

TCM & ACUPUNCTURE

Traditional Chinese Medicine views health as the harmonious flow of Qi (vital energy), Blood, and Body Fluids. When balance is disrupted through stress, overwork, improper diet, or emotional strain, symptoms develop.

Clinical Focus

- Digestive Health**
- Sleep & Stress Regulation**
- Anxiety & Mental Well-Being**
- Hormonal Balance**
- Dermatological Conditions**
- Oncology Support**

Supporting health through an integrative, patient-centered approach.

TCM focuses on:

- Addressing root causes
- Regulating lifestyle factors
- Strengthening constitutional weakness
- Supporting long-term resilience
- Acute and chronic conditions.



Integrative Care

Traditional Chinese Medicine can be used alongside conventional medical care to support symptom management, recovery, and overall well-being.

Treatment plans are individualized and adapted to each patient's presentation and health goals.

We value collaboration with physicians and healthcare providers where appropriate.

Appointments available by booking or physician referral.

BOOK ONLINE



WWW.CAYMANMASSAGE.KY

Contact Us

508 West Bay Road

West Shore Plaza

WhatsApp 345-917-3636

Phone 345-769-3636

info@caymanmassage.ky

TRADITIONAL CHINESE MEDICINE & ACUPUNCTURE

Natural Support for Health & Well-Being



Cayman Massage & Wellness

Integrative Wellness

Acupuncture • Tuina • Cupping •
Gua Sha • Mykotherapy •
Nutritional Therapy •
Cosmetic Acupuncture

Digestive Health

Digestive function plays a central role in energy regulation and overall health

Patients may seek support for:

- **Functional bloating**
- **Irritable bowel syndrome (adjunctive support)**
- **Reflux and digestive discomfort**
- **Post-antibiotic digestive imbalance**

Treatment may include acupuncture, nutritional guidance, and lifestyle recommendations tailored to each patient.

HORMONAL BALANCE

Hormonal balance can be influenced by stress, lifestyle patterns, and systemic health.

Traditional Chinese Medicine supports overall endocrine balance and cycle regulation.

Patients may seek care for:

- **PMS**
- **Painful or irregular cycles**
- **Perimenopausal symptoms**
- **Stress-related hormonal imbalance**
- **General hormonal regulation**

While acupuncture is often used in fertility care, treatment may also focus more broadly on supporting overall hormonal health and systemic balance.



Stress, Sleep & Mental Well-Being

Chronic stress and nervous system dysregulation can influence sleep, energy levels, and emotional health.

Patients commonly seek care for:

- Sleep disturbances
- Chronic stress patterns
- Anxiety or tension
- Burnout-related symptoms
- Tension headaches

Treatment focuses on supporting autonomic nervous system regulation and restorative recovery.

THERAPEUTIC MODALITIES

Acupuncture

Tuina (Chinese medical massage)

Cupping & Gua Sha

Mykotherapy (medicinal mushrooms)

TCM-based nutritional therapy

Structured lifestyle counseling

Cosmetic Acupuncture

DERMATOLOGY

Supportive care for patients experiencing dermatological conditions. Patients may seek adjunctive support for:

- **Acne**
- **Eczema and dermatitis**
- **Rosacea**
- **Psoriasis**
- **Stress-related skin flare-ups**

Treatment focuses on supporting systemic balance and addressing underlying factors that may influence skin health.

ONCOLOGY SUPPORT

Traditional Chinese Medicine can support patients undergoing or recovering from oncology treatment. Patients may seek supportive care for:

- Treatment-related fatigue
- Stress and nervous system dysregulation
- Sleep disturbance
- General well-being during treatment or recovery

Care focuses on supporting overall systemic balance and patient resilience while working alongside established medical treatment plans