

# relax

## CHI NEI TSANG

A Taoist Therapy in Galway & Clare counties

### What is Chi Nei Tsang Therapy?

Chi Nei Tsang is an internal organ chi massage, a type of internal Qi Gong. This abdominal massage comes from the ancient Taoist China.

It is a holistic approach that integrates the physical, mental, emotional and spiritual fields, using massage techniques over the abdomen and the front body. Areas where stress, tensions and negative emotions accumulate, congest and stay for years.

The aim of this technique is to:

- Eliminate, detoxify and tone internal organs up
- Reactivate the energy circulation of the entire body
- Promote healing restoring vital life force energy
- Improve well-being and health
- Clarify thoughts, mind and emotions



"I feel so much better. I can breathe into my stomach again!", Máire

"I feel motivated again, fresher, more alert!", Eoin

"You have no idea how good that felt. For the first time in many years, I could get the scent of my dinner". Tina

### What to expect from a session?

- A session starts and finishes with a moment of exchange
- Treatments on a massage table, fully dressed with no shoes
- An oil blend is applied on your belly area to help the small and delicate touching pressures
- Blankets to stay warm and cosy; towels to protect clothes
- You are be pro-active in the process and asked to breathe at specific times and to make therapeutic healing sounds

More details

# 085 764 2102

<https://aromaceline.com/cnt> & @aroma\_celine

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## CHI NEI TSANG

A Taoist Therapy by a French girl

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### My Therapy

All sessions are unique & depend on each person.  
When vital force energy is strong,  
diseases just disappear!



#### My tool box:

- **Chi Nei Tsang** - an abdominal massage, action on physiology and psyche
- **Tui-Na Massage** - a pull & push massage to treat muscles, joints issues
- **Moxibustion** - the fire therapy to mobilise the body's self-healing forces
- **Cupping** - an ancestral technique to relax tissues, drain fluids and toxins, breaks up adhesions, increase blood circulation and promote natural healing
- **Acupressure** - finger stimulation of specific Chinese meridians points
- **Aromatherapy** - using the the marvel of high vibration essential oils
- **Tibetan Bowl Resonance** - a sound and vibration therapy that can redress imbalances on every level of physiologic functioning

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#### Many benefits for people suffering from:

Transit, Bloating & Digestion / Belly / Diaphragm & Breathing / ENT Track / Back / Menstrual or Menopause Symptoms / Immune System / Fatigue / Stress & Anxiety / Joint & Muscle / Sleep / Addictions / Weight...

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### About Me

My Name is Céline Gien, from France & I moved to Ireland in 2006.

Passionate about human beings, anatomy, physiology, energy, nature, intuition, life... my training in the alternative health field started in 2002 & my knowledge grows every day.

I am dedicated to use simple, natural & effective tools, to allow as much people as possible, to regain their potential back, to be responsible, independent for mastering themselves, to be enough.

"Let me be part of your holistic journey!"

Booking & Enquiry

085 764 2102

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