

## Visiting Wellness Practitioner Asha Chong

With many a string to her bow, our visiting wellness practitioner, Asha is a Five Element and Traditional Chinese Medicine (TCM) acupuncturist based throughout the year in central London, UK. Her treatments work to balance body and mind from the inside out.

Asha works to regulate your qi, your energy life force, by way of the body's energetic pathways, and subsequently releases stagnated energy, toxins and emotions. She does this primarily with Five Element acupuncture, the theory that the mind, body and spirit are made of five elements - Wood, Fire, Earth, Metal and Water - and that when all five are in balance, we are in good health physically, mentally and emotionally.



Join Asha for gentle yet energizing morning movement & flow to start your amazing day.

### “Qi Gong Movement”

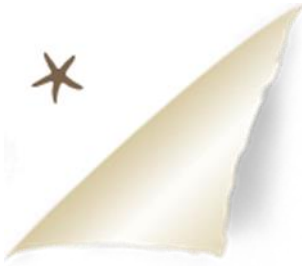
Monday and Friday

Time: 07:00 -07:45 a.m.

Venue: Yoga Champa

(Complimentary)

As featured in Vogue UK, London Evening Standard, SheerLuxe, Country & Townhouse, Hello! Glamour, Stylist, Woman & Home  
w: [www.ashachong.com](http://www.ashachong.com)  
IG: [asha\\_c\\_acu](https://www.instagram.com/asha_c_acu)



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## **Five Element and TCM acupuncture**

Acupuncture works to help maintain your body's physical, mental and emotional equilibrium. It involves the use of ultra-fine, single-use, sterile needles into specific acupuncture points on the body to regulate the flow of qi and strengthen qi, our body's vital energy, to trigger a natural healing response.

- Mental and physical tiredness and fatigue; jet lag
- Anxiety, stress and depression
- Digestion: IBS, Crohn's disease, ulcerative colitis
- Headaches; migraines
- Immunity and allergies
- Respiratory complaints
- Sleep
- Skin: Psoriasis, eczema, acne, rosacea
- Hair loss
- Women's health: Menstruation, fertility, pregnancy, menopause
- Male and female fertility: IVF support Auriculotherapy
- Addiction
- Substance abuse
- Insomnia
- Depression, stress, anxiety

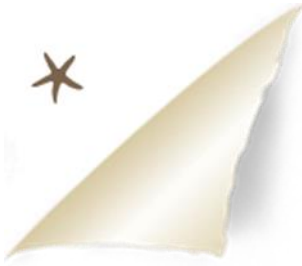
## **Auriculotherapy**

In Chinese medicine, the ear is a microsystem of the whole body, where certain points on the ear correspond to certain organs or body parts. Auriculotherapy is a diagnostic treatment system based on regulating a broad spectrum of physical, mental and emotional concerns through stimulation of specific points on the ear. Energy pathways pass through the ear and ultra-fine needles or ear seeds, which are natural, effective and side-effect free, send an abundant flow of energy to the related organ or the area that needs attention. Think of it like reflexology, but for the ears instead of the feet.

## **Facial Enhancement Acupuncture (FEA)**

FEA focuses specifically on the aesthetics of the face through the insertion of fine needles on the face and neck to lift, firm, tone, reduce fine lines and wrinkles, as well as encourage collagen and elastin production. This microcirculation to the skin results in much improved hydration, a smoother complexion and overall texture. FEA can also benefit the long-term effects of the skin, rather than just the superficial signs of ageing.

\*Please speak to the practitioner to discuss potential contraindications before booking.



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### Facial Gua Sha

A massage technique that involves gently scraping a flat jade or rose quartz stone in upward strokes over the skin to relieve tension in the muscles of the face, boost blood circulation and encourage lymphatic drainage to banish signs of bloating and dullness, leaving skin feeling tighter, brighter and smoother, as well as contoured and sculpted.

### Five Element and TCM acupuncture

60 minutes	\$250
3 Sessions	\$700

### Auriculotherapy

45 minutes	\$220
3 sessions	\$600

### Facial Enhancement Acupuncture (FEA)

75 minutes	\$280
3 sessions	\$756

### Facial Gua Sha

45 minutes	\$220
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Advance reservation is essential please contact your Friday or spa at 5457  
Price are quoted in USD dollar are subject to 27.6% service charge and goods and service tax

