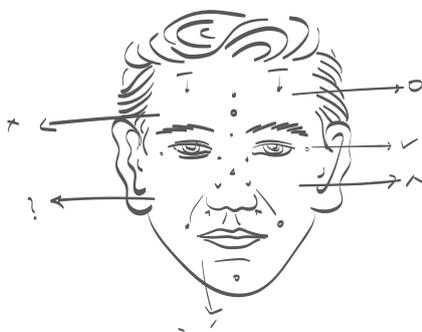


Sublime

S P A



FIND YOUR WELL-BEING - EXPERIENCE BLISS AND HEALING

with our visiting Master Alex Scrimgeour

Traditional Chinese Medicine | Dien Chan Facial Reflexology | Healing Massage

> 2ND TO 14TH SEPTEMBER

(upon request, limited availability)

ABOUT ALEX

Alex originally trained and licensed in acupuncture and tui-na massage in England, and also undertook clinical internships in acupuncture and acupressure at the Institute of Traditional Vietnamese Medicine in Ho Chi Minh City. It was here that he discovered the power of Dien Chan Facial Reflexology and endeavored to study there over many years with a number of Dien Chan clinicians.

He has also had the blessing of learning directly from some of the world's top qigong, taichi, meditation and healing masters.

Alex is based in London, where he runs a private practice and specializes in the field of stress and trauma resolution. He is a Visiting Master for some of the world's leading wellness centres and Spas, including Kamalaya in Thailand, the Mandarin Oriental Hong Kong and Nihi Sumba in Indonesia. He regularly visits Vietnam and Hong Kong, both to work and continue training with his teachers. Alex brings experience from many fields into his treatments, and is passionate about helping people towards optimum health and happiness.

ABOUT DIEN CHAN FACIAL REFLEXOLOGY

Dien Chan is a Vietnamese system of facial reflexology. Based on a recognition that the face is deeply connected to many aspects of our health, Dien Chan specializes in mapping out these connections and harnessing them for healing and rejuvenation.

Unlike foot or hand reflexology, Dien Chan uses multiple maps of the body to image onto the face. This creates a much more dynamic and flexible method for creating appropriate and effective treatments. It is hypothesized that the efficacy of Dien Chan is due to the face's intimate connection and proximity with the brain, which could be seen as a main control tower for many aspects of health.

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. Much of the physical, mental, and emotional stress that we carry, which negatively impacts all aspects of our health, is held in our face and our expression. Dien Chan treatments use advanced massage techniques to release this tension and stress from the head, neck and face, which then creates a positive cascade effect throughout the body. A number of massage tools have been specially designed to aid in this process.



A summary of Dien Chan's general benefits and positive actions on health are:

- A reduction of inflammation
- An optimization of blood circulation
- Relaxation and soothing of the nervous system
- Boosts immunity
- Enhances sleep quality
- Regulates hormones
- Reduces wrinkles and stimulates facial rejuvenation
- Increases calmness, refreshes, lightens and brings more spaciousness to body and mind.

When tailored to the individual, Dien Chan has a greater capacity for resolving illnesses and catalyzing the body's innate healing power.

THERAPIES

DIEN CHAN FACIAL REFLEXOLOGY

60 min 145€

90 min 195€

Treatments are tailored to the individual, and can either be used for general well-being and relaxation, or for addressing health imbalances. 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 can affect and release mental-emotional patterns. As such, treatments can benefit and assist in healing many illnesses, especially with people coping with stress 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.

FULL BODY REFLEXOLOGY

90 min 195€

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.

ACUPUNCTURE

60 min 160€

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, tui-na, and cupping may also be applied.

DIEN CHAN & BODY ACUPUNCTURE

75 min 180€

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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