

NEW! ONLINE consultations with **acupressure!**

What is acupressure?

Pressure on tiny acupuncture points moves our energy, influences our health and how we feel.

Does acupressure work?

Yes! I invite you to experience for yourself how an online-acupressure-session can support you! Acupressure can be especially helpful in times of social distancing or when in-office visits are not possible.

Are online acupressure sessions similar to in-office sessions?

-Instead of acupuncture, online sessions include instructions on how to find 1 or 2 acupuncture points and the most effective methods of doing acupressure on yourself.

-Similar to in-office sessions, we talk about your symptoms, concerns and challenges, discuss helpful lifestyle adjustments, ways to strengthen your immune system, techniques to manage stress, stimulate recovery and remain centered.

What do people think of online sessions?

People find online sessions worthwhile and amazingly effective!
See you online soon.

Here for the first time?

First register via the [contact form](#) and then we can arrange your first online acupressure consultation. Cost €55.

Already a client? Book a follow-up online session of 30-40 minutes. Cost €44.

Book online: <https://unwind.mijndiad.nl/afspraak-maken>.