



Relax, Relive, Rejuvenate At Taichi Wellness Spa Plus

“I think it's important to take time for you. We all lead busy lifestyles and if we don't stop to take the time to put a little money in the healthy bank, we can't be our best self.” ~ Julie Jin, owner

By Alissa Nagle

Balance is something we all work to achieve in our lives. However, it can be difficult to find a sense of stability or inner peace when faced with the stresses of daily life. Julia Jin, owner of *Taichi Wellness Spa Plus*, understands the connection between a relaxed mind and a rejuvenated body and has been helping her clients across the city of San Antonio achieve overall wellness for years.

The ancient practice of Taichi is a graceful form of exercise that can be used for stress reduction and a variety of other health conditions. Jin herself is a faithful devotee of Taichi and the services at her spa are designed to help you achieve the same goal as the exercise itself – focus, clarity and inner peace.

Jin moved with her family to San Antonio in 2012 and opened the spa's first Texas location. Today, *Taichi Wellness Spa* has five locations across the city with plans to open a sixth. All treatments and services at *Taichi Wellness* are practiced by licensed professionals held to the standards of the American Massage Therapy Association and Texas Department of State Health Services. Acupressure, Reflexology, Aroma Therapy, Hot Stone Therapy, Facials, Hand and Feet Services, Chinese Herbal Treatments and more are available at all *Taichi Wellness Spa* locations.

The professionals at *Taichi Wellness Spa* specialize in Eastern Style Massage, also known as Acupressure, which focuses on healing through energy flow, balance, and returning the body to a balanced system. Acupressure is a therapy developed thousands of years ago as an important aspect of Chinese medicine using precise finger placement and pressure over specific points along the body. During your session, your acupressurist will concentrate on acupoints, or pressure points, that lie along meridians, or channels in your body. This is

not a your traditional massage!

“I always tell my clients, ‘No Pain, No Gain,’” explained Jin. “By focusing on the acupoints, we can find where your problem areas are and bring circulation and fresh blood flow back to that area. Just like in life, it takes work to solve a problem. After the work is done, the relaxation follows.”

Pat Lanier, a *Taichi Wellness Spa* client, sought out the spa's services for swelling in her leg after a bad automobile accident. After her insurance covered what it could, she still needed help.

“I saw a *Taichi Wellness Spa* location near my house and stopped in,” Lanier explained. “I'm so glad I did! They have helped my healing process with acupuncture, cupping, and reflexology which helped break up the scar tissue and work the lymphatic tissue. My color has come back and the swelling has come down. The staff is so wonderful and knowledgeable. It has given me a great attitude and reenergized me!”

Reflexology is another very popular service at *Taichi Wellness Spa* targeting the critical points in the feet which are responsible for the overall health of the body. Pressure is applied in a circular motion and helps balance in emotions, relieving stress, and help lower blood pressure. A treatment coined Happy Feet exclusively at *Taichi* combines reflexology with a refreshing treatment that enhances circulation and enlivens tired, aching feet through the use of warm, aromatic foot compresses, oil and herbal salt exfoliation, a foot mask infused with peppermint, lemon and cypress.

“Our feet are our second heart, our second engine,” explained Jin. “Just like a machine, if our first engine is working properly but our second engine isn't, we can't achieve balance in our body. The feet are the base of the whole body. They have a lot to carry. We have to take care of them.

Happy feet, happy life!”

Shelia Fleming, a *Taichi Wellness* client, suffers from Plantar Fasciitis and has seen a world of difference from reflexology treatments.

“Plantar Fasciitis causes my feet to be super tight with unbearable pain at the bottom of the heel and *Taichi Wellness* has helped me tremendously. I refer a lot of people to them.”

It's hard to disagree with that way of thinking as you sink into one of *Taichi Wellness'* luxurious massage chairs with a heated cushion for a tired neck and sore shoulders. Happy Feet, VERY Happy Life!

Taichi Wellness Spa also offers unique Chinese style tea bag and herbal steam baths and scrubs.

“My personal love is the combination of an herbal scrub and acupressure at least once a month,” added Jin. “I think it's important to take time for you. We all lead busy lifestyles and if we don't stop to take the time to put a little money in the healthy bank, we can't be our best self.”

Acupressure facials can also help rejuvenate your skin, bringing back your natural glow and erasing the side effects of a hectic, sleep-deprived lifestyle. The *Taichi Wellness Spa* Facial Package incorporates a thorough cleanse, deep pore lifting Enzyme mask, relaxing face massage, and lip smoothing and eye renewal treatment masks.

“As we age or deal with stress in our lives, it's reflected in our skin,” explained Jin. “It loses its shine, becomes dark and hollow. Our facials are more than just the use of expensive product. The acupressure targets pressure points, waking the body up in certain areas helping you to relax and feel and look refreshed.”

After every treatment at *Taichi Wellness*, you are always invited to relax in the lounge to enjoy Chinese herbal tea or another



warm beverage to complete your wellness experience. The warmth of the tea helps encourage the continuation of the new circulation your body is experiencing while depleting toxins.

Taichi Wellness also offers acupuncture services by appointment, waxing, wellness body wraps, and more. Their foundation in eastern medicine ensures that every service is designed to bring balance back to the body, leading to relaxation and wellness.

“I've been a client for over three years,” explained Eileen Campbell, a *Taichi Wellness* enthusiast. “The high quality of service and vast knowledge of the professionals ensure that you are taken care of – body, mind and spirit.”

If you're ready to make a lifestyle change or just want to experience a little pampering, the professionals at *Taichi Wellness Spa Plus* will sweep you off your feet, soothe away the cares of the world, and relax, relive and rejuvenate! 

Taichi Wellness Spa Plus
9910 W Loop 1604 N. Suite 105
210-688-9926 - Braun Pointe Location
Visit website for other locations
www.taichiwellnessspa.com