

# In the balance

Treatments that combine traditional Chinese medicine with top-notch beauty therapy work to harmonise mind, body and spirit.

Words *Sarah Lloyd*

**T**RADITIONAL Chinese Medicine has been around for thousands of years and has firmly secured its footing within mainstream methods in the West. Many people are turning to Chinese remedies and some GPs are recommending patients try Oriental healthcare.

Balance Oriental Health Centre offers a range of acupuncture, acupressure and massage as well as a selection of beauty treatments using 100 per cent natural products. Professor Chen, the doctor at the clinic, has over 50 years experience in Chinese medicine and offers a confidential service for those looking for an alternative cure. Popular treatments include help with fertility and stress.

The doctor works together with experienced beauty therapists, sometimes combining treatments in order to give customers the best result possible, linking acutherapy, herbal remedies with beauty treatments like facials.

“We see a person as a whole and believe many symptoms are linked,” the professor says. “We don’t just treat the surface problem, we treat the root to make sure that it works.”



On my visit, after a short consultation I was prescribed the centre’s unique Peripatetic Acupuncture to strengthen my body balance, which was apparently very weak. The clinic is the only place to offer this particular treatment in the UK. Needles were painlessly inserted into acupuncture points and I could feel my lower back warming before, Chen told me, my internal temperature was reversed, turning the skin on my arms cold.

The treatment was followed by a facial and massage, using natural products including a seaweed facemask, which left my skin feeling soft and hydrated. I left the centre with my energy levels raised and a spring in my step.

A long line of happy customers are testimony to the success of Chinese therapy at Balance Oriental. If you’re looking to de-stress, solve a medical mystery, or simply stabilise your internal channels, visit Balance Oriental and test the alternative. *Consultation costs £20 for 15 minutes and acutherapy costs between £35 and £70 for 30 minutes, depending on the intensity of the treatment. Massage and beauty from £50 per hour. 33 Old Brompton Road, South Kensington, SW7 3HZ (020 7589 2292; [double3.co.uk](http://double3.co.uk))*