

What is Auricular Acupuncture?

The outer ear has a prolific blood supply that can directly influence the body's stress response and help release natural "feel good" and relaxing chemicals. The treatment involves inserting five sterile disposable needles into each ear for 30 minutes while you relax.

Auricular Acupuncture has been shown to:-

Reduce hot flushes

Relieve stress and anxiety

Promote better sleep pattern

Ear seeds can also be used to aid:-

Smoking cessation

Weight loss



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