Official	Use Only
Fee	
On-Line	
Receipt No.	
C&D Receipt	
No.	
Licence No.	



Customer Use On-line Receipt No.

#### ESTABLISHMENTS FOR SPECIAL TREATMENTS

This form should be completed and forwarded to London Borough of Tower Hamlets Environmental Health Department, with a cheque or postal order for the fee due made payable to the London Borough of Tower Hamlets and crossed.

Copies of this application will be sent by us to:-

- (a) Commissioner of Police
- (b) The London Fire and Emergency Planning Authority,

Renewal licence for the premises named at 2 below.

1.	Full names and private address of applicants. If the application is made by a limited liability company please give the address of the registered office, and complete the separate sheet which seeks	Name: WEI LW Maiden name (if applicable): Address (private):
	details of the company.	Date of birth: Telephone No: Passport No: OR NI No:
2.	Trade name and address of premises	Name: China Five Elements
		Name: China Five Elements  Address: 31 Artillery Lane  Lundon El 74P
		Telephone No: Email: Opening hours (proposed) (0:WAm~9:W pm
3.	Please supply details of person responsible for the management of the establishment if other than the applicant.	Full Name: Address (private):
		Date of birth: Telephone No: Passport No: OR NI No:
	Please enclose 2 passport-sized photographs of applicant	Enclosed (tick if applicable)

4.	(a)Is it proposed to employ staff at the establishment?	(a) YES/NO
5.	(b) If so state numbers	(b)
3.	(a) What is the legal title of the applicant(s) to occupy the premises (e.g. freehold, leasehold etc.)	(a) lease hold
	(b) If leasehold please give details of the name and address of the landlord.	(b)
6.	What parts of the building is it proposed to use under the licence (e.g. basement, ground floor)?	Ground floor
7.	State precisely <u>all</u> the treatments for which the licence is intended e.g. massage, manicure, acupuncture, ear or cosmetic piercing, tattooing, chiropody, light electric or other special treatments.	Fichpuncture. massage. Tui-Na. Reflexibly
8.	State whether it is desired to give treatment to both sexes or to men or women only?	Both sexes
9.	State whether exemption from condition 7 is required (see note J) for massage purpose only.	
10.	Address of any other massage etc., establishment in which applicant or any director of an applicant company is or has been interested and the nature and extent of such interest as	Address:
	<ul><li>(a) Owner or director of owning company; or</li><li>(b) employee</li></ul>	(a) (b)
11.	(a) Does applicant propose to carry on a visiting massage service either from these premises or elsewhere?	(a) /VO
	(b) If elsewhere, please state address(es) concerned.	(b)
	(c) Will the masseuses employed on this service also give treatment on the licensed premises?	(c) Yer

12. Please indicate whether the following are enclosed with your application. (A licence cannot be issued without them. These must be provided at every renewal application)	Electrical inspection certificate for portable appliances, as requested under the Electricity at Work Regulations 1989  Two passport-sized photographs of applicant and operators
If you have already submitted current qualifications for each operative and they are still employed at your premises you will not need to supply these documents again.	Copies of each operator's current qualifications under the conditions of licence  A copy of the customer vetting/history card  Copies of the current treatment list and price list  Third-party insurance
	Cheque/PO for £338.00 / £544.00(for IPL with or without other treatments) made payable to the London Borough of Tower Hamlets (cheques must not be drawn on third parties). If you have paid using the Council's online payment facility, please enter the payment reference number in the box on the front of the application form.
In respect of the persons or bodies whose mention and 3 give details of their previous convictions.	names are given in response to Questions
SUDNAME FORMED DATE OF	DI ACE OF NATURE OF DENALTY

SURNAME	FORMER NAME	DATE OF CONVICTION	PLACE OF CONVICTION	NATURE OF OFFENCE	PENALTY IMPOSED
<del>-</del>		001111011011	CONVICTION	GITEROE	IMI OSEB

14. Please list <u>all people</u> who will be giving treatment, the treatment they will be giving and their qualifications to give that treatment (See Notes H, I and J).

NAME	TREATMENT(S)	QUALIFICATIONS AND COLLEGE ATTENDED (enclose certificates)	HOME ADDRESS	DATE OF BIRTH	PLACE OF BIRTH
\$ \$ \$ \$ \$ \$ \$	Hanguetine Ivanige TaiNa Taina masige Thina Indian Thai Reflexulusy (Varinge Turna IVaniuse Keflex ulugy Thai Turna Turna Thai Turna	Minister with the compact of the com		BIRTH	

Where application is made on behalf of a limited liability company the secretary or a director should sign. In the case of a partnership, each partner should sign. In signing on behalf of applicant, please state in what capacity you are acting.

Signature of applicant(s) or applicants solicitor or othe	 er duly authorised a	gent.
Date 12/09/10/8	Telephone No	

Note: Payment cheques must not be drawn on a third party

Address to which licence application or correspondence should be sent:

Mr D Tolley

Environmental Health and Trading Standards - Health and Safety Team John Onslow House

1 Ewart Place

London

**E3 5EQ** 

#### DATA PROTECTION

This fair obtaining statement advises the applicant /person completing this form that it may be necessary to divulge the information contained to third parties or other statutory consultees at the permission of the Council.

#### PART 4

#### TO BE COMPLETED IN RESPECT OF A LIMITED COMPANY BY A NOMINATED DIRECTOR

China Five Elements Lta
35 Artillery Lone London
E1 749
WEI LIN
None
None

This form has been completed by	NBI LIN	(name)
		(name) (position)
		(signature)(date)

#### NOTE

- A. The application should be made by the occupier of the premises.
- **B.** In the case of a limited company, please also complete Part 4 which seeks details of the company.
- C. Four sets of plans of the premises must be submitted in accordance with directions contained in the Council's rules governing applications for licences.
- D. If required, a notice on the form prescribed by the Council must be exhibited at the premises for twenty-eight days from the date on which the application is made, and within seven days the application must be advertised in a local newspaper which circulates in the locality in which the premises are situated and which is on sale at local newspaperts.
- E. Licences normally expire 12 months from the date of issue.
- F. If premises are not already constructed or adapted so as to permit access to and from the premises by disabled people, the Council will expect proposals to be submitted to the Environmental Health Department indicating how such access will be afforded.
- G. Premises are reminded that it is against the law to smoke in all 'enclosed' and 'substantially enclosed' public places and workplaces. No smoking signs must be displayed in all smokefree premises. Staff smoking rooms and indoor smoking areas are no longer allowed.
- H. Two identical full-face passport size photographs (taken within the previous 12 months) of all persons who will be giving treatments at the premises must be supplied with this form. Each photograph should be endorsed with the date on which it was taken, bear the name in block capitals of the person who likeness it bears, and be signed by the applicant.
- I. No person may give treatments until the Council's approval has first been obtained.
- J. Where treatment is given or is being received to any part of the body other than the neck and head, or feet and legs below the knee or hands and arms and is not being so given by a fully qualified physiotherapist or other person entered on the register of the appropriate professional organisation who's qualifications have been approved by the Council, the treatment may be given only to persons of the same sex as the person giving the treatment, and persons of the opposite sex shall not be present.
- THE LICENCE FEE IS NON REFUNDABLE IN ANY EVENT YOU DECIDE TO WITHDRAW YOUR APPLICATION THE LICENCE FEE WILL BE RETAINED TO COVER ADMINISTRATION COSTS.



#### Certificate of Professional Liability Insurance China 5 Elements Ltd Name Certificate Number Reason for Issue **New Business Business** Acupuncture, Massage Therapy, If you are carrying out, or have in the past carried out, any activities or therapies not listed, you must notify us immediately so we can extend your cover as necessary. Insurer Axa Insurance PLC and ARAG plc in respect of Legal Expenses Insurance **Master Policy Number** Period of Insurance From 15/09/2018 14/09/2019 Both dates inclusive **Limit of Indemnity** £1,000,000 in any one claim but £1,000,000 in the annual aggregate in any one Period of Insurance in respect of pollution contamination **Endorsements** 1, 2, 3B,8

Professional Liability Insurance includes cover normally provided by:

**Public Liability** – your liability for death of, or injury to, third parties or the loss of, or damage to, their property;

Professional Indemnity - the risk of being sued for an error in your professional activities;

**Product Liability** – your liability for injury, loss or damage caused by products supplied, or by errors in products supplied;

Libel & Slander - your liability for allegations that you have libelled or slandered someone else in good faith.

Towergate insurance is a trading name of Towergate Underwriting Group Limited
Registered Office: Towergate House, Eclipse Park, Sittingbourne Road, Maldstone, Kent ME14 3EN Authorised and regulated by the Financial Conduct Authority. This can be checked on the FCA's register by checking the FCA website at <a href="https://www.fca.org.uk/register">www.fca.org.uk/register</a> or by contacting them on 0800 111 6768



#### This certificate forms part of and attached to the policy wording. Both Documents must be read together

Legal Expenses This service is provided by ARAG Leg Scheme Number	al Services Ltd and is	available 24 hours per	r day, 365 days per year.	
Telephone				

Please quote the Scheme number when calling the Helpline and advise the operator of the service that you require.

#### **Operative Covers**

Employment Disputes (applicable to policy holders with employees)
Employment Compensation Awards (applicable to policy holders with employees
Tax Protection
Property
Compliance and Regulation
Employees' extra protection
Contract and Debt recovery
Business Legal Advice Helpline

Limit of Indemnity

Counselling Helpline

£100,000 per claim

**Aggregate Limit** 

£1,000,000 per annum (Employment Compensation Awards)

<sup>2</sup>Towergate Insurance is a trading name of Towergate Underwriting Group Limited
Registered Office: Towergate House, Eclipse Park, Sittingbourne Road, Maidstone, Kent ME14 3EN Authorised and regulated by the Financial Conduct Authority. This can be checked on the FCA's register by checking the FCA website at <a href="https://www.fca.org.uk/register">www.fca.org.uk/register</a> or by contacting them on 0800 111 6768



Therapy / Activity	Endorsements Applicable
Acupuncture	9 15 16
Massage Therapy	None

Please refer to the policy wording for the description of any Endorsements.

Non Standard Endorsement(s)

Axa Insurance UK Plc – A member of the AXA Group of Companies. Registered in England No. 78950.

Registered office: 5 Broad Street, London, EC2N 1AD, ARAG plc

ARAG plc is Authorised and Regulated by the Financial Conduct Authority, registration number 452369. ARAG plc and Brit Syndicate 2987 at Lloyd's are covered by the Financial Ombudsman Service.

Authorised and Regulated by the Financial Conduct Authority. These can be checked by visiting the FCA Website at www.fca.gov.uk or by contacting the FCA on

Towergate Insurance is a trading name of Towergate Underwriting Group Limited
Registered Office: Towergate House, Eclipse Park, Sittingbourne Road, Maidstone, Kent ME14 3EN Authorised and
regulated by the Financial Conduct Authority. This can be checked on the FCA's register by checking the FCA website at www.fca.org.uk/register or by contacting them on

#### ACMP

**Association of Chinese Medicine Practitioners** 

英国中医执业医师学会

Chinese Massage Practitioner Certification

中医推拿从业人员证书

We hereby certify that



Has been accepted as a member of
Association of Chinese Medicine Practitioners(ACMP)
And is a fully qualified practitioner of
Chinese massage(Tuina)

All members of Register

Are bound to uphold the highest Chinese Medicine

And are bound by

The Code of Ethics of the Association

Membership No:



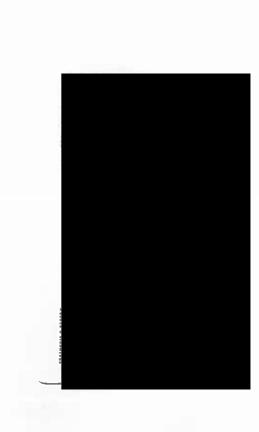
President:



Date of issue:18 November,2017

**Expiry Date:30 November,2018** 

1/3/2018 Tuesday & da





### THE ASSOCIATION OF TRADITIONAL CHINESE MEDICINE AND ACUPUNCTURE UK

This is to certify that

#### 茅建芳

having been admitted as a Full Member of the Association of Traditional Chinese Medicine and Acupuncture UK, is qualified to practise Traditional Chinese Medicine including Chinese Herbal Medicine, Acupuncture and Tuina therapy.

All registered members of the Association are bound by
The Code of Practice and the Code of Professional Conduct
of the Association to upheld the highest standard of Chinese Medicine.

Registration No.

Registration No.

Registrar:

Date of Issue: 11<sup>th</sup> January 2013



## The Chinese Tui Na & Reflexology Therapists Association UK

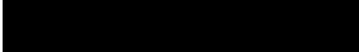
#### CERTIFICATE OF MEMBERSHIP

This is to certificate that

has been accepted as a member of The Chinese Tui Na & Reflexology Therapists Association UK (CTNRTA) and is a fully qualified practitioner of Chinese Tui Na Massage Reflexology

All registered members of CTNRTA are bound by code of conduct and ethics of the Association to uphold the highest standard of Chinese Tui Na Massage & Reflexology

President: Hanbing Zhang



Web: www.chinesetuina.co.uk



#### P46: Employee without a Form P45

ection one To be completed by the employee

Please complete section one and then hand the form back to your present employer. If you later receive a form P45 from your previous employer, hand it to your present employer.

Use capital letters when completing this form.

Your details	s type a s
National insurance number	Date of birth DD MM YYYY
This is very important in getting your tax and benefits right	
Tid	Address
Title - enter MR, MRS, MISS, MS or other title	House or flat number
	Vi.
Surname or family name	Port of address including house areas or flat areas
	Rest of address including house name or flat name
First or given name(s)	
and the same of th	
	Postcode
hayanad baranad haranad baranad haranad	W
Gender. Enter 'X' in the appropriate box	
Male Female X	at
NOTE IN TENTAL IN THE PROPERTY OF THE PROPERTY	
Your present circumstances	Student Loans
Read all the following statements carefully and enter 'X'	If you left a course of Higher Education before last
in the one box that applies to you.	6 April and received your first Student Loan
A - This is my first job since last 6 April and I have not been receiving taxable Jobseeker's	instalment on or after 1 September 1998 and you have not fully repaid your Student Loan, enter 'X'
Allowance or tayable Inconscity Reports	in box D. (If you are required to repay your
or a state or occupational pension.	Student Loan through your bank or building society account do not enter an 'X' in box D.)
OR  B - This is now my only job, but since last 6 April	Society account ou not enter all X III DOX D.J
I have had another job, or have received	Signature and date
taxable Jobseeker's Allowance or Incapacity  Benefit. I do not receive a state or	I can confirm that this information is correct
occupational pension.	Signature
OR	The products of the field of the property of the field of the property of the field of the product of the field
C - I have another job or receive a state or occupational pension.	
	Date DD MM YYYY
	04 04 2018





Department for Work and Pensions

Contact Telephone No: 0345 6000643

Date: 1st August 2016



Dear Miss

About your National Insurance Number (NINo)

You recently applied for a NINo.

Your NINo has now been allocated and I can confirm it as:

Please note that this letter, containing your NINo, does not prove your Right to Work in the UK and, on its own, cannot be used to prove your identity.

It is important to keep this letter safe. To help prevent identity fraud; do not give your NINo to anyone who does not need it.

You must give your Nilvo to your employer when you start work. This will make sure you pay the correct amount of tax and National Insurance contributions. If you do not tell your employer your NINo it may cause a delay in the payment of any benefits you may claim in the future.

To find out more about your NINo, why it is important and what to do if you lose it go to <a href="http://www.direct.gov.uk/en/MoneyTaxAndBenefits/Taxes/BeginnersGuideToTax/NationalInsurance/DG">http://www.direct.gov.uk/en/MoneyTaxAndBenefits/Taxes/BeginnersGuideToTax/NationalInsurance/DG</a> 190057

If you are receiving benefits and your circumstances change, including changes to address, name or marital status, you must inform the office paying your benefit.

If you are not receiving benefits you should let HM Revenue & Customs (HMRC) know about any changes by writing to: HMRC, National Insurance Contributions & Employer Office, Benton Park View, Newcastle upon Tyne, NE98 1ZZ

Yours sincerely

On behalf of Manager



## The Chinese Tui Na & Reflexology Therapists Association UK

#### GERMENICATED OF QUANTICATION

This is to certificate that

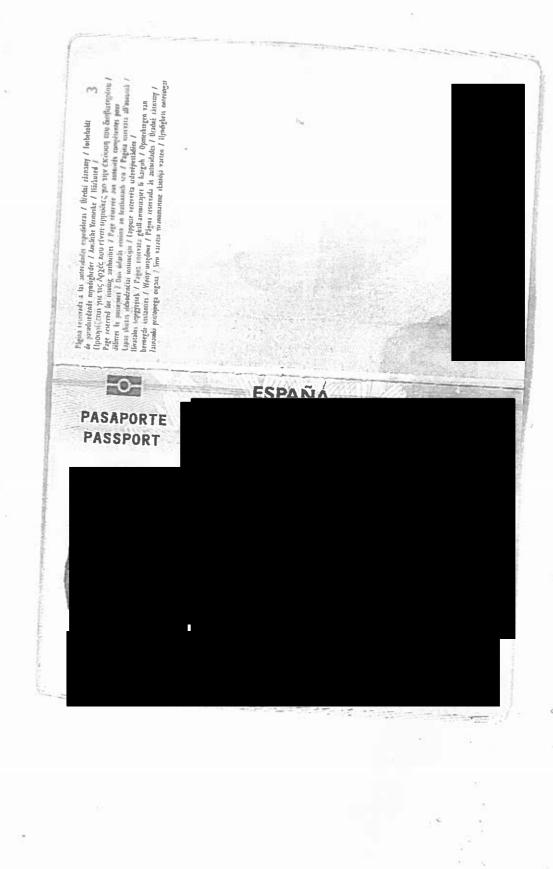
has been assessed by The Chinese Tui Na & Reflexology Therapists Association UK, is a fully qualified practitioner of Chinese Tui Na Massage Thai massage Reflexology

President: Hanbing Zhang



Certificate No: Issue Date:

Web: www.chinesetuina.co.uk



ROMÂNIA

MINISTERUL MUNCII, FAMILIEI, PROTECȚIEI SOCIALE ȘI PERSOANELOR VÂRSTNICE

MINISTERUL EDUCAȚIEI NAȚIONALE

TS

CERTIFICAT

DE CALIFICARE PROFESIONALĂ

DIRECTOR DANALACHE MARIUS MAGIC SANDREEA BEAUTY PRESEDINTE

Data eliberării: anul كالمادات المادة المادة

ziua 21....!

swom translator for English & German languages, based on the authorization The undersigned No. 718 /1998 issued by the Ministry of Justice of Romania, hereby confirm the accuracy of this translation from Romanian into English, the text seen by me has been translated completely/excerpt without omissions, and by its translation was not distorted its

The document whose translation is required in full / in excerpt has in its entirety 1 page, its title / name is CERTIFICATE OF TRADUCA PROFESSIONAL QUALIFICATION was issued by S.C. MAGIC ANDREEA BEAUTY SRL and was submitted to me in full / in MINISTE excerpt. excerpt.

The translation of this document has 1 page and was made according to the request registered under Nmb. 1/16.08.2017, kept in the arhive of the undersigned.

Was paid the fee of 8 lei with the receipt / fiscal receipt / PO no 235 / 2017

interpret și traducător autorizat pentru limba străină germana / engleza în temeiul Subsemnata autorizației nr. 718 din data de 15.10.1998 , eliberată de Ministerul Justiției din România, certific exactitatea traducerii efectuate din limba romana în limba engleza, că textul prezentat a fost tradus complet/extras, fără omisiuni, și că, prin traducere, înscrisului nu i-a fost denaturat conţinutul şi sensul.

Înscrisul a cărul traducere se solicită în intregime/ în extras are, în integralitatea sa, un număr de 1 pagina, poartă titlul / denumirea de CERTIFICAT DE CALIFICARE PROFESIONALA, a fost emis de S.C. MAGIC ANDREEA BEAUTY SRL și a fost

prezentat mie in intregime / in extras.

Traducerea înscrisului prezentat are un număr de 1 pagina și a fost efectuată potrivit cererii scrise înregistrate cu nr 1/16.08.2017 păstrate în arhiva subsemnatului.

S-a încasat onorariul de 8 lei, cu chitanță/bon fiscal/ ordin de plată nr 235 /2017.

germ

MINISTER CARAN

INTERPRET ȘI TRADUCĂTOR AUTORIZAT, TRADUCATOR MINISTERULUI DE JUSTATIE CARAMUZI CRISTINIA

interpreter and certified translator,

nr. 718 germana, engleză



ROMANIA I ROMÂNIA

NATIONAL UNION OF NOTARIES PUBLIC I UNIUNEA NATIONALĂ A NOTARILOR PUBLICI NOTARY OFFICE / BIROUL NOTARIAL..... OPERATING LICENSE / LICENTA DE FUNCȚIONARE NR..... REGISTERED OFFICE / SEDIUL:

> AUTHENTICATION OF THE TRANSLATOR'S SIGNATURE ÎNCHEIERE DE LEGALIZARE A SEMNÂTURII TRADUCĂTORULUI. NR

> > year/an: 1017 month /luna: 4 day/zi:



#### ROMANIA

MINISTRY OF LABOR, FAMILY, SOCIAL PROTECTION AND OLD PEOPLE

MINISTRY OF NATIONAL EDUCATION

Series I No:

Embossed seal

#### CERTIFICATE OF PROFESSIONAL QUALIFICATION

Mrs.		
personal identification number:	born on	•
daughter of MARIAN and FLORICA attended duri		
qualification / requalification / apprenticeship pro	gram for	

#### **MASSEUR TECHNICIAN**

with a duration of 1080 hours, organized by S.C. MAGIC ANDREEA BEAUTY SRL, with the registered office in BUCHARET, 5th district, registered in the National register of providers of adult vocational training under the No. 40/11708/2011 and passed the graduation exam in the year: 2014, month: 3, day: 1 with the average 10.00 (ten 00%) and got the qualification of Maseur Technician.

This certificate is issued according to the provisions of the G.O. 129/2000, new edition and is accompanied by the descriptive supplement to the certificate.

MANAGER,
DANALACHE MARIUS
Illegible signature
Round seal

PRESIDENT, ZAMFIR LENUTA illegible signature

Registrar, IONESCU GABI, Illegible signature



Department for Work and Pensions

Contact Telephone No: 0345 6000643 Date: 5th December 2017



Dear Mrs

**About your National Insurance Number (NINo)** 

You recently applied for a NINo.

Your NINo has now been allocated and I can confirm it as:

Please note that this letter, containing your NINo, does not prove your Right to Work in the UK and, on its own, cannot be used to prove your identity.

It is important to keep this letter safe. To help prevent identity fraud; do not give your NINo to anyone who does not need it.

You must give your NiNo to your employer when you start work. This will make sure you pay the correct amount of tax and National Insurance contributions. If you do not tell your employer your NiNo it may cause a delay in the payment of any benefits you may claim in the future.

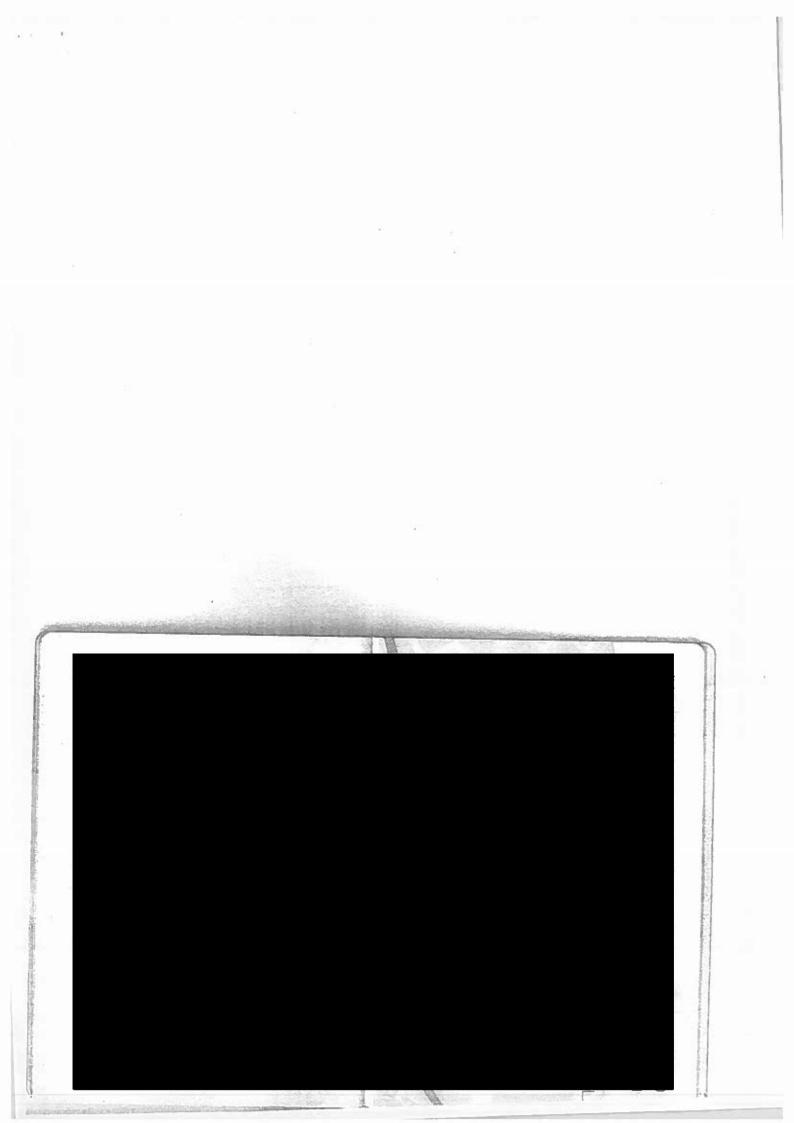
To find out more about your NINo, why it is important and what to do if you lose it go to <a href="http://www.direct.gov.uk/en/MoneyTaxAndBenefits/Taxes/BeginnersGuideToTax/NationalInsurance/DG\_190057">http://www.direct.gov.uk/en/MoneyTaxAndBenefits/Taxes/BeginnersGuideToTax/NationalInsurance/DG\_190057</a>

If you are receiving benefits and your circumstances change, including changes to address, name or marital status, you must inform the office paying your benefit.

If you are not receiving benefits you should let HM Revenue & Customs (HMRC) know about any changes by writing to: HMRC, National Insurance Contributions & Employer Office, Benton Park View, Newcastle upon Tyne, NE98 1ZZ

Yours sincerely

On behalf of Manager









# The Chinese Tui Na & Reflexology Therapists Association UK CERTIFICATE OF MEMBERSHIP

This is to certificate that

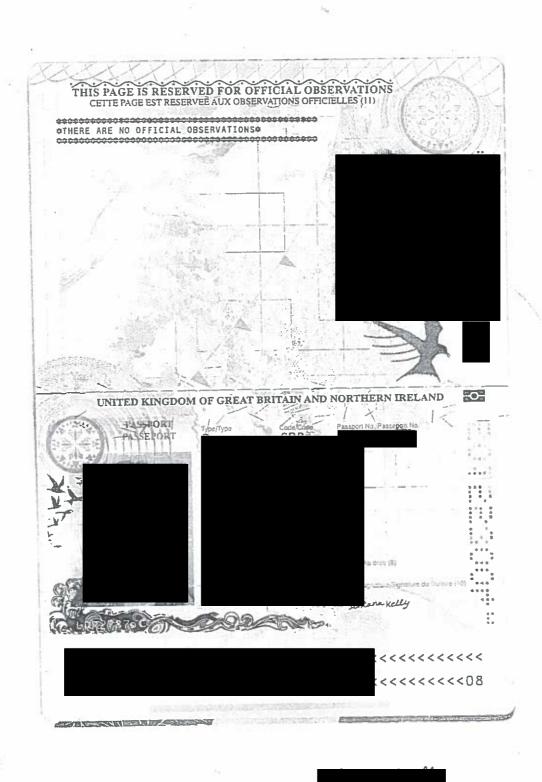
has been accepted as a member of The Chinese Tui Na & Reflexology Therapists Association UK (CTNRTA) and is a fully qualified practitioner of Chinese Tui Na Massage Reflexology

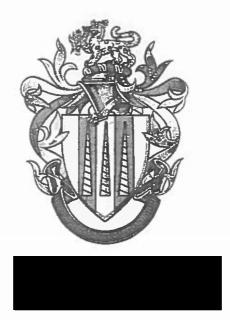
All registered members of CTNRTA are bound by code of conduct and ethics of the Association to uphold the highest standard of Chinese Tui Na Massage & Reflexology

#### President: Hanbing Zhang

Certificate No: Issue Date: 30 Expiry Date: 3

Web: www.chinesetuina.co.uk





has satisfied the requirements for the qualification

#### VTCT Level 3 Certificate in Thai Massage

at

#### The Lotus Academy

Date:

Registration No:

The award of this qualification is based on the successful attainment of the National Standards in units of competence as detailed on a Record of Achievement and/or one of more Certificates of Unit Credit.



Alan Woods OBE
Chief Executive



Registered in England and Wales number 2050044
Registered as a national charity in Great Britain number 295192

The regulatory logos on this certificate indicate the qualification is accredited for England and Wales.



Regulated by

Ofqual

PERSON NETS

FOR THE PERSON N





#### NATIONAL INSURANCE NUMBERGARD





#### ACMT

**Association of Chinese Medicine Practitioners** 

英國中医执业医师学会

**Chinese Massage Practitioner Certification** 

中医推拿从业人员证书

We hereby certify that

Has been accepted as a member of
Association of Chinese Medicine Practitioners(ACMP)
And is a fully qualified practitioner of
Chinese massage(Tuina)

All members of Register

Are bound to uphold the highest Chinese Medicine

And are bound by

The Code of Ethics of the Association

Membership No



President: // 環境事

Date of issue:

**Expiry Date:** 

# 10mins/£10 15mins/£15 20mins/£20

Mini - Chair Massage

# 30mins/£30 45mins/£40 60mins/£50

- Neck and Shoulder Massage
- Pregnancy Massage
- Slimming Massage
- Indian Head Massage

# 30mins/£30 45mins/£40 60mins/£50 90mins/£70

- Chinese Massage
- Swedish Massage
- Aromatherapy Massage
- Thai Massage
- Shiatsu
- Sports Massage
- Japanese (Sei Tai) Massage

# 30mlns/£35 60mlns/£55

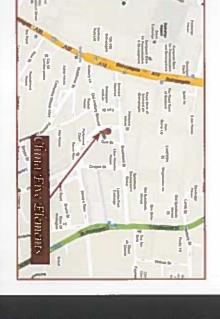
- Reflexology
- Deep Tissue Massage

## **Pricing**

Allergy Test	Ear Candle	Moxibution	Cuppingper session £20.00	Herbs Powder	Herbsper day £6.00			Acupressure (Tui Na)		Massage		Acupuncture	ConsultationFREE	(
£40.00	£20.00	£10.00	per session £20.00	per day £8.00	per day £6.00	60mins £50.00	45mins £40.00	30mins £30.00	60mins £50.00	30mins £30.00	60mins £50.00	30mins £30.00	FREE	

- Chinese Herbal Product Varied
- Beauty & Skin Care ..........45mins £45.00 60mins £60.00

Acupuncture and Massage are Available at Discounted Price





# China Five Elements

- Acupuncture
- Massage
- Chinese Medicine









Opening Hour

10: am - 10:00pm

35 Artillery Lane, London E1 7LP

## Acupuncture

Acupuncture involves the expert and precise insertion of fine sterilised needles into specific locations on the body, called 'acupuncture points' to encourage a healing and corrective response. Acupuncture has been practised in eastern countries for well over 5000 years.

Acupuncture is a holistic approach to health. It treats the person, not just the symptoms of the illness, so there is no definitive list of treatable conditions. Acupuncture can be used for all health conditions. Among the more commonly treated disorders are:

- Digestive disorders such as Irritable Bowel Syndrome (I.B.S), constipation, diarrhoea, stomach ache, inflammatory bowel disorders etc.
- Psychological problems including depression, anxiety, panic attack and mood swings
- Stress and stress related conditions such as insomnia, hair loss
- Gynaecological disorders including painful periods, fibroids, menopausal symptoms, infertility, P.M.S.
- Sex drive problems, low sperm count, impotence, prostatitis
- Low energy, fatigue, M.E, poor immune function
- Migraine and headaches
- Pain including arthritis, sports injury, muscle strain etc.
- Backache, neck and shoulder tension, tennis elbow, frozen shoulder
- Skin disease including psoriasis, eczema, acne, dermatitis
- Sinusitis, hay fever and other allergies, sore throat
- Addictions, cravings, weight loss and stop smoking
- High blood pressure and poor blood circulation

### Massaye

Massage therapy can rid your body of life's everyday stress, relax muscles, ease and soothes your aches and pains. Massage can restore balance to your body and mind, leaving you feel refreshed and helping you maintain a life of wellness and good health.

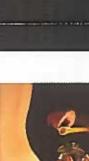
At Natural Wellness, you can select the massage treatment that best fits your needs all for the same affordable rate. If you aren't certain what type of massage you would enjoy most, our experienced massage therapists could help you to determine the best customized massage for you.



# Chinese herbal medicine

Chinese herbal medicine is one of the oldest and greatest herbal systems of the world. It consists of naturally occurring leaves, barks, flowers and roots which possess different characteristics and have different actions on body. Chinese herbal medicine works to correct internal imbalances, activate the body's self-healing processes and has long been







## Reflexology

Ancient medical books say that the foot to a man is like a root to a tree. The root dies before a tree withers. A person's foot becomes weak before he gets old. To protect one's foot is the way to prevent one from getting old. The foot is called "the second heart in medicine." Reflexology is an anciet natural therapy that utilizes energy zones on the hands and feet to provide relief for a variety of illnesses as well as to energize the body system.

#### Cuppin

Cupping is an ancient Chinese practice where a cup is placed on the patient's skin. The pressure in the cup is removed, using different methods, creating a vacuum allowing the skin and superficial muscle layer to be drawn into the cup. This "pulling" effect on the skin stimulates the acupuncture point where the cup is placed. This regulates the flow of energy and Blood, and helps to draw out and eliminate pathogenic factors such as Wind, Cold, Damp, and Heat. Cupping is even more effective when used in conjunction with acupuncture & Chinese herbs.

#### CHINA FIVE ELEMENTS

• Acupuncture • Massage • Chinese Medicine •



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Opening Hours: 10.00am - 9.00pm www.chinafiveelements.com

Ref No:

Date	Day	Time
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