tiny seeds, or crystals, treating the outer ear. Points exist on the ear just like in the body acupuncture system. They can be detected either by a painlike sensitivity, or with equipment for differential electrical detection. Auricular acupuncture is useful for stress management, post-traumatic stress, pain management, internal organ balance, mental and emotional balance plus more. Treatment will begin following an in-depth consultation with Dr Fabio to create a treatment plan for your needs.

**Gua Sha
Duration:** 30 minutes
**Components:** Use of a smooth-edged tool to gently target areas of your body

Using gua sha promotes the flow of qi through the body, while helping to ensure a better blood supply and proper nerve conduction so everything moves through your body as it should. If you don’t have a smooth flow of blood and energy throughout the body, it can manifest as muscle knots, soreness, weakness, or pain. Acupuncture along with gua sha helps to promote blood supply and the conduction of everything through the tissues in a healthy way so to support homeostasis.

Gua sha is used where there is inflammation or stagnant or energy (qi) to help improve circulation and promote healing.

Gua sha has many benefits. This simple technique can help relieve several health conditions. Gua sha is good for musculoskeletal problems, especially major ones like tightness in the shoulders, legs and back. It can also help alleviate tension headaches, migraines, neck pain or swellings. Gua sha can even help with anxiety, fatigue, insomnia and perimenopausal symptoms when used with acupuncture.

**Cupping
Duration:** Fire cupping - 45 mins, Stationary Cupping - 30 min
**Components:** Application of cupping tools on strategic points and meridian pathways of the body. **Outcome:** Originally used for lung conditions like bronchitis and pneumonia, now widely used for pain relief and musculoskeletal injuries, such as strains, sprains, back injuries, promote muscle relaxion, detox, immune system stimulation and to relieve inflammation.

Traditional Chinese Cupping improves the blood flow through the tissues to promote healing within the body. It involves creating suction on the skin using a glass, ceramic, bamboo, or plastic cup. Negative pressure is created in the cup either by applying a flame to the cup to remove oxygen before placing it on the skin or by attaching a suction device to the cup after it is placed on the skin. The suction created encourages blood flow and this increased circulation promotes healing and reduce pain. Immediate benefits can be felt immediately after cupping.

Due to the vacuum action of the cups, marks may appear on the skin, this is beneficial and does not produce irritation. The mark typically clears within 3-7 days.

**Moxibustion
Duration:** 30 minutes
**Components:** TCM therapy that uses wormwood (Artemisia Chinensis) in forms of sticks or cones which are ignited and placed on or close to the skin or used to heat acupuncture needles.
**Outcome:** It can be combined with traditional acupuncture to treat all kinds of conditions, such as nerve pain, tight muscles, fertility and boost immunity Recent research has found that the burning point of this worm- wood actually creates infrared energy that can be channeled by the practitioner into key points of the body

Moxibustion means ‘burning herb’ and is a traditional Chinese medicine therapy using moxa made from dried Mugwort (Artemisia argyi). It is commonly used to enhance the effect of traditional acupuncture by warming, nourishing and moving qi while increasing circulation.

**Reiki
Duration:** 90 minutes
**Components:** Energy work administered by "laying on hands"
**Outcome:** A gentle technique that treats the person as a whole, bringing about a balance and harmony between the body, mind, emotions and spirit, balancing the Chakras.

Reiki may be used for stress reduction and relaxation and to promote the body own healing abilities. It is administered by "laying on hands" and is based on the concept of a "life force energy" flowing through us and allowing us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki is an extremely gentle but remarkably powerful form of healing. The energy transferred in a reiki session can be felt in many different ways and can have a number of profound benefits; physically, emotionally, and psychologically.

**Emotional Freedom Technique
Duration:** 60 minutes
**Components:** An emotional form of acupuncture therapy without the use of needles. **Outcome:** Freedom of pain, anxiety and emotional distress.

Emotional Freedom Technique (EFT) is a treatment method which offers healing from physical and emotional pain and disease. It is a simple method of tapping on various body points (top of your head, forehead, under your eyes, chin, etc.) while repeating certain phrases. By tapping, you are in essence, getting your body to pay attention to you. The best thing to do is to discover the possibilities EFT may have for you. It has the potential to become your favorite tool for a lifetime.

EFT, a.k.a. tapping, allows your limiting beliefs that are causing ill-health to leave and let new and positives beliefs into your body, creating energy, wholeness, vitality, and new discovered health. It is the ideal treatment for physical pain, emotional distress and much more, EFT is effective on its own, but may be used to support other treatment modalities.

**Transformational Breath
Duration:** 60 minutes
**Components:** Intentionally changing the breathing pattern.
**Outcome:** Benefits include improved physical health, cleared emotional distress and blockeges, and enhanced mental capabilities.

**Qi Gong
Duration:** 60 minutes
**Components:** literally means “life-energy cultivation”, is a system of synchronized body-posture with movement, breathing, and meditation. Qi Gong can be applied to so many different aspects of life.
used for the purpose of improving health with a curative and preventing action. Beneficial for developing co-ordination, balance, flexibility, and cardiovascular and neurological health, amongst other things.
Qi Gong knowledge and skills can be also applied for one’s own spiritual development, and its pursuit
of internal power is applied in all forms of martial-arts training

**Outcome:** Promotes good mental, physical and spiritual health
Qi gong is an ancient Chinese healing practice which cultivates the energy and strength of nature into one’s

body to promote better mental, physical, and spiritual health.

A gentle form of exercise with a strong therapeutic effect using breathwork, movement and meditation to bring balance to the mind and body. Both group and private classes are available.

**Electro-Acupuncture
Duration:** 60 minutes
**Components:** Electrodes of microcurrent applied to specific acupuncture points **Outcome:** Returns optimal balance to the body

Electro acupuncture is a modern version of acupuncture, blending the usage of gentle current and fine needles to enhance the benefits of this traditional therapeutic treatment.

**Acutonics®
Duration:** 60 minutes
**Components:** Sound and vibrational therapy using the Acutonics® tool **Outcome:** Creates a profound sense of well-being

**BioMat®**

The core of the **Richway BioMat®** technology is a combination of far infrared rays, negative ion and the conductive properties of amethyst channels. These three powerful health stimulators are combined in a safe and natural way. The **BioMat® is US** FDA approved medical device:

* Soothes and relaxes
* Supports the immune system
* Improves sleep (if associated with pain relief)
* Reduced inflammation (where applied)
* Increased tissue oxygen (due to increased circulation where applied)
* Provides such muscle relaxation that you may sleep better,
* Provides relief from minor muscle pain and minor spasms, sprains , strains, and joint pain associated with arthritis
* Reduces stress and fatigue

**Regenerative Treatments**

**Facial Rejuvenation with Acupuncture
Duration:** 105 minutes
**Components:** Insertion of fine needles into the facial muscles.

A ‘natural facelift’ using acupuncture. This treatment visibly enhances facial muscle tone, improves circulation and elasticity resulting in plumper, more youthful skin. Treatment may include the use of gua sha or cupping to enhance the effects.

**Cranial Electrotherapy Stimulation (CES)
Duration:** 20 minutes
**Components:** Small probes are attached to the earlobes to deliver a very mild current to the body

Cranial Electrotherapy Stimulation is the application of gentle microcurrent, often via gelled electrode pads, to stimulate tissue in the hypothalamic area of the brain with a well-studied, healing frequency.

The hypothalamus controls many important functions of the body, including temperature regulation, appetite and weight control, emotions, sleep cycles, blood pressure and heart rate.

This gentle stimulation prompts the brain to return to a state of homeostasis and normal production of neurotransmitters, which restores proper chemical rhythm and balance. CES promotes healthy serotonin, melatonin and B-Endorphin levels while decreasing cortisol, the “stress"" hormone that can throw your body out of balance.

**Blood electrification
Duration:** 30 / 60 / 90 minutes
**Components:** Use of the Silver Pulser device to emit a gentle current on the pulse points of the wrist.

Blood electrification is a non-invasive, simple and painless method used to increase energy levels as well as elevating general health and well-being.

**Celluma® Light Therapy
Duration:** 30 minutes
**Components:** Phototherapy using LED light therapy.

Red and near-infrared wavelengths are utilized in the Celluma**®**  LED light therapy devices to brighten and restore the skin. These specific wavelengths of light energy are clinically verified to enhance your body's natural ability to generate collagen and elastin by activating the fibroblast cells. Light Therapy with Celluma can be used for facial rejuvenation, hair loss, acne, wound healing, general pain reduction for muscles, joint and arthritis.

**Microneedling**

**Microneedling with Hyaluronic Acid Duration:** 90 minutes
**Components:** Skin microneedling

This non-invasive procedure uses tiny needles to create micro channels in the skin. This activates the body's natural immune, sending blood and growth factors to the area, increasing collagen production, reducing fine lines and wrinkles and tightening skin. This treatment is effective at reducing acne scarring, sun damage and stretch marks.

**Microneedling with Human Growth Factor Duration:** 90 minutes
**Components:** Skin microneedling

A minimally invasive treatment using tiny needles, microneedling with Human Growth Factors boosts the cell and collagen generating dynamics of traditional microneedling. It provides advanced skin rejuvenation and restoration by introducing active peptides, growth factors, and proteins into the skin.

**Microneedling with Chinese Herbal Medicine
Duration:** 90 minutes
**Components:** Skin microneedling followed by the use of herbal remedies

Microneedling with Chinese Herbal Medicine creates microtrauma in the skin which triggers the skin's own natural repair response to start producing collagen and elastin. It is used to improve the appearance of the skin, acne scars and stretch marks as well as reducing the signs of lines and wrinkles. This curated treatment includes the use of healing traditional Chinese herbal remedies, facial cupping, sculpting facial massage and celluma**®**  lamp to amplify results.

**Nano needling
Duration:** 60 minutes
**Components:** Small tool to create nano channels in the skin

Nanoneedling treats the epidermis of the skin, focusing on areas where microneedling cannot target. Using Chinese herbal serums, facial cupping and sculpting massage, this treatment reduces pigmentation, increases the cell turnover, improves the condition of the skin and offers an immediate glow with no downtime. This treatment can be done weekly to exfoliate and boost the skin.

**Facial acu-points stimulation massage
Duration:** 60 minutes
**Components:** Facial, head and neck massage using cupping tools, Celluma and facial acupressure points **Outcome:** Lifting, tonifying and firming massage that brightens and relaxes the face