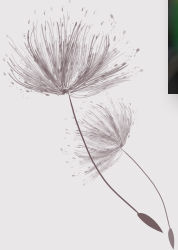


Rekindle Self-Healing With **DR. RACHEL WOO**

1st November 2023 to 31st January 2024

1st March 2024 to 31st May 2024



*“With a little help, the body can rebalance
and restore itself.”*

Unlock your body’s self-healing capabilities with Traditional Chinese Medicine (TCM), guided by Dr. Rachel’s expertise.

An experienced TCM practitioner, Dr. Rachel specialises in acupuncture, cupping and herbal medicine. Blending ancient wisdom with advanced science, her integrated therapeutic approach offers an alternative pathway to your wellbeing goals — from preventing illness and strengthening immunity, to relieving pain and slowing disease progression.

Dr. Rachel has spent over a decade working in holistic wellness clinics, including a supervisory clinical role at the Sydney Institute of Traditional Chinese Medicine. She holds a master’s degree in Brain & Mind Sciences.

Please contact your Jadugar to book a session with Dr. Rachel.

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TCM Initial Consultation

Based on the TCM assessment utilising tongue and pulse diagnostic, Dr. Rachel will prescribe a personalised plan tailored to your constitution. For effective and lasting results, the recommended treatments may range from 4-12 sessions, 2-4 times a week.

30 mins

USD 200

Acupuncture

Regulate your Qi (vital energy) to relieve pain, restore balance to disrupted bodily functions, and promote deep relaxation. During the session, Dr. Rachel inserts hair-thin needles into acupoints for precise periods of time, determined by your individual TCM assessment.

45 mins

USD 400

Cupping

Cupping aids with detoxification and relieves pain, inflammation, and blood congestion. Cupping may raise temporary petechiae (red circular marks on skin), which generally fade within a few days.

30 mins

USD 250

Acupuncture with Add-on Therapy (Cupping, Gua Sha or Moxibustion)

Experience an acupuncture session to balance your Qi, followed by complementary therapies such as cupping, Gua Sha, or moxibustion. Gua Sha utilises stone or jade tools to stimulate acupoints, while moxibustion gently warms meridians.

60 mins

USD 500

Cosmetic Acupuncture

Dr. Rachel uses cosmetic acupuncture, Gua Sha, and cupping to enhance your appearance. Enjoy benefits such as balanced facial features, reduced puffiness, hydrated skin, restored volume, smoother wrinkles, improved skin tone, and a radiant glow.

60 mins

USD 550

*Please contact your Jadugar to book a session with Dr. Rachel.
All prices subject to 10 percent Service Charge and 16 percent Government Tax.*