

James Woodward is a registered member of the **British Acupuncture Council**

With over 3,000 members the **British Acupuncture Council** (BAcC) is the UK's largest regulatory body for practitioners of traditional acupuncture. Acupuncturists registered with the BAcC carry the letters MBAcC after their name.

When you choose to visit a BAcC member you can be sure of:

- Extensive training (minimum 3 years degree level), including anatomy, physiology and other appropriate elements of western medicine
- Adherence to the Council's Codes of Safe Practice and Professional Conduct
- Compliance with current health and safety legislation
- Full medical malpractice and public/products liability insurance cover
- Up-to-date knowledge and skills maintained by mandatory continuing professional development
- And more

The Tranquility Space
169 High Street
Herne Bay
CT6 5AQ

booking available online at

www.thetranquilityspace.co.uk

or contact

jamesholistic@hotmail.co.uk

07890524036



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This is a small therapy space centred on health and well being using a range of different therapies that restores physical health

Monday ~ 10am - 6pm

Tuesday ~ Closed

Wednesday ~ 9am - 6pm

Thursday ~ 9am - 6pm

Friday ~ Closed

Saturday ~ 9.30 - 4pm

Sunday ~ Closed

Prices and times subject to change.

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Reiki

Reiki is an ancient Japanese system of energy healing using life-force energy. “Rei” means soul or spirit and “ki” means energy. The energy comes from the practitioner’s hands in a concentrated form of chi energy. This energy is channelled into you in the major and minor energy points of the body. It is a natural, drug free healing remedy. It is a non-invasive therapy so it can be given fully clothed.

£30 30 minutes

£35 60 minutes

£50 90 minutes

Swedish Massage

Swedish massage is a soothing therapy that manipulates soft body tissue such as joint and muscles. This can allow you to wind down and let your mind wander away from everyday stresses as your body releases all tension.

£30 30 minutes

£40 60 minutes

Aromatherapy

Aromatherapy involves the use of essential oils blended to your needs to aid with physical, emotional and spiritual well-being. During the session I will also be using acupressure techniques. This will rebalance your body. I use light massage techniques helping you unwind and relax or ease any pain or tension in your body.

Custom essential oil blends 10ml £10 30ml £25

£50 75 - 95 minutes

Price

£55 **90 minutes**
First treatment
including the consultation

£45 **60 minutes**
Follow up treatment

The first treatment always starts with a 30 minute consultation. James will focus on the main complaint and then ask further questions to help with diagnosing the condition. Acupuncturists also use other techniques not just needles.

- **moxibustion:** heat is applied to an acupuncture point or meridian using **moxa** (a therapeutic herb) and/or heat lamps to warm and relax muscles and qi flow in the channel
- **cupping:** glass cups with a vacuum seal are placed on the skin to stimulate blood flow and clear stagnant qi. Often used for sprains, soft tissue injury, muscular aches and pains, cold and influenza
- **guasha:** vigorous rubbing of the skin increases blood flow and clears stagnant qi (muscular aches and pains)
- **Acupuncture** and **Tui Na** can be combined or just on its own
- **James** will offer **lifestyle advice** and help improve your recovery time.

What is Acupuncture?

Acupuncture is one of the longest established forms of healthcare in the world. Acupuncturists are trained to use subtle diagnostic techniques that have been developed and refined for thousands of years. The focus is on you as an individual, not your illness, and all symptoms are seen in relation to each other. Treatment involves the insertion of very fine needles into specific points on the body to affect the flow of your body’s qi, or vital energy. Very fine needles are inserted into specific points in the body that stimulate different rebalancing responses within the body's own healing mechanism.

What is Tui Na massage

Tui Na also referred to as Chinese Medical massage or acupressure. Tui Na means push and grasp is a complete system of techniques that range from relieving muscle aches, pain and stiffness by massaging along the 12 major channels and the corresponding sinews channels. The sinew channels in modern anatomy are the myofascial planes that run throughout the body between the skin, muscles and organs. Some techniques stretch or pull joints, tendons, muscles and bones to realign the body. Tui Na can also be slow, gentle and nourishing. This can help relieve headaches, help with digestive issues, fatigue, stress or gynecological issues.