



acupuncturekitchen

ingredients for good health

At Acupuncture Kitchen we are always concocting innovative recipes for wellness. Enjoy our menu of services designed to give you plenty of ways to gain health & happiness.

**www.acupuncturekitchen.com | 415.553.5999
2339 3rd Street, Suite 4R-70 San Francisco, CA 94107**

ACUPUNCTURE

Initial Consultation & Treatment

Your initial acupuncture session will include a comprehensive consultation during which we will review your medical history, your lifestyle, and any lab work or medical records that you bring along. We will then create a proactive treatment plan that may include a mix of acupuncture, moxibustion, cupping, and Chinese herbs.

90 min. \$160

Follow-up Treatments

Our standard treatments may include acupuncture, moxibustion, cupping, and/or Chinese herbs. Your practitioner will check in with you regularly in order to continuously assess your needs and health goals.

60 min. \$95

Herbal Consultation

A comprehensive evaluation of your medical history and your health goals in order to create an ongoing Chinese herb treatment plan. This option is for those who wish to forego traditional acupuncture.

45 min. \$60

On-Site Embryo Transfer Treatment

We will travel to your clinic of choice and provide research-based acupuncture before and after your ART. We will bring along guided imagery to further support you during this important day.

As long as it takes \$250

Ask about our treatment packages to reduce your per-visit cost and make a greater commitment to your health and well being.

*** Note that Chinese herbs are not included in the above prices and are priced per gram.*

MASSAGE & CHINEITSANG

Lunchtime Noodle Rub

A little massage can go a long way. Turn into a noodle with this intensive and focused treatment on your hard-working muscles.

30 min. \$45

Touch of Yin

Head to toe pampering. An infusion of nourishing Swedish strokes and intuitive point work enhanced with warm, comforting ginseng paraffin for ailing feet, and your choice of aromatherapy to lift the senses and unburden the mind. Instills peace and calm.

60 min. \$80

90 min. \$110

120min \$150

Touch of Yang

A firmer massage for your more resistant and heavy muscles. Combines Deep Tissue, Sports, Shiatsu, and decompressing stretches to urge your body to let go and lighten your load. Warming muscle rubs and aromatherapy optional.

60 min. \$90

90 min. \$120

120 min. \$160

Full Moon

Ooooolala, tranquility for expecting mothers! Pre-natal massage with stretch mark-reducing oils is not only good for aches and pains, your skin will love it too!

60 min. \$90

90 min. \$120

120 min \$160

Heaven from Earth

Send waves of relaxation from your feet to your forehead in this utterly blissful reflexology treatment.

30 min. \$45

Unwinding Sky

This healing bodywork combines meditative hot stone treatment with subtle strokes and gentle rocking to release your body.

60 min. \$90

90 min. \$120

120 min. \$160

Belly Rub

This specialized Chi Nei Tsang therapy focuses on the abdomen in order to optimize your internal organs and enhance digestion, fertility and wellness. Great for pregnant bellies too!

60 min. \$75

Side Dishes

Hot Stones: \$15

Scalp treatment: \$15

Paraffin pack: \$15

All treatments include complimentary aromatherapy and Chinese tonic tea.

SKIN CARE

Our holistic esthetic treatments combine the science of advanced skin care with the wisdom of eastern beauty secrets. We blend local, organic, paraben-free products with traditional Chinese herbs to customize your skin care in order to obtain the most nourishing results. We draw from the heart of Chinese medicine to benefit your inner and outer radiance.

Vital Nectar

Our signature facial feeds your skin the essential ingredients it's craving. Enjoy an aromatic steam and acupressure massage to enhance your deep relaxation and balance. With cleansing extractions, a skin repairing mask and a Chinese tonic tea, you are sure to feel the glow inside and out!

60 min. \$85

Unfolding Lotus

In this age-defying treatment, the ancient secret of long life is revealed. Well, at least your youthful skin is unveiled with a mother of pearl-enriched firming and restorative cream. This replenishment is enhanced with an acupressure facelift and a luxurious ginseng and paraffin treatment. Your session will end while your long life begins with a Chinese tonic tea.

*** Try this treatment alongside our acupuncture face-lift program.*

75 min. \$110

Ocean of Detox

Enjoy a 15-minute lymphatic massage while experiencing the byproducts of a stressful life gently ebb away. Hot stones, a purifying peppermint mask and a eucalyptus steam remove the accumulation of wastes while replenishing your skin with antioxidants to provide an ongoing buffer to your busy life. A milk thistle and dandelion beverage will catalyze you into clarity.

**This cleansing treatment may be enhanced with our liver detox protocols.*

45 min. \$75

60 min. \$90

Quiet the Thunder

Calm life's inflammations with this soothing treatment. Inflamed, sun-damaged, thirsty and sensitive skin can benefit from this cooling, moisturizing experience. A dreamy, steamy exfoliation followed by a delicious dose of nourishing skin fixings, along with a soothing cold stone massage, will send you adrift. A plumping cryogenic mask restores your skin's natural moisture and reduces redness and inflammation. A horse chestnut redness reducer delivered in a pure rose hydrosol will cool and calm you.

45 min. \$70

60 min. \$90

Make Haste Slowly

We're sure this proverb was intended for people on the go who had but a moment in their day for beauty treatments. This 30-minute session is designed to rejuvenate you with an enlivening exfoliant, a minty foot rub and a Chinese energy elixir. Okay, you may not reach enlightenment, but your skin will look like it has! A quick fix for dull, congested, tired skin.

30 min. \$50

PSYCHOTHERAPY & COACHING

We recognize that the mind and body are intimately linked. We also know that the journey towards having what you want and need can be challenging. We are pleased to offer you onsite support through private and group sessions with Valerie Tate, MFT. These options are intended as creative and dynamic methods of helping you connect with yourself and your unique process.

Individualized One Hour Sessions / Couples Therapy

As an expressive art therapist, Valerie Tate uses your creativity as a portal. Her modalities include Expressive Arts Therapy (Drawing, Writing, Movement, Dance, Drama, Music), Symbolism, Guided Imagery, Dreamwork, EMDR, CBT, Jungian, Gestalt, and Transpersonal. Areas of focus include Trauma, Parenting, Couples, Sexuality, Artists, Pregnancy, GLBT, Alternative Relationship/Marriage, and Career Transition.

Choose from the following themes for \$150

Pre-natal Connection: *Connect with pregnancy, body image changes, life transition, relationship, intimacy, hopes and fears.*

Fertility as a Journey: *Body awareness, Hopes and fears, emotional waves, relationship, intimacy, sexuality/sensuality.*

New Baby, New Life: *Developing structures and rituals that work, baby developmental awareness, re-connecting with self, re-connecting with partner, transition.*

Parenting in Balance: *Learn to blend responsibility structure with flow and creativity for you, your child and family. Positive discipline with intrinsic reward.*

EMDR: *Eye movement desensitization reprocessing. Works with traumatic events, shifting long term negative thoughts and fears that affect current life.*

4-week Fertility Groups

This revolving 4-week group covers common emotions associated with the fertility journey. Each week has a different emphasis to encompass the explorations of fear, anger, grief and hope... and whatever else comes up. Together, the group goes on an adventure (almost a soul treasure hunt) to awaken the wounded parts of you in a gentle and loving space. The act of play allows you to experiment with life and all of its potentials.

\$300 for 4 weeks (8 hours total)

\$75 drop-in for one session (2 hours)

4-week LGBTQ Fertility Groups

This revolving 4-week group covers common emotions associated with the fertility journey as they relate specifically to partners living in the LGBTQ community. Each week has a different emphasis to encompass the explorations of fear, anger, grief and hope... and whatever else comes up. Together, the group goes on an adventure (almost a soul treasure hunt) to awaken the wounded parts of you in a gentle and loving space. The act of play allows you to experiment with life and all of its potentials.

\$300 for 4 weeks (8 hours total)

\$75 drop-in for one session (2 hours)

8-week Pregnancy Groups

This creative and supportive group for pregnant women will give you an opportunity to connect with other pregnant women, share your experiences, ask questions and have some fun. Valerie Tate, MFT (a mom herself) guides the group with meaningful chats, meditation, rituals, drawing, guided imagery, symbolism, sculpture, dream work and outings for expressing the many emotions and decisions that may arise while navigating your pregnancy experiences.

\$600 for 8 weeks (16 hours total)

\$75 drop-in for one session (2 hours)

POST PARTUM CARE

A comprehensive, in-home visit

At Acupuncture Kitchen we know how intense adjusting to the rhythms of your new family can be. We're here to help! Our team will provide services for you and your new addition in the comfort of your own home. During this "one-stop shopping" experience, we offer:

A therapeutic acupuncture session for one or both parents specifically targeted to help you get some sleep, enhance breast-feeding, address post-partum depression, and simply calm the nervous system.

An hour with our dynamic therapist that can be filled with new parenting advice, suggestions for the couple or individual on navigating this new journey, or just an ear.

Restorative massages including an infant massage for your baby.

A home-made, nutritive Chinese herbal soup to sip after we depart your home.

A LA CARTE SERVICE PRICING:

- Acupuncture \$125 per person
- Therapy \$150 per individual or couple
- Massage \$100
- Soup compliments of us!