

# ✿ Yin & Tonic Acupuncture and Wellness ✿

Holistic Care • Balance • Radiance

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## ✿ Acupuncture Services

### *Acupuncture Session — \$70*

A comprehensive, individualized treatment utilizing sterile, single-use filiform needles to modulate the central and peripheral nervous systems. Acupuncture has been shown to influence neurochemical signaling (including endorphins and serotonin), improve microcirculation, reduce inflammation, and support autonomic nervous system regulation.

### *Acupuncture Packages*

#### *3 Sessions — \$180 (save \$30)*

Ideal for short-term treatment plans or acute concerns while providing cost savings compared to single sessions.

#### *6 Sessions — \$480 (save \$40)*

Supports continued physiologic regulation and improved clinical outcomes through consistent care.

#### *12 Sessions — \$740 (save \$100)*

Best for chronic conditions and long-term optimization, allowing for sustained neuromodulation and systemic balance.

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## ✿ Add-On Therapies

### *Electro Acupuncture — \$20*

Applies low-frequency electrical stimulation to acupuncture needles to enhance neuromodulation, increase endogenous opioid release, and improve pain control and muscle activation.

### *Cupping (Wet or Dry) — \$25*

Negative pressure therapy that enhances local blood flow, facilitates myofascial release, and promotes lymphatic drainage. Wet cupping incorporates controlled micro-incisions for additional detoxification support.

### *Guasha — \$25*

Instrument-assisted soft tissue mobilization technique that increases microcirculation, reduces inflammation, and modulates immune and pain responses.

### *Tui Na Massage (20 minutes) — \$40*

A therapeutic form of Chinese medical massage that utilizes rhythmic compression, acupressure, and manual techniques to improve circulation, release muscle tension, and support musculoskeletal and energetic balance. **Excellent add-on after acupuncture** to enhance treatment outcomes.

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## ✿ Recommended Pairings

- Acupuncture + Tui Na Massage — enhanced muscle release, circulation, and nervous system relaxation
  - Acupuncture + Cupping — improved circulation, lymphatic movement, and myofascial decompression
  - Acupuncture + Electro Acupuncture — enhanced neuromodulation and pain reduction
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## ✿ Nutritional & Herbal Medicine

### *Nutritional/Herbal Consult — \$150*

A comprehensive functional and Traditional Chinese Medicine-based consultation including individualized dietary protocol, evidence-informed supplementation strategies, and customized Chinese herbal formulations to address underlying pathophysiology.

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## ✿ Microneedling Services

### *Face — \$200*

Collagen induction therapy that stimulates fibroblast activity, enhances elastin production, and improves dermal remodeling.

### *Face & Neck — \$250*

Expands collagen induction therapy to the cervical region to improve skin elasticity, tone, and structural integrity.

### *Face, Neck & Décolletage — \$300*

Comprehensive microneedling protocol targeting multiple regions to optimize collagen synthesis, improve texture, and reduce photoaging.