

WHAT TO EXPECT IN THE HAVEN

To begin, you will lie down on a specially designed neck support that creates a light traction, reducing pressure on the vital nerves of the spine while gently stretching the muscles to reduce tension.

As you relax, you will start my acupuncture treatment protocol that I specifically designed to incorporate key points for optimal health and relaxation. Here are the variety of benefits these points provide: stress relief, enhanced immune function, relaxed muscles throughout the body, and increased energy. During this time you will also start your aromatherapy session. Essential oils will be dispensed through the air, stimulating specific receptors within your nose that will help settle your emotional state.



You will also experience the healing power of earthing. Free radicals are molecules within your body that cause inflammation and damage your delicate cells, leading to chronic disease and accelerated aging. The earth contains the highest source of negative electrons available. When you are in direct contact with the earth, these electrons freely flow into your body, neutralizing the positively charged free radicals. Have you ever wondered why it feels so good to go barefoot in the park or at the beach? Now you know! Our earthing mat will allow you to reconnect with this natural healing force in the comfort of our office.

I believe our physical environment plays a significant role in regards to our emotional state. With that in mind, I wanted to create a warm and inviting space, softly lit to provide an atmosphere of tranquility. Just as positive ions in the body create stress, positive ions in the air can do the same. To minimize these ions, a Himalayan salt lamp is used to illuminate the room. Not only does this lamp provide a soothing light, but it also discharges negative ions into the air, helping to bind potentially harmful positive ions.

Sound can be a powerful sedative with an amazing ability to trigger a wide range of emotions. I have chosen specific types of music that will help to modify the brain wave activity of your mind, creating a state of peace and calm.

When your acupuncture session is complete, you will then transition to a comfortable recliner to experience a shiatsu foot massage that includes infrared heat and gentle compression to remove tension and improve circulation. During your massage, you will also enjoy an ice cold organic super-fruits and greens drink that will provide your body the nutrients necessary for optimal vitality. So get ready to experience the power of The Haven!

Dr David C. Perrine