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| COMMUNITY CLINIC SERVICE MENU  Picture 1 |

HEAL

LOW BACK LOVE

when they go low…we go to The Lotus

Whether it’s disk herniation, stenosis, sciatic, SI dysfunction or just muscle tightness and adhesions – acupuncture can help. Acupuncture provides instant, natural, and safe relief.

NIX NECK & SHOULDERS

when the weight of the world is on your shoulders

Stiff neck, chronic neck & shoulder tension from stress or computer use is common in our fast-paced world. Acupuncture relaxes the muscles, increases blood flow and calms the nervous system.

IBUPRO-ZEN

take two and don’t call me in the morning

Inflamed, achy joints result from arthritis, tendonitis, or systemic inflammation. Hair-thin needles stimulate your body’s response, increasing blood flow to the joint, which decreases inflammation.

HEADACHE HEALER

now what’s your excuse gonna be?

With a headache it’s hard to think about much else. Acupuncture targets pressure points proven to stimulate your nervous system to release hormones and endorphins to reduce pain instantly.

Picture 2

RESTORE

STRESS/ZENEX RX

aka the Lotus chill-pill

Stress is the body’s response to change; this treatment helps your body cope with whatever life throws at you. This targets nervous system regulation and switches your body from “fight or flight” to “rest and restore/digest” in just 30 minutes.

SWEET DREAMS

paging Mr. Sandman

Restless nights are no fun. This calming treatment will set you up for a restful night’s sleep.

MOON BALANCE

when Aunt Flo is in town

Acupuncture can influence hormonal secretion from the pituitary, hypothalamus, thyroid, adrenals and ovaries. This treatment is targeted at the specific phase of the menstrual cycle to regulate hormones and harmonize underlying imbalances.

HOT FLASH

when you’re hot and you (and everyone else) knows it

A common inconvenient symptom associated with menopause; and yes, acupuncture can help. Many women feel a cooling sensation throughout their whole body when receiving this treatment.

Picture 3

VITALITY

ENERGY BOOST

side effects include high-kicks and jazz hands

Like a cup of Joe, this acupuncture treatment will increase your energy level, improve your mental focus (good-bye brain fog) and bring your consciousness to the present moment.

IMMUNITY BOOST

nothing’s gonna stop us now

Itchy throat, general fatigue, and an achy body are signs of a compromised immune system. But wait – acupuncture can help. Specific acupuncture points can increase white blood cell count and rev up the immune system to fight off illness.

ALLER-EASE

a-choo

Pollen count got you down? This signature treatment takes a two-pronged approach to fighting allergies. Localized face needling reduces sinus congestion and inflammation, while other points on your body calm an over-excited immune system.

Picture 4

THE LOTUS SPA

DETOX

when ‘everything in moderation’ includes excess

Let’s be real – overindulgence happens. Well, here’s a treatment to support your body in getting back into balance. With special attention given to the liver, stomach, and large intestine pathways, “Detox” gets you back to feeling your best.

ACUPUNCTURE FACE LIFT

Boho botox

By stimulating points in the face, acupuncture increases blood flow and promotes collagen and elastin growth. This treatment delivers immediate results, however a series of 12 is recommended for maximum benefit.

ZENNY CRAIG

In short…we hope they don’t sue us

A treatment to support your weight release goals. This auricular method is used in weight loss centers to balance metabolism, calm the nervous system and support release of food addiction.

Picture 5

SIGNATURE SERVICES

THE TUNE UP

work it now, twerk it later

Not sure what you need? Here’s a great place to start. This treatment is The Lotus of Longevity’s signature treatment, balancing all your energy pathways leaving you vibrant, glowing, and relaxed.

CUSTOMIZE IT

roll your own

Got something specific you’d like to work on but don’t see it on the menu? We would be happy to create a custom treatment to address your needs.

BOOK COMMUNITY BUTTON with same link to the booking page

Bottom Banner with disclaimer