

Qi Hai
Sea of Energy

Health and Healing Centre

“The Wellbeing of your Body is our Business”

Cell: 082-851-8472 or 082-705-7073
66 Riverside Drive, Riverside Park, Colchester

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Through Massage and Acupuncture treatments, enjoy the Tranquillity of our Healing environment, and De-stress, Relax, Revitalise and Rejuvenate your Mind, Body and Soul. Experience our expertise in Western or Eastern Therapeutic and Healing practices.

Meet our Internationally Qualified Practitioner and Therapist



Ruth Charsley

Ruth is a qualified Acupuncturist and Tui-Na Practitioner, graduating from Chengdu University in Sichuan Province in China. As part of her study programme she worked in the University hospital and Clinics. Her early studies were with Dr Michael Lan and Dr Zhong Lan of China.

Ruth previously owned a Gym and Health Studio in Johannesburg. As a Beauty Therapist, Ruth has always had an interest in the ancient arts of the Orient. She achieved her dream of being able to combine the best of both worlds by adding her study experience in China to her Western expertise.

Ruth has also been on television as a guest explaining acupuncture and the different aspects of Traditional Chinese Medicine. She has given many lectures on the different aspects of nutrition.

Below is a typical comment as sent to her by one of her many satisfied clients. A massage by Ruth Charsley is a memorable experience: Months later I find that just thinking about it brings back the warm comfort of absolute relaxation. This for me is what makes her treatment different from anything I'd had before - and at seventy-nine I've been under the hands of many masseurs in S A, Rhodesia, and England.

I have tried to analyse it, but am always aware that there is something more than the sum of its parts - a kind of magic that goes beyond definition..When I visit her professionally, Ruth communicates a calm affectionate confidence that enfolds me in the 'here and now'. There is a sense of total acceptance, not only of my body but also of me as a person



Beau Charsley

Beau joined Ruth in the Healing practice several years ago. He is an Internationally Qualified Massage Therapist certificated by Camford Academy and City and Guilds of London.

As an athlete having represented South Africa, he is familiar with the healing art of massage, and has specialised in those disciplines most required for Revitalising and Relieving muscular and skeletal discomforts. Beau has mastered the rare quality of sensitivity, feeling and getting feedback from the clients body through his hands.

Beau's quiet confidence, integrity and dignity, imparts a feeling of trust and acceptance to his clients. A feeling of serenity and renewed vitality, as related by many of his clients, is an experience they take with them when they leave our healing center.

In combining the Expertise of Eastern and Western techniques, we are able to offer an Holistic Experience which brings your Body, Mind and Soul into Balance and Harmony. This relieves your Stress and Rejuvenates your Energy, enabling improved Health, Happiness and Wellbeing.

HEALING THERAPIES

Tui-Na Massage (Chinese Medical Massage) - Originating in China, Tui-Na is the oldest known system of massage. This massage technique is an organised and systematically developed form of bodywork, based on the same traditional Chinese theory of meridian pathways.(Qi or Energy channels) Tui-Na methods includes the use of hand and arm techniques to massage the soft tissue (muscles and tendons) of the body, while at the same time stimulating specific acupuncture points so as to directly affect the flow of Qi or Energy

It is an Holistic approach to treating a variety of conditions. It gives you a positive feeling of wellbeing

Swedish Massage - Aromatic or unscented oils are used to massage the superficial layers of the muscles to improve Physical and Mental health. Active or passive movement of the joints may form part of the massage.

Benefits

Relaxing and Rejuvenating

Improved Blood Circulation

Decreased Stress and Muscle Tension

Lymph Drainage

Improved Sense of Wellbeing.

Aromatherapy - This type of massage blends two highly important Senses, combining our Caring and Beneficial Massage with the aromas of blended Essential oils, positively influencing Mind and Body. Gently, Relaxing and Rejuvenating.

Reflexology - A deeply Relaxing therapy which stimulates the circulatory and lymphatic systems, enabling one to stay Healthy. These Reflexes trigger physiological changes enabling the Body and Mind to Heal.

Acupuncture – An external therapy which is used to treat diseases and discomforts. It stimulates the body and activates the regulating function, which rectifies disturbance and dysfunction of certain organs in the body. It is used to bring the body systems back into their correct Natural Balance, and Harmony, in both physical and mental levels.

Acupuncture is increasingly being used in the West for treatment of pain as well as many other ailments.

Facial Rejuvenation

Gua Sha Rejuvenation Facial - This is a Chinese System which focuses on fine lines and wrinkles. It is a NON-SURGICAL therapy.

Starting this treatment with a basic Facial, which includes a face, neck and shoulder massage in preparation for the experience of a more beautiful skin. A special Scraping instrument or Gua Sha tool is used by our Practitioner to smooth out fine lines, enhancing the Qi or energy balance in the skin. The treatment is not at all painful in any way but Deeply Relaxing, leaving your skin Stimulated, with a Healthy Glow.

Facial Rejuvenation using Acupuncture: This method is highly effective. Needles are inserted in special acupuncture points as well as on the body to enhance and rejuvenate the face as well as balance the organs of the body. It is non-invasive and pain free.

Experience the peace and tranquillity of our Healing Environment, in which you are encouraged to relax before or after your treatment.

