



## **Traditional Chinese Medicine** **with Ken Rosen**



Unwind, and reboot your mind, body and spirit with Traditional Chinese Acupuncture and Cosmetic Facial Acupressure by our visiting consultant Ken Rosen. Acupuncture can truly help over-all wellbeing, protect from degenerative disease and pre-mature aging. Acupressure is incredibly relaxing and needle-less

### **Traditional Chinese Medicine** **Initial Consultation (includes 30mins diagnosis and treatment)**

Acupuncture works to unwind the entire nervous system, reboot the system and provide balance for both body and mind. Ken specializes in effective acupuncture treatment for:

- **Stress**
- **Insomnia and Sleep disorders**
- **Weight-loss and Stop smoking**
- **Shoulder and Back Pain**
- **Acute Chronic illnesses**
- **Digestive Disorders**
- **Immune Health; Colds and Flu**
- **Migraines**
- **Fertility and Reproductive difficulty**
- **Muscular tension**

### **Cosmetic Facial Acupressure** **A course of 3 is advised**

The face is an area of the body where emotional tension accumulates with wrinkles, furrowed eye brows and muscle tightness. As the acu-points are lightly pressed by a pointed brass-metal tool; tension dissolves and spirits are lifted. Facial acupressure can help clear out tension from the entire body while beautifully refreshing your face.

**Ken**, an internationally acclaimed writer, teacher, and practitioner of Traditional Chinese Medicine (TCM), moved to Thailand in 2006 and was resident TCM specialist at Chiva Som from 2006 to 2009. He has worked closely with Dr. Andrew Weil and has taught classes in nutrition, diagnosis and clinical supervision in New York. Ken has published numerous articles on Chinese Medicine, cancer treatment, and nutrition, and has presented at prominent conferences in the US and Asia. In addition to Chiva Som, he continues to work with prestigious resorts such as Mandarin Oriental Bangkok, One and Only Reethi Rah, and Six Senses Spas.