

is acupuncture for me?

Acupuncture treatment is based on the principles of Oriental Medicine and involves the insertion of hair-thin needles into particular areas of the body along channels or meridians of energy called Qi (pronounced "chee"). The needles are painless, sterile, and disposable.



Thousands of years ago the Chinese discovered that Meridians carrying Qi, which science refers to as bio-electromagnetic energy, flow throughout the entire body, connecting the internal organs to the surface of the body. It is here at the surface that acupuncture points can be stimulated to produce a therapeutic effect internally. Specific points are chosen to manipulate the movement of energy in the body according to the individual's needs.

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your guide to healing
and relaxation



Doreen Cott, A.P., Lic.Ac., M.T. has practiced Massage Therapy for over 20 years.

Her studies include Psychology, Anatomy and Physiology, and Physical Therapy. She graduated Summa Cum Laude in Oriental Medicine from Emperor's College of Oriental Medicine, Santa Monica, CA. She is licensed as an Acupuncture Physician, with practices in Massachusetts, Florida and Vermont.

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Licensed Mass. Acupuncturist 230974

Acupuncture & Bodywork

by
Doreen Cott, A.P., Lic.Ac., M.T.



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Facial Rejuvenation
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Enhancement



Addiction- alcohol, drug, smoking	Emotional Problems	Pain
Anxiety	Eye Problems	PMS
Arthritis	Facial Palsy/Tics	Pneumonia
Asthma	Fatigue	Reproductive Problems
Bags under the eyes	Fertility	Rhinitis
Bronchitis	Fibromyalgia	Sagging of the face
Carpal Tunnel Syndrome	Fine lines in the face	Sciatica
Chronic Fatigue	Headache	Seasonal Affective Disorder (SAD)
Colitis	Hiccough	Shoulder Pain
Common Cold	Incontinence	Sinusitis
Constipation	Indigestion	Sleep Disorders
Deep Wrinkles	Irritable Bowel Syndrome	Smoking Cessation
Dental Pain	Low Back Pain	Sore Throat
Depression	Menopause	Stress
Diarrhea	Menstrual Irregularities	Tennis Elbow
Digestive Trouble	Migraine	Trigeminal Neuralgia
Dizziness	Morning Sickness	Urinary Tract Infections
Dysentery	Nausea	Vomiting
	Osteoarthritis	Wrist Pain



rejuvenate your body, mind and senses

Doreen offers an eclectic blend of acupressure, reflexology, and Chinese Medical Massage (Tui-na), which are highly effective techniques for treating the strains and sprains of sports injuries.

Treatments also include Hot Stone Massage with Aroma Therapy Oils and Chinese Herbal Formulas that are appropriate for different conditions. The heat of the Hot Stone activates the healing and medicinal properties of the oils, releasing them into the body as they massage into tight muscles like a hot knife through butter.



Special formulations of essential oils based on the time-tested principles from Oriental Medicine are included in the Aromatherapy Treatment. Essential oils have therapeutic properties that can treat different types of conditions on the face and the body.

- Stimulates, tones and increases circulation and collagen production.
- Relaxing, soothing and sensual.
- Anti-aging properties to rejuvenate the skin.
- Treatment of cellulite and spider veins on the legs.
- Alleviation of pain, stiffness, muscle spasms, sprains and strains.
- Treats sinus problems and headaches, the face and the body.

paradise found

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