

Services

Tui Na

\$75 per hour

Tui Na is an ancient form of bodywork that is based on the principles of Traditional Chinese Medicine. I use a variety of pressures and strokes along the meridians (energy pathways) of your body to both relax your muscles and also stimulate the flow of energy throughout your body. By treating both the physical (musculature) and energetic (Qi) levels of your body at the same time, I can achieve results far beyond what you'd receive from a conventional massage therapy session.

