



Buddha Therapies

Holistic Health Spa and Clinic

"Voted best Holistic Business Liverpool, 2015, 2016, 2017, 2018"

The Three Treasure facial

x1 session £49.00 - x5 sessions £230 (£46 per session)- x10 sessions £450 (£45 per session)

In traditional eastern medicine the three treasures are known as **JING, QI, SHEN.**

They are fundamental energies that maintain human life and ancient Daoist keys to health.

Our new "three treasure facial treatment" not only looks at the visible skin on the face, it goes much deeper looking into what gives the skin its youthful look - optimum performance of the organs, mind and spirit.

"When we water a plant, we water the root not the leaves, balance starts within" Tracy McMahon

To start we use our very own brand of natural, organic products in a deep cleansing process.



Our cleanser is completely sensitive for all skin types and our tonifying organic lavender water helps to remove unwanted dirt from the pores, invigorating the beginning of a natural blood flow process. Then carefully selected acupuncture meridian points are inserted into the face and head to enhance the balance and natural flow of fluids to nourish the skin, combat fine lines and wrinkles and give a natural complexion, Followed by the ELIXIR oil. This natural serum contains oils with high levels of GLA, essential for the skin to stay supple and to help promote collagen, elastin and fibroblasts which help give skin its strength, we then use natural jade gua sha combined with the oil after the acupuncture process that releases natural ions. **"JING"**



Finished by a jade bell massage and energy work on the abdominal area, (the engine of the mind) and the (second brain), focusing on the major and accessory organs of the digestive system helping to disperse blocked energy and toxins, which is **ESSENTIAL** to help revitalisation, in the 5 element cycle attached to each organ is an emotion. **"QI"**



Tourmaline crystal, auricular therapy pellets are then placed to on to the "shen men" point of the ear to help calm the spirit **"SHEN"**

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