

Redefining Acupuncture

An alternative Chinese healing therapy, Acupuncture is designed to balance the yin and yang within you, to release chi blockages whilst promoting the energy flow which you all too require.

Indulge in our special Acupuncture sessions dispensed by the Resort's holistic Shanti Spa. Our Naturopath doctor will work on those pressure points targeted to reduce stress and banish fatigue.



Acupuncture is known to successfully treat the following conditions:

- Stress
- Dental pain
- Back pain
- Headaches
- Blood circulation disorders
- Hormonal imbalances
- Tendinitis/ligament inflammation
- Shortness of breath

What to expect during an hour session?

Our acupuncturist shall run a TCM (Traditional Chinese Medicine) and pulse diagnosis to customise the acupuncture plan that best suits you. Depending on the treatment you so choose, he shall invite you to either sit onto a chair or lie down face up/down or on the side onto a treatment table, for around 20 to 35 minutes.

Once several meridians or Chi lines are identified, he shall insert fine, sterile needles into strategic points along your body, at times manipulating them with little to no discomfort till the session ends.

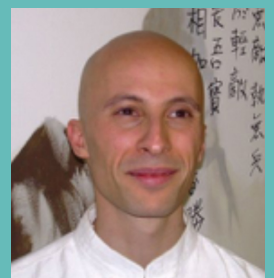
What to expect after the treatment?

- An utter relaxation of your body, mind and spirit.
- A reharmonization of internal energy with your five-element system.

MUR 5,400 per person
(60 minutes)
Price includes 15% VAT

Biography

Serge Lodéon is a licensed TCM practitioner, Acupuncturist and Geobiologist. He has worked for several years in France. After his settlement in Mauritius since a decade ago, serving the Sofitel Hotels and St Régis; he now works for the Riverland sport club in Tamarin plus Sparc Medical Center in Cascavelle. His skills include alleviating physical and psychological disturbances (general body pain and stress, detoxification, smoking cessation, etc.) and to better assist you in harmonising your body's subtle energy flow through his singular knowledge of magnetism and geobiology.



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