

Acupuncture:

Using the ancient practice of qi manipulation with ultra-fine sterile needles to promote healing and pain reduction. The **WHO**, the National Center for Complementary & Alternative Medicine (**NCCAM**) of the National Institute of Health (**NIH**), the American Medical Association (**AMA**) and various government reports have studied and commented on the efficacy of acupuncture. Marc and Lisa are highly trained specialists in this field with a broad range of experience and interests.

Herbal Facial:

A one hour facial rejuvenation treatment including herbal facial steam, Chinese herbal face mask, moisturizing face mask, exfoliation and massage of hands and feet, culminating in a facial massage with frankincense and myrrh. All products are 100% food grade and made in house. Lisa's herbal face mask combines a dozen Chinese herbs from our pharmacopia, ground into a fine powder in special equipment with the addition of organic bentonite clay and undiluted pure essential oils.

Therapeutic Sauna:

American-made, 100% Canadian cedar, three-person far infrared sauna.

Patients interested in massage therapy can reach Sandi Ameden by calling 802.362.7155.

Manchester Acupuncture & Herbs

2434 Depot Street
Manchester Center, VT 05255
802.366.1001
www.manchesteracupuncture.com

Treatment Menu

Acupuncture

Initial consultation	\$25
45 minute session	\$68
20 minute loft treatment	\$35

Acupuncture Face Lift

12 sessions	\$1,200
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Chinese Herbal Facial

\$75

Therapeutic Infrared Sauna

30 minute session	\$30
1 hour session	\$55

Spa Treatment Packages: (all packages include Tea Service)

- A. Chinese Herbal Facial, and 30 minute sauna **\$105**
- B. Chinese Herbal Facial, 20 minute loft acupuncture treatment and 30 minute sauna **\$130**
- C. Spa 5-pack: **\$500**
5 saunas, 5 Chinese herbal facials, and 5 acupuncture detox treatments

* Add a 20 minute loft acupuncture treatment to any package for an additional \$25