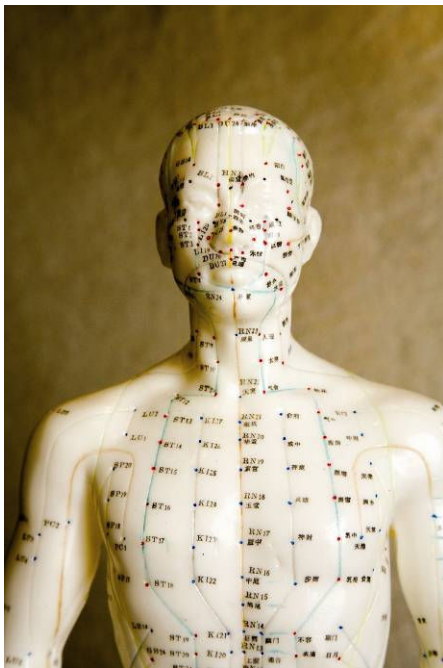




New Treatment – Mien Acupressure

The gentle healing along the meridian lines of the face is one of the most important aspects of ancient Chinese medicine. As we show our emotions through facial expressions, this is the part of the body that says the most about us, the place where stress is most apparent.



At Chiva-Som we have recently introduced Mien-Acupressure, one of the latest ingredients in our continuing development of comprehensive holistic therapies. Mien-Acupressure is a soothing treatment that works by tapping into the meridian channels on the face, and is effective on many levels. As it balances the facial tissue and cleanses the facial lymphatic vessel, it also helps with emotional detoxification, unblocking energy lines that have become clogged with the interference of everyday stress. Consequently, the treatment is also very useful in relieving insomnia.

The first element of the therapy is a refreshing facial cleanse which relaxes muscles and helps remove elements of pollution that have built up in the pores. Then, the therapist applies gentle pressure along the meridian channels. Mien-Acupressure is well suited to combine with other treatments, such as traditional Chinese medicine, reflexology, Chi Nei Tsang, energy healing and meditation.

Integrating these types of treatment can help to balance the whole body system, opening channels, detoxifying negative emotion and helping to balance the mind.

Mien-Acupressure is suitable for everyone, unless you suffer from sensitive skin or a condition such as eczema or dermatitis. Please ask our Health and Wellness reception or visit www.chivasom.com for more details.