

Ancient healing remedies for modern times.



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initial evaluation & acupuncture treatment	90 min : \$125
follow-up acupuncture visit	60 min : \$ 75
acupuncture & herbal consultation	60 min : \$ 95
follow-up herbal consultation	30 min : \$ 50

cosmetic acupuncture

initial evaluation & treatment	90 min : \$150
facial follow-up treatment	60 min : \$120
abdominal follow-up treatment	60 min : \$120
abdominal detox treatment	60 min : \$ 95

cupping/gua sha	30 min : \$ 50
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acupuncture:

Acupuncture is the stimulation of various points on the body using thin, hair-like sterile needles to restore the flow of blocked energy and allow the body to heal itself. This is used for various conditions including muscles aches and pains, allergies, colds, digestive problems, menstrual issues, and many others.

herbal medicine:

Chinese herbs may be added to your treatment regimen to enhance acupuncture treatments or may be used exclusively for the needle-phobic. Depending on your diagnosis, Chinese patent (ready-made pill form) or individualized powder herbal formulas may be prescribed to treat your condition.

cosmetic acupuncture (for the face or abdomen):

A rejuvenating treatment that helps to decrease fine lines and wrinkles, tighten facial muscles, increase collagen production, reduce dark under eye circles, lift drooping eyelids and restore that youthful glow. For the abdomen, it can help you lose inches in conjunction with a healthy diet and exercise program, firm abdominal muscles, soften scars and stretch marks. Cosmetic acupuncture may not be appropriate for everyone, so please call for a free 15-minute consultation. For optimal results, a series of at least 10-12 sessions are recommended.

abdominal detox:

This treatment is a restorative and detoxifying cleanse for the whole body. Along with acupuncture, a warm oil pack is externally applied to the abdomen to pull toxins from the abdominal organs. Then, a gentle acupressure massage is performed to increase peristalsis. This treatment is useful for liver and gall-bladder detox, fibroids, menstrual cramps, constipation and to stimulate a sluggish metabolism.

cupping/gua sha:

A Chinese technique that uses special cups to “pull” stuck blood and energy from your muscles to relieve pain and restore blood flow. It is best for muscle aches, acute respiratory symptoms such as cough and chest congestion, and digestive disorders such as constipation and diarrhea. Depending on the severity of impaired blood circulation, the cups can leave a reddish-purple mark that fades away in a few days, much like a bruise. Gua sha is a similar technique in that a flat tool is used instead to pull the skin and muscle to relieve muscle tension.

Coolidge Corner • Brookline

1330 Beacon Street, Suite 223 • 617.277.1093

Contact Lei Ann Resurreccion, MAOM, Lic.Ac., for more information or to schedule an appointment.