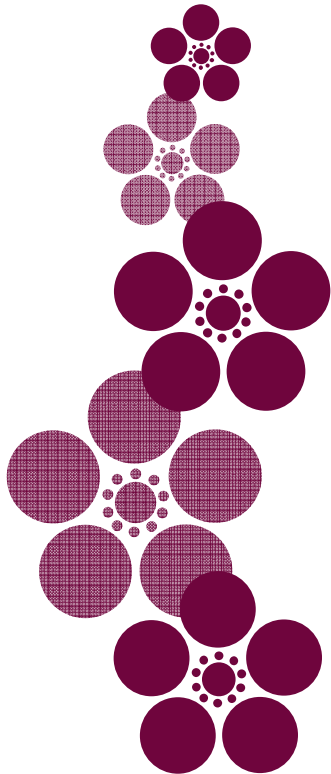


chi yu

Wellness Centre

Treatments



Oriental & Complementary Therapies
Holistic Beauty Treatments
Wellbeing Boutique

September 2009

chi yu is a holistic wellness centre offering a range of oriental & complementary therapies and holistic beauty treatments as well as lifestyle products to nurture wellbeing

chi yu means 'healing' in Japanese. 'Shizen chiyu ryoku' means the **body's self-healing ability**. Inspired by traditional Japanese philosophy, we provide personal and effective holistic treatments to support the body's own healing process, balancing your body, mind & soul.

chi yu philosophy

✿ *West meets East*

We incorporate both Eastern and Western complementary therapies, bringing the best of the two traditional healing philosophies and practices

✿ *Holistic Approach*

We treat the whole person - body, mind and spirit. We are concerned with the root causes of your conditions as well as the symptoms

✿ *Integrated Health Care*

We integrate complementary therapies and conventional medicinal knowledge to offer highly effective treatments

✿ *Bespoke Treatment*

We integrate a range of therapies to tailor the most appropriate treatment for you

✿ *Self Care Advice*

We provide healthy lifestyle and eating advice to support your wellbeing

✿ *Being Green & Ethical*

We recycle and use recycled, ethical and environmentally sustainable materials wherever possible. Our uniforms and towels are made from bamboo fibres

✿ *Natural & Organic*

We use fine quality products that are natural & organically grown wherever possible. All products available at chi yu are not tested on animals, free from unnecessary preservatives, synthetic colouring and perfumes

Opening Hours

Monday	11:00 - 18:00
Tuesday	12:00 - 20:00
Wednesday	11:00 - 19:00
Thursday	12:00 - 20:00
Friday	12:00 - 20:00
Saturday	10:30 - 18:00
Sunday	Closed

Appointments & Enquiries: +44(0)207 4860304

info@chi-yu.co.uk · www.chi-yu.co.uk

We require debit or credit card details to hold your appointment and 24 hour's notice if you wish to cancel your appointment or the full fee of your treatment will be charged

Please arrive 15 minutes before your appointment on your first visit for our complimentary initial consultation

We recommend you to arrive 10 minutes earlier to your appointment time on your subsequent visit

chi yu

Wellness Centre

36 George Street · London · W1U 7DR



chi yu Integrated Therapy...

... is our signature treatment. A range of therapies are incorporated to tailor treatments to suit your needs and preferences

Acupuncture...

... has been practiced in Asia for thousands of years. Fine, sterilised needles are inserted in certain points located on the body to promote the flow of the vital energy, known as chi (Qi). It helps a wide range of acute and chronic conditions

Cupping Therapy...

... is a technique of applying suction cups on certain acupuncture points or areas on the body. It encourages the flow of Qi as well as circulation. Cupping therapy is incorporated into acupuncture treatments

Ear Acupuncture...

... is often incorporated into a body acupuncture treatment. Fine needles or small magnets are applied on the points located on the ear. It is widely used for many conditions such as addiction, stress-related conditions, obesity and various pains

Holistic Aromatherapy...

... is the application of organic essential oils extracted from plants through massage and inhalation. Specific essential oils and carrier oils are selected according to your needs and applied to your body to alleviate physical and emotional tension

Oriental Aromatherapy...

... is a therapeutic integration of aromatherapy and oriental medicine. Specific organic essential oils and carrier oils are selected based on the Oriental diagnosis during a consultation are applied to the skin through acupressure and meridian massage to balance the Qi and restore the health

Craniosacral Therapy...

... is a gentle yet extremely powerful therapy. Using light contact, your therapist identifies tensions and restrictions within the body resulting from physical or emotional stress. Craniosacral therapy promotes the body's own healing ability to release these restrictions

Acupressure & Meridian Massage...

... is based on the traditional oriental bodywork, which works with meridians, the energy pathways and acupressure points located in the body to encourage the free flow of Qi



Deep Tissue & Remedial Massage...

... helps to release muscle tensions and stimulate blood circulation through slow strokes with deep pressure and improve joint mobility by applying muscle stretching techniques

Thai Yoga Massage...

... involves the application of firm rhythmical pressure on the energy pathway called 'Sen' and gentle stretching. Together these techniques help to unblock stagnation of Qi, relieve tensions and stresses from your body and mind

Thai Herbal Compress Ritual...

... is an invigorating and energising treatment. Steamed compresses filled with therapeutic botanical ingredients are pounded onto the body along with Thai yoga massage. Warm poultices open pores bringing therapeutic heat to ease muscular pains and revitalise the mind. You can take the compresses for use at home in an herbal bath or as a room fragrance

Tui Na Massage...

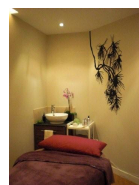
... is a part of Traditional Chinese medicine. It involves stimulation of specific acupuncture points and meridians as well as application of joint mobilisation. It helps to treat many conditions including musculo-skeletal disorders and stress-related conditions

Pregnancy & Post-natal Care...

... are especially tailored for mums-to-be and new mums to support their wellbeing. A range of therapies can help to relieve symptoms during pregnancy, such as back aches, fatigue, and water retention. For post-natal care restore hormone balance and reduce physical discomfort. Your therapist can assist you to tailor the best treatments during consultation

Reflexology & Eastern Foot Massage...

... is an ancient healing art that uses a specific finger pressure to access the whole body through the feet or hands. Reflexology helps to unblock areas of congestion to restore the balance to body and mind. Specific points and meridians on the feet are also stimulated to encourage the natural flow of Qi in the body



Chidoriya Japanese Facial...

... is our signature facial using Chidoriya Japanese skin care range from Kyoto. It includes cleansing, exfoliation, mask and a combination of acupressure, meridian massage and lymphatic drainage with a jade roller to improve skin texture, minimizes the ageing process and repairs the skin. Chidoriya only uses natural ingredients, such as rice bran, camellia oil and aduki beans that have been traditionally used for beauty care in Japan for centuries

Environ Vitamin Facial...

... uses a skincare range packed with active antioxidants, vitamins A, C, E, beta carotene and botanical ingredients, designed to treat and prevent photo-ageing, premature ageing, problematic and pigmentation skin. Treatment is customised to individual needs, and includes cleanse, exfoliation, extractions (option), massage and seaweed mask

Facial Rejuvenation Acupuncture...

... uses fine sterilised needles inserted into points on the face, ear and body to rejuvenate the skin. It improves skin texture, collagen production, and reduces signs of aging. A course of treatments is recommended for a long lasting effect

Naturalift Facial...

... is a hands on treatment incorporating facial reflexology and a traditional system of massage techniques drawn from ancient India and Japan. It helps to improve skin complexion by removing toxins, is anti-ageing and can balance the life force energy holistically, helping to improve overall health. Includes cleanse, enzymatic peel, massage, mask and moisturiser

Eyelash Tint*

Eyebrow Tint*

Eyelash & Brow Tint*

Eyebrow Reshaping

Eyebrow Tint* & Reshaping

*A patch test is required 24 hrs in advance of any tinting treatment

Enjoy a complimentary

JING tea

with your treatment!

(available to buy in chi yu boutique)