Current indications in Traditional Chinese Medicine

The appeal of Traditional Chinese Medicine is growing due to its holistic approach, and experimental science has been investigating the mechanisms of traditional treatments for some time now. Numerous scientific studies have demonstrated a link between modern-day complaints and their treatment with ancient techniques.

It has been established that, today, certain complaints stem from disorders of the immune system which directly result from our modern lifestyle. The positive influence of Chinese acupuncture, moxibustion and phytotherapy on the immune system as well as on unspecific stress-induced complaints has also been proven.

The Centre for Traditional Chinese Medicine at the Arabella Spa offers treatments for the following complaints:

- Disorders of the locomotive system:
  - Arthritis, tendinitis, lumbago and neck pain problems with the cervical vertebra.

- Neurological and neuro-physical disorders such as:
  - Headaches, neuralgias, dizziness, depression, irritability, phobias and stress.

- Gynaecological and urological complaints:
  - Disorders following the menopause, menstruation and erection disorders.

- Gastro-intestinal disorders such as:
  - Constipation, diarrhea or gastritis.

- Skin complaints such as:
  - Acne or eczema.

- Diseases of respiratory system:
  - Colds, inflammations of sinuses or the throat.

- Addictions:
  - Obesity, nicotine addiction and others.
Traditional Chinese Medicine (TCM) is one of the oldest systems of healing. It is not only concerned with the treatment of existing complaints, but also with the prevention of new ones.

TCM views the human body as a microcosm which interacts harmoniously with the macrocosm in which we live. We are healthy as long as both are in balance. An illness ensues if this delicate balance is upset.

In TCM, it is essential to know the five elements: wood, fire, earth, metal and water. Together with Ying/Yang and Qi theories (energy or life force) they map every kind of change and development in the human condition as well as between people and their environment. People are seen as individuals. This is why two different people suffering from the same illness do not necessarily receive the same treatment: they are considered two separate bodies with their own distinct histories and are therefore given two different treatments. TCM is thus considered holistic: it focuses on the harmony of body, mind and spirit.

The system attaches great importance to the prevention of illnesses, the balance of body and mind and a state of harmony with nature. Theories and new techniques are also being developed which work hand in hand with the treatment of existing complaints, but also with the prevention of new ones.

With its unique combination of TCM and other natural methods, the Spa of the St. Regis Mardavall guarantees relaxation, the restoration of energy and the improvement of health, helping to keep body and mind in prime condition.

**Treatment Programme of the Centre for TCM at the Arabella Spa**

**Traditional Chinese Medicine Consultations**

It is fascinating to watch a specialist in traditional Chinese medicine at work and to observe all the different methods he can employ to get to the bottom of an illness by searching out blocked meridians or channels. The patient’s state of mind is an extremely important factor, as the way that illnesses manifest themselves depends on the type of emotional disharmony involved.

**Chinese Tuina Massage**

A therapeutic massage based on a diagnostic examination, the articulation and the identification and prevention of incorrect posture, bad habits or degenerative illnesses.

- 50 minutes: 115 €
- 25 minutes: 75 €

**Acupuncture Sessions**

This respected traditional Chinese therapy dates back 2000 years. Its ability to cure and prevent all kinds of illnesses and complaints is recognized by the World Health Organization (WHO).

- 25 minutes: 65 €

**Acupuncture with Tuina**

A good combination to treat most illness and highly recommended for prevention of stress and body tensions.

- 50 minutes: 115 €

**Anti-Aging Bio-Lifting**

Facial acupuncture works like a very special form of bio-lifting. The stimulation of all the central acupuncture points of the face and cleavage area energies all facial muscles. Includes facial and head massage. We recommend a series of five sessions.

Approx. 50 minutes: 138 €

**Oriental Phytotherapy**

Plants are well-known for their therapeutic properties yet the secret of their application has remained a mystery for thousands of years. Plants also play a major role in balancing the organism as well as preventing and controlling various stages of illnesses. You may choose between traditional Chinese formulas or customized infusions.

- 25 minutes: 60 €

**Chinese Acupressure**

A therapeutic massage based on finger pressure at the meridian points of the body to stimulate energy and restore balance.

- 50 minutes: 105 €

**Auriculotherapy**

The stimulation of specific points of the ears with special Chinese needles is an effective treatment for a variety of conditions affecting the lower back or abdomen. This technique can also be combined with acupuncture sessions and is often successfully employed to treat addictive habits such as smoking.

- 25 minutes: 100 €

**Tai-Ji and Qi-Gong**

Qi Gong, also known as Chi Kung or Chi Gong, is an ancient Chinese discipline that combines mental and breathing exercises with movements to restore calmness and regain a natural balance of energy. It may be employed in the realm of work, or as a form of recreation, or self-defense. Together with Tai Chi, it helps to elevate health, fitness, longevity and self-development. Qi Gong sessions can also be combined with acupuncture sessions.

- 50 minutes: 100 €

**Chinese Herbal Bath**

An ancient therapy that combines sea water with herbal formulas and hydromassage. Useful in the treatment of most diseases, as well as prevention and general wellness. This therapy can be combined with acupuncture and therapeutic massage.

- 25 minutes: 60 €

**Our Team**

**Dr Lu Zhang**
It is currently one of the greatest experts on TCM in Europe. Following his training, he became professor of acupuncture, moxibustion and tuina at the University of TCM in Beijing. He has also worked for the Chinese government as a specialist for the dissemination of TCM in Europe.

**Dr Jieren Tang**
It is also a great expert on acupuncture and tuina, having taken her medical examinations in this subject. She headed the Institute of Acupuncture at the Academy for TCM and also worked as a specialist for the Chinese government, training therapists.