

## About Us

Meridian Health and Relaxation is founded to offer the public traditional and natural therapeutic services including acupressure and foot reflexology. These two services are ancient Chinese healing methods with more than 4,000 years of history, and are now actively practiced around the world.

They are a vital part of preventive care which provides relaxation and rejuvenation for all the aspects of a person as a whole: body, emotions, mind, and spirit. Invest a little in maintaining a good health and it will pay off in the long run.

*Come and explore the remarkable power of our services. Let them be an integral part of your health maintenance regimen and help you to live a quality life!*

Please note that our services are not massage and nor medical treatment. They do not diagnose illness, practice medicine, or treat specific disease. Our services work with the subtle energy flow in human body and vitalize you using human body's own natural internal healing mechanisms.

## Services and Treatment

### Body Treatment - Chinese Acupressure

Half body mini-acupressure .....	15 minutes	\$15
Total body acupressure .....	30 minutes	\$25
Total body relaxation acupressure....	60 minutes	\$50
Total body extended acupressure .....	90 minutes	\$70

### Foot Treatment -

#### Chinese Foot Reflexology

Foot mini-reflexology ....	15 minutes	\$15
Foot complete reflexology .....	30 minutes	\$30
Foot extended reflexology.....	45 minutes	\$40
Total foot relaxation reflexology.....	60 minutes	\$50

*Free therapeutic foot bath for sessions over 30 mins*

### Face and Head Treatment - Chinese Acupressure

Face lift mini-acupressure.....	15 minutes	\$15
Complete face & head acupressure..	30 minutes	\$25

### Products

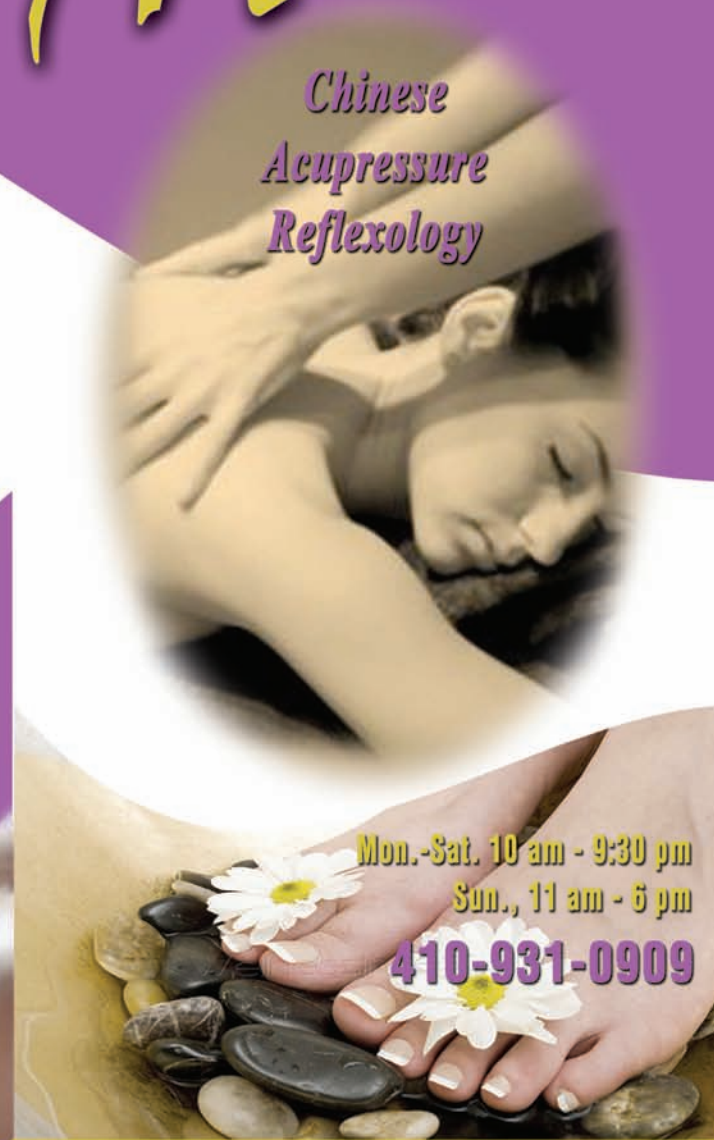
Complete Greens (total body Nutritional maintenance)	
.....	\$39.95
Therapeutic herbal bath powder.....	\$19.95
Isotonic Calcium .....	\$17.95
Organic green tea/dietary tea .....	\$5

**No Appointment Required**  
**FREE Sample**  
**Services Available!**  
**After 9 Treatments**  
**You Get 1 FREE!**

# Meridian

## HEALTH & RELAXATION

### Chinese Acupressure Reflexology



Mon.-Sat. 10 am - 9:30 pm  
Sun., 11 am - 6 pm

**410-931-0909**

White Marsh Mall • 8200 Perry Hall Blvd.  
Baltimore, MD 21236

## Acupressure

Chinese discovered that the human body has fourteen invisible 'meridians' that carry energy throughout the body. The energy must flow evenly through the meridians to maintain good health. The aim of acupressure is to accomplish that by applying pressure through clothing on pressure points along the meridian



lines. This helps break down the tension and tiredness in the body which restricts the energy balance, and thus induce deep relaxation and stimulate the body's natural self curative abilities.

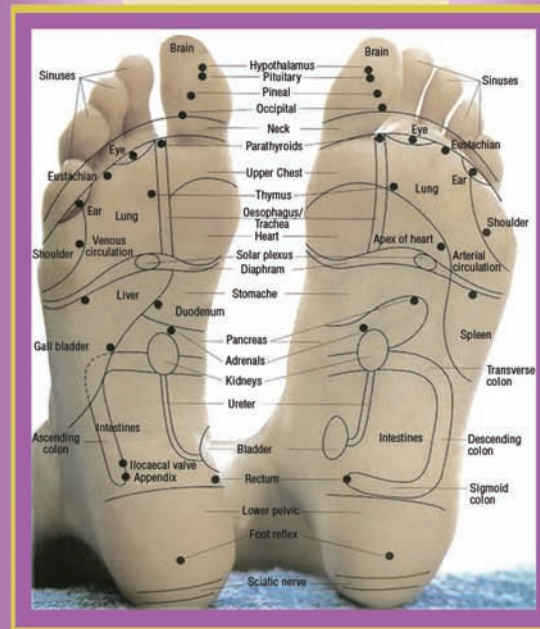
Research studies and practitioners around the world have found acupressure to be a highly effective and natural way at alleviating or improving wide variety of health condition, including:

- *Relax mind and body*
- *Headache/migraine*
- *Shoulder/neck/back pain*
- *Sinus problem*
- *Joint and muscular tension & Pain*
- *Increase blood circulation*
- *Control appetite and boost metabolism*
- *Promote healing of injuries*
- *Delay aging of skin and maintain muscle tone*
- *Increase energy level and overall feeling of well-being*

## Reflexology

Our feet are microcosms - or maps - of our entire bodies. They contain thousands of tiny nerves called reflexes that correspond to every organ and system within the body. Pressuring each reflex send feedback to related body part to strengthen its inherent healing capability and normalize body functions.

Reflexology helps many health problems in a nature way. It is a very safe and effective preventive care method and will not make any condition worse. It has been proven to be particularly important in alleviating and healing health problems as diverse as :



- *Arthritis*
- *Sleeping disorders*
- *Relax mind & body*
- *Digestive disorders*
- *Hormonal imbalance*
- *Fatigue and depression*
- *Stress-related conditions*
- *Promote overall well-being*
- *Aid in the removal of toxic wastes*
- *... and many more!*

## Therapeutic Foot Bath

Therapeutic foot bath utilizing special herbs is a traditional Chinese method to help preventing or alleviating symptoms of many chronic diseases and health related problems. When soaking feet in warm water infused with special valuable plants and therapeutic herbs, the effective ingredients of plants and herbs in the



warm water will seep through the skin and flow through the entire body. The foot bath eliminates odor and kills bacteria in feet. The warm water promotes blood circulation and relieves stress and tension held in body. This further helps people to recover from the cold, insomnia, hand/feet paralysis and other type of diseases. Foot bath

followed with foot reflexology provides even stronger health benefits to human:

- *Promote blood circulation*
- *Relax your tired feet, joint and leg*
- *Balance metabolism and detoxify*
- *Prevent cardiovascular diseases*
- *Adjust nerve system*
- *Help sleep better*
- *Reduce tiredness and etc.*

Consistent use of therapeutic foot bath and reflexology can greatly benefit everyone's health, and alleviate and prevent diseases.