

Acupuncture & ACU-BODYWORK

ACUPUNCTURE

30 min: \$75 member | \$90 guest

60 min: \$140 member | \$160 guest

COSMETIC FACIAL ACUPUNCTURE

Whole body treatment with focus on the face designed to ease tension, reduce fine lines, lift and improve skin texture, and muscle tone by stimulating collagen production.

60 min: \$160 member | \$190 guest

(series of six available)

AURICULAR ACUPUNCTURE

The ear is a microsystem of the entire body. This treatment can be used to effectively help a variety of conditions in other areas of the body to promote healing.

30 min: \$75 member | \$90 guest

ACU-MASSAGE

Acupuncture and your choice of a Hot Stone, Salt Stone, Swedish or Deep Tissue Massage.

60 min: \$140 member | \$160 guest

90 min: \$160 member | \$190 guest

ACU-INTEGRATION

Acupuncture and your choice of one of the following 30-minute included services:

Structural Integration | Cupping | Tuina |
Shiatsu | Medical Qigong

60 min: \$140 member | \$160 guest

90 min: \$160 member | \$190 guest

CUPPING

Special cups on the skin create a vacuum which dispel toxins and may help with pain, inflammation, blood flow, relaxation and well-being.

30 min: \$55 member | \$60 guest

60 min: \$110 member | \$120 guest

LED ADVANCED LIGHT THERAPY

Blue, Red and Near-Infrared light energy FDA-cleared to treat acne, wrinkles, inflammation, muscle and joint pain, arthritis, and muscle spasms.

30 min sessions

\$35 Add-on to any Acupuncture Treatment

\$55 Single Treatment

\$45 Per Treatment with Series of Eight



descriptions

AURICULAR ACUPUNCTURE

The ear is a microsystem of the entire body. This treatment can be used to effectively help a variety of conditions in other areas of the body to promote healing.

COSMETIC FACIAL ACUPUNCTURE

A safe, effective non-surgical method to reduce signs of aging with no downtime. This treatment is designed to ease tension, reduce fine lines, lift and improve skin texture and muscle tone by stimulating collagen production. Includes a whole body treatment with full body acupuncture and acupressure.

TUINA

Asian bodywork therapy combining manipulative therapy and pressure to acupoints along meridians. The treatment addresses patterns of disharmony to help restore balance and improve vitality.

SHIATSU

A form of Japanese bodywork that supports and strengthens your body's natural ability to balance itself through touch and pressure. A deeply relaxing treatment that may relieve stress, treat pain and contribute to health and well-being.

MEDICAL QIGONG

A branch of traditional Chinese medicine which does not involve needles but leverages the same meridians. During the treatment the practitioner will assess your needs and work with your energy pathways to facilitate balance and energy flow.

CUPPING

Special cups are placed on the skin to create a suction which dispel toxins and may help with pain, inflammation, blood flow, relaxation and well-being.

LED ADVANCED LIGHT THERAPY

Blue, Red and Near-Infrared light energy FDA-cleared to treat acne, wrinkles, inflammation, muscle and joint pain, arthritis and muscle spasms.

**THE SPA AT
DC RANCH VILLAGE**

480.515.5522
18501 North Thompson Peak Parkway
Scottsdale, AZ 85255

VILLAGECLUBS.COM

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