

VISITING WELLNESS PRACTITIONER



Dr. Amber Marie Berg
Chinese Medicine and Yoga Practitioner
13 November – 12 December 2017

A big believer in the healing powers of nature, Hawaiian native Amber Berg received her Master's in Oriental Medicine in Texas and practised as a licensed acupuncturist at Houston Methodist Hospital. Amber's approach to holistic healing combines traditional Chinese medicine with herbal remedies and diet. As a seasoned practitioner of meditation and yoga, Amber also leads holistic retreats for body and mind in some of the world's most naturally soothing settings.

Acupuncture 60 mins / USD 120

Achieve better sleep, lowered levels of stress, better digestion and less inflammation and pain with a course of traditional acupuncture. Eyelash-thin needles are inserted into acu-points below the skin to move stagnated energy and restore the body's natural qi.

Course of 10 treatments / USD 900

Herbal Medicine 30 mins / USD 60

Alleviate the symptoms of stress, high blood pressure, indigestion, infection, hormonal imbalances, pain and cramps with natural remedies that get to the root of each ailment. Strengthen the immune system by restoring balance to the body's natural functions.

Food Therapy 30 mins / USD 60

You are what you eat. Find out how the foods you consume affect your body's functions. With a Master's in Oriental Medicine, Amber studied nutrition for years, and can make recommended changes to your diet that has noticeable effects on your daily life.

Kundalini Yoga 60 mins / USD 100

Kundalini is known as the Yoga of Awareness. Combining breath control, mudra, mantra, body locks and postures in one-on-one private sessions, find balance in body, mind and spirit with expanded lung capacity and better blood flow.