

HAWTHORN HEALING ARTS CENTER



We have some exciting package deals for the holidays! Give yourself the gift of one of these packages or be a Self Care Santa and give a package combo **gift certificate** to someone you love.

Call 541-330-0334

([OR USE THIS ONLINE FORM](#))

Order Your Gift Pack Today!



Hawthorn Holiday Specials With Lea White LAc

#1 Acupuncture/Laser Combo

(Great for acute and chronic pain conditions):

Single treatment \$135

3-Treatment Pack ~~\$405~~ ☞ \$380

6-Treatment Pack ~~\$810~~ ☞ \$745

[☐ WHAT IS ACUPUNCTURE](#)

[☐ WHAT IS LASER THERAPY](#)

#2 Cupping/Laser Combo

(A good option for those who aren't sure about needles! Cupping for back/neck tension and laser for a specific area of pain/injury):

Single Treatment \$90

3-Treatment Pack ~~\$270~~ ☞ \$255

6-Treatment Pack ~~\$540~~ ☞ \$495

#3 Community Acupuncture

5-Treatment Pack ~~\$150~~ ☞ \$145

DECEMBER SPOTLIGHT ARTICLE



Aligning With the Seasonal Shifts

By Lea White, LAc -- As we approach the Winter Solstice and feel the days getting shorter, how can we take care of ourselves in a way that aligns with the seasonal shifts?

East Asian medicine is all about harmonizing our inner world with the natural world. The ancient theories of Yin & Yang and the Five Elements give us amazing guiding principles and imagery for living with integrity.

[□ READ THE FULL ARTICLE](#)

AYURVEDA Holiday Specials With Jessica Robinson

#1 BLISS Therapy Special

A truly BLISSFUL combination of two potent Ayurvedic Medicines; Abhyanga and Shirodhara. Together these two are a powerful remedy for Anxiety and Stress and a healing tonic for the Nervous System.

- **Abhyanga** is a traditional Ayurvedic massage to deeply nourish tissues and joints, help facilitate lymphatic drainage, and calm the mind. Warm, organic oil is used in combination with unique Ayurvedic massage techniques that make this massage unlike any you've ever had.
- **Shirodhara** is a warm herbal oil streams steady over your forehead as treatment for anxiety, stress, all Vata imbalances, and disturbances of the nervous system.

2-Hour Special 📅 \$200 (save \$25)

#2 Ayurveda Health Consultation + Marma Therapy Special

This package includes 1 complete holistic Ayurvedic consultation (90 minutes), 1 follow up with Ayurvedic lifestyle, diet, and herbal recommendations (30 minutes), and (based on your consultation) 1 personalized Marma Therapy session (1 hour).

Consultation: You are a complex being with experiences that influence your mental, emotional, spiritual, and physical health. Learn about your personal constitution, how to live in harmony for greater health and longevity, and why just eating "right" and exercising doesn't work.

Marma Therapy: an ancient healing practice from which acupuncture, acupression, and reflexology later developed. Marma therapy utilizes specific energy points (marma) along the many nadis (channels) for the purpose of directing the flow of prana (energy) in the body.

* This special is for 3 different sessions totaling 3 hours.

3 Sessions 📅 \$325 (save \$50)

With deals like these, it's easy to wrap up your holiday shopping with one phone call!

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Learn more about our featured practitioners



Lea C. White, LAc

Acupuncture & Chinese Herbal Medicine with a focus on Trauma Healing & Pain Management.

[Learn more about Lea ...](#)



Jessica Robinson, LMT

Jessica is an Ayurvedic Wellness Practitioner, Holistic Health Coach and a gifted Bodyworker.

[Learn more about Jessica ...](#)

