Welcome to Alexis Acupuncture located in beautiful Dana Point CA near the ocean. Alexis practices gentle and painless Japanese style Acupuncture, and Traditional Chinese style acupuncture and herbal medicine. At Alexis Acupuncture a wide array of health and emotional conditions are treated including pain management and mental health conditions. Alexis Acupuncture specializes in treating Sports injuries and pain management including neck and back pain, sciatica pain, spinal disc issues, knee pain, tennis elbow, migraines, cluster headaches and pre and postoperative care. Alexis’ acupuncture sessions are extremely gentle, and she focuses on diagnosing and treating each patient as a unique case tailored to individual needs. Alexis Acupuncture also specializes in mental health management aiding in treatment of social anxiety, grief therapy, obsessive -compulsive disorder (OCD) and posttraumatic stress disorder (PTSD). Alexis Acupuncture enjoys treating and working with children and teens and has nearly 10 years work experience with fertility patients, and expecting Mothers at all stages of pregnancy including postpartum. Alexis also has strong experience treating the elderly and disabled patients and enjoys this demographic.