

K SPA ALTERNATIVE THERAPIES

ACUPUNCTURE



We've teamed up with the experts at Out Call Acupuncture to provide a range of acupuncture treatments to help weight loss, reduce stress and fatigue.

Derived from ancient Chinese medicine, acupuncture is one of the longest established forms of healthcare. Suitable for people of all ages, including pregnant women and children, acupuncture can be used to treat a wide variety of health issues.

WHY CHOOSE ACUPUNCTURE?

Acupuncture can be used to relieve certain pains and aches. Many people use acupuncture to treat conditions such as chronic, joint and dental pain. The NHS uses acupuncture across many of its practices and it is widely recognised as a form of alternative medicine.

HOW DOES IT WORK?

Acupuncture works by stimulating sensory nerves under the skin and in the muscles. Pain-relieving endorphins are then released into the body helping to reduce areas of pain and discomfort.

DOES ACUPUNCTURE HURT?

The needles used in acupuncture are so fine that you don't feel them being inserted. You will not feel any significant pain just a tingling or a dull ache.

It was through his eye-opening experiences as a patient that Lubos Tranta decided to study eastern medicine and dedicate himself to making a positive impact on peoples' lives as a practitioner. Lubos addresses the root of injury or illness, helping his patient's to achieve health and wellness for the long-term.

Lubos holds a Masters of Science in Chinese Medicine (MSc). His training consists of three styles of acupuncture; myofascial trigger points, facial acupuncture and 5 Elements.

Lubos Tranta offers both holistic and cosmetic acupuncture at K Spa.
Prices for the acupuncture start from £70 per session.

Treatments take place in our award winning K Spa and can be booked using the details

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