

Relieve stress and
tension naturally
with

Acupressure



Jasmin Jameson
Mobile Therapist

Call for an appointment
Phone: 123-123-1234

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Acupressure

Acupressure is an ancient Chinese therapy, using gentle physical pressure on key points on the body to promote a sense of relaxation and to restore the flow of energy through the body to induce a process of natural healing.

Acupressure has shown to be very effective in helping to alleviate and improve the following conditions:

- Migraines & headaches
- Shoulder & neck pain
- Lower back pain
- Muscle stiffness
- Sinus problems
- Nausea
- Insomnia
- General pain management
- Anxiety and tension



Please note that acupressure should not be used as a replacement for proven conventional care or to postpone seeing a doctor about a medical condition.

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