

chi yu

W E L L N E S S
C E N T R E



In Japanese, **chi yu** is 'healing' and **shizen chiyu ryoku** means the 'body's self healing ability'. Inspired by traditional Japanese philosophy, we provide personal and effective holistic treatments to support the body's own healing process, **balancing your body, mind & soul.**

治療



HOLISTIC APPROACH - we are concerned about you as a whole and strive to treat the underlying conditions rather than just the symptoms.

EAST MEETS WEST - we incorporate eastern and western therapies, bringing together the best aspects of both.

BESPOKE TREATMENT - we can tailor our treatments according to your particular needs, combining different therapies as needed.

INTEGRATED HEALTH CARE - we integrate the principles of complementary medicine and conventional medical knowledge, resulting in highly effective holistic treatments that, together with optional lifestyle advice, can enhance and support your wellbeing.

BEING GREEN & ETHICAL - we recycle and use recycled, ethical and sustainable materials wherever possible. Our uniforms and towels are made from organic cottons and bamboo fibres.

NATURAL & ORGANIC - we only use fine quality products that are naturally and organically grown whenever possible. Our products are not tested on animals, and are free from unnecessary preservatives, synthetic colourings and perfumes.



chi yu - a holistic wellness centre offering a range of *oriental & complementary therapies* and *holistic beauty treatments* as well as a boutique offering carefully selected lifestyle products to **nurture wellbeing**.



OUR signature TREATMENTS

chi yu



chi yu Integrated Therapy

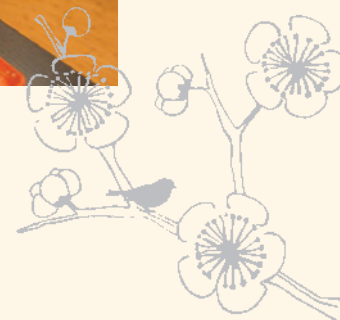
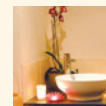
This signature therapy is one of our best and most popular and is designed to offer a more complete and integrated experience. Based on your assessment, your therapist will devise a unique therapy combining and integrating a number of therapies that we offer, such as aromatherapy, acupuncture, craniosacral therapy, acupressure & meridian massage, reflexology and many more. The combination and number of therapies is bespoke to you and will take into account your treatment needs and requirements.

chi yu Chidoriya Japanese Facial

This is our exclusive facial using Chidoriya Japanese skin care products in combination with chi yu's bespoke matcha green tea mask and organic facial oil, Japanese facial massage and jade stone rollers. It improves skin texture, minimizes the ageing process and promotes skin repair.



Founded in Kyoto in 1949, Chidoriya skin care range is 100% natural, using organic ingredients whenever possible. The products contain traditional Japanese ingredients such as rice bran, silk, green tea, camellia oil and aduki beans that have been used for beauty care in Japan for centuries. Chidoriya products are available in the UK exclusively at chi yu.



Our signature therapies - chi yu integrated and chidoriya - are exclusive to **chi yu** and they embody our approach and philosophy to wellbeing and beauty.



OUR wellbeing TREATMENTS

chi yu

TREATMENTS

Therapeutic Massage

This massage is a cornerstone treatment at chi yu, be it Deep Tissue & Remedial Massage, Acupressure & Meridian Massage, Thai Yoga Massage or Tui Na Massage our skilled and experienced therapists can help relieve muscle tension, stimulate blood circulation, ease muscular pain, and unblock and promote the free flow of Qi to revitalise and stimulate the body and mind.

Acupuncture

This has been practiced in Asia for thousands of years. Fine, sterilised needles are inserted gently in key points located on the body to promote the flow of the vital energy, known as Qi. Our qualified and experienced therapists can use acupuncture to help with a wide range of acute and chronic conditions and can also incorporate cupping therapy and ear acupuncture to further enhance your treatment.

Reflexology & Eastern Foot Massage

An ancient healing art that uses a specific finger pressure to access the whole body through the feet or hands. Reflexology helps to unblock areas of congestion to restore the balance to body and mind. Specific points and meridians on the feet are also stimulated to encourage the natural flow of Qi in the body.

Please see our website for further details and a full list of current and new therapies.

Aromatherapy

The application of organic essential oils extracted from plants through massage and inhalation. Specific essential oils and carrier oils are selected according to your needs and applied to your body to alleviate physical and emotional tension.

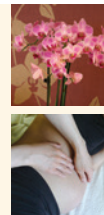
Craniosacral Therapy

A gentle yet extremely powerful therapy. Using light contact, your therapist identifies tensions and restrictions within the body resulting from physical or emotional stress. Craniosacral therapy promotes the body's own healing ability to release these restrictions.

Omedeta Maternity Care

Specially tailored for mums-to-be and new mums to support their wellbeing by relieving symptoms during pregnancy, such as back aches, fatigue, and water retention. For post-natal care we can help restore hormone imbalance & reduce physical discomfort.

chi yu offers a *wide range of therapies*, from acupuncture to crainiosacral therapy, **we are committed to enhancing your wellness,** *relaxing your mind* and *soothing your spirit.*



OUR beauty TREATMENTS

chi yu

FOR THE FACE

chi yu Chidoriya Japanese Facial

This is our exclusive facial using Chidoriya Japanese skin care products in combination with chi yu's bespoke matcha green tea mask and organic facial oil, Japanese facial massage and jade stone rollers. It improves skin texture, minimizes the ageing process and promotes skin repair.

Bespoke Eminence Organic Facial *

Packed with natural antioxidant vitamins and minerals, the Eminence range provides result driven treatments for all skin types and prevailing conditions including premature ageing, acne, eczema, pigmentation, sun damage, hormonally imbalanced skin and rosacea. Your therapist will select the most suitable products to formulate the perfect bespoke treatment for your skin concerns. Visit our website to see the full range of Eminence Treatments available and to learn more about the Eminence Organic range of products.

* Eminence Organic products contain the highest possible quantity of natural organically grown fresh fruit, vegetables, herbs and spices such as blueberry, pumpkin, wild plum and sweet red roses. These are all carefully hand picked and cold pressed without adding water and are free from synthetic perfumes, colours, parabens or artificial chemicals.

All our facial treatments are suitable for both men and women.

Derma roller Collagen Induction Therapy

A clinically proven treatment for rejuvenating the skin as well as promoting hair growth. A roller with microneedles stimulates collagen production and blood supply in the skin to improve the appearance of fine lines, wrinkles, acne scarring, cellulite, stretch marks and sun damage. For best results, we recommend 6 treatments.

Facial Rejuvenation Acupuncture

Fine sterilised needles are inserted into points on the face, ear and body to rejuvenate the skin. It improves skin texture, collagen production, and reduces signs of aging. A course of treatments is recommended for a long lasting effect.

Japanese Cosmo Facial

This facial addresses the face skin tone by lifting facial tissues through the dynamic neuro-sensitive massage: detoxifying, nourishing and re-energising resulting in skin that looks fresh and luminous. For long-lasting results, we recommend a course of 10 weekly sessions.

We believe in **treating the entire body from head to toe and this includes the face.** We offer invigorating & revitalising facials to **cleanse** promote wellbeing & release a beautiful glow to your skin.



OUR boutique PRODUCTS



JING
THE DEFINITIVE TEA EXPERIENCE™



chi yu



The chi yu Boutique

We have a range of exclusive Chidoriya skin care products from Japan that we also use in our popular special facial treatment. In fact we sell most of the products we use in the boutique, such as Eminence Organic Skin Care, as we believe in the effectiveness of the products we use.

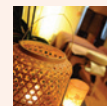
This includes the complementary teas we serve upon your arrival and after your treatment. We strongly believe in the recuperative powers of tea and so offer the finest quality varieties from Jing tea to help soothe the inner you.

To stimulate the olfactory senses and to complement our aromatherapy treatments, we offer the highest quality essential oils, ingenious aroma diffusers, luxurious candles and classic Japanese incense to bring calm and ease away the stresses of day.

Anti-aging silk pillow cases and massaging slippers by Holistic Silk, and bags made from real Kimono silk cloth by Chidoriya are just a few of the accessories we offer in our boutique and all have been carefully selected to reflect our ethos for naturalness and quality. **For details of the full range of products available in our boutique, please visit in store or our website www.chi-yu.co.uk.**

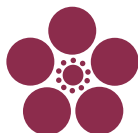


The chi yu boutique offers a selection of products that we feel complement our **core philosophies** of wellbeing and beauty.



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Visit our website at: **www.chi-yu.co.uk**

Terms & conditions apply. Please see our website for more information.