



Packages that are Right for You

Detox package

Awakening Therapies detox package is a therapeutic tool that can help the body detoxify, promote healing and balance.

- Lymphatic drainage- always neck then selective areas of body
- Salt scrub
- Foot patches
- Abdominal herbal wrap
- Abdominal massage/lymphatic drainage

Skin care package

- facial acu as needed for specific skin problems
- systemic acu
- face mask/body mask - rosehip/chmrd
- bentonite wrap as needed
- mld neck and abdomen
- rosehip oil compress
- dietary advice, bowel check

Liver cleanse package

- Ear pts
- Mld neck and abdomen
- Liver and sp pump
- Deep abdominal massage
- Bowel massage
- Acupuncture/moxa cups
- castor oil compress over abdomen with heat
- Foot patches
- Cleansing herb tea



Deep lymphatic cleanse

- MLD neck and upper body, add lower if necessary
- Salt and ginger scrub
- Running cups (gentle)
- Gentle abdominal massage
- Body wrap with wheat bags over relevant areas
- Cleansing herb tea
- MLD neck and face

Preconception package

- Full health assessment (metagenics Q'aire)
- Zinc test
- Dysbiosis urine test
- Dietary and nutritional advice/herbs for fertility
- Temp charts
- Regulate menses
- Optimize endocrine system
- Address pathologies
- Acupuncture herbs LD including specials
- Pelvic packs
- Ovulation tx
- Ivf support
- Pregnancy support

Postnatal pamper

- Structural assessment
- Acupuncture
- Face mask
- Massage/ld - breast care
- Abdominal support/ strengthen (visceroptosis)
- Nutritional advice breast feeding advice

