

# Visiting Practitioner ALEX SCRIMGEOUR



Alex is a highly-trained Bodywork Therapist specializing in Dien Chan Facial Reflexology. After completing a degree in Acupuncture in 2011, he undertook clinical internships at the Institute of Traditional Vietnamese Medicine in Saigon, where he first learnt about Dien Chan. Passionate about helping people achieve optimum health and wellbeing, he studied in a wide range of therapeutic modalities from Tui-Na to Thai Massage, Deep Tissue to Qigong. His signature Dien Chan treatment releases the hidden tension and emotional stress that builds up in the background of busy modern lifestyles.



## DIEN CHAN FACIAL REFLEXOLOGY

60 mins / 90 mins | \$325 / \$475

Dien Chan is a Vietnamese system of healing. The face is deeply connected to many aspects of our health, Dien Chan specializes in mapping out these connections and harnessing them for healing. Dien Chan is unique in that it has identified over 300 individual points on the face, all with specific actions on different aspects of the body and mind. Dien Chan treatments use advanced massage techniques to release all the micro-tension and stress from the face, head, neck and shoulders. This creates a positive healing effect throughout the body and mind. A number of massage tools have been specially designed to aid in this process. Dien Chan works on many layers- it has a soothing and balancing effect on the nervous system, it helps harmonize the hormonal system, reduces inflammation, boosts immunity and detox, and also taps into the emotional patterns of the face. As such, treatments can benefit and assist in healing many illnesses, especially those associated with stress, trauma and fatigue, sleeping issues, blood pressure imbalance, headaches and pain, poor digestion or hormonal imbalances. It also greatly boosts circulation to all the tissues of the face, which promotes a healthy, glowing complexion and so could be thought of as a natural facelift.

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## FULL BODY REFLEXOLOGY

90 mins | \$475

The most sensitive parts of the body are the face, hands, and feet. These areas have the highest density of nerves and therefore the greatest amount of connections with the brain and nervous system. They are the gateways that help the body switch into the parasympathetic mode of relaxation and healing. In traditional theory these areas mirror and connect to all of our organs and aspects of health. When points of tension are released, this creates a cascade response that improves health and wellness throughout body and mind. Full Body Reflexology combines Dien Chan Facial Reflexology alongside traditional Chinese hand and foot reflexology to create a powerful sense of relaxation, balance and bliss.

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## DEEP HEALING MASSAGE

60 mins / 90 mins | \$475 / \$600

Deep Healing Massage is a bespoke treatment that can be tailored to address physical pain and tension or enjoyed for the blissful effect produced. This treatment combines Deep Tissue and Tui-Na massage to release the back alongside Alex's signature facial reflexology.

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## ACUPUNCTURE

45 mins | \$325

Acupuncture is a natural, safe, and time-tested therapy that treats a very wide range of conditions. It involves the insertion of hair-thin, single-use needles into the body. This activates special receptors and nerves which in turn create changes within the hormonal, vascular and nervous systems. This results in an increase of blood circulation and the release of the body's intrinsic healing chemicals and natural painkillers. Acupuncture is rooted in the belief that the body has a natural capacity for self healing. By bringing the mind and body into harmony with this healing capacity, acupuncture can improve many aspects of health and wellbeing. It can help heal tissues and resolve injuries, aches, and pains. It can improve hormonal balance and regulate sleep, digestion, blood pressure and breathing. It can also work on a mental-emotional level and help create positive changes in mood and temperament. Treatments are tailored specifically to each individual, and include traditional bodywork to help align and settle the posture. When appropriate, the supplementary therapies of moxabustion, gua-sha and tui-na may also be applied.

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## DIEN CHAN + BODY ACUPUNCTURE

60 mins | \$375

Both Dien Chan and acupuncture share the same foundation in traditional Chinese medicine. These powerful therapies can be uniquely combined to heighten the effects of each other. After a health consultation, the body is aligned and needles are placed over key points on the arms and legs. Whilst the needles are resting, Dien Chan is used to release all tension through the head, face, and neck and to fine-tune the intention of the acupuncture points. These treatments combine the health benefits of both therapies and offer a sense of deep release and restoration.

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## TAI CHI QIGONG

60 mins | \$190

Alex has over 20 years experience studying and teaching both Tai Chi and many styles of Qigong. These exercises combine gentle stretching and breathwork to realign the body, free up our movement, and improve physical and mental-emotional balance. Research has shown there are a myriad of health benefits from Tai Chi and Qigong, but most importantly, practicing will leave you feeling wonderful, relaxed and refreshed.