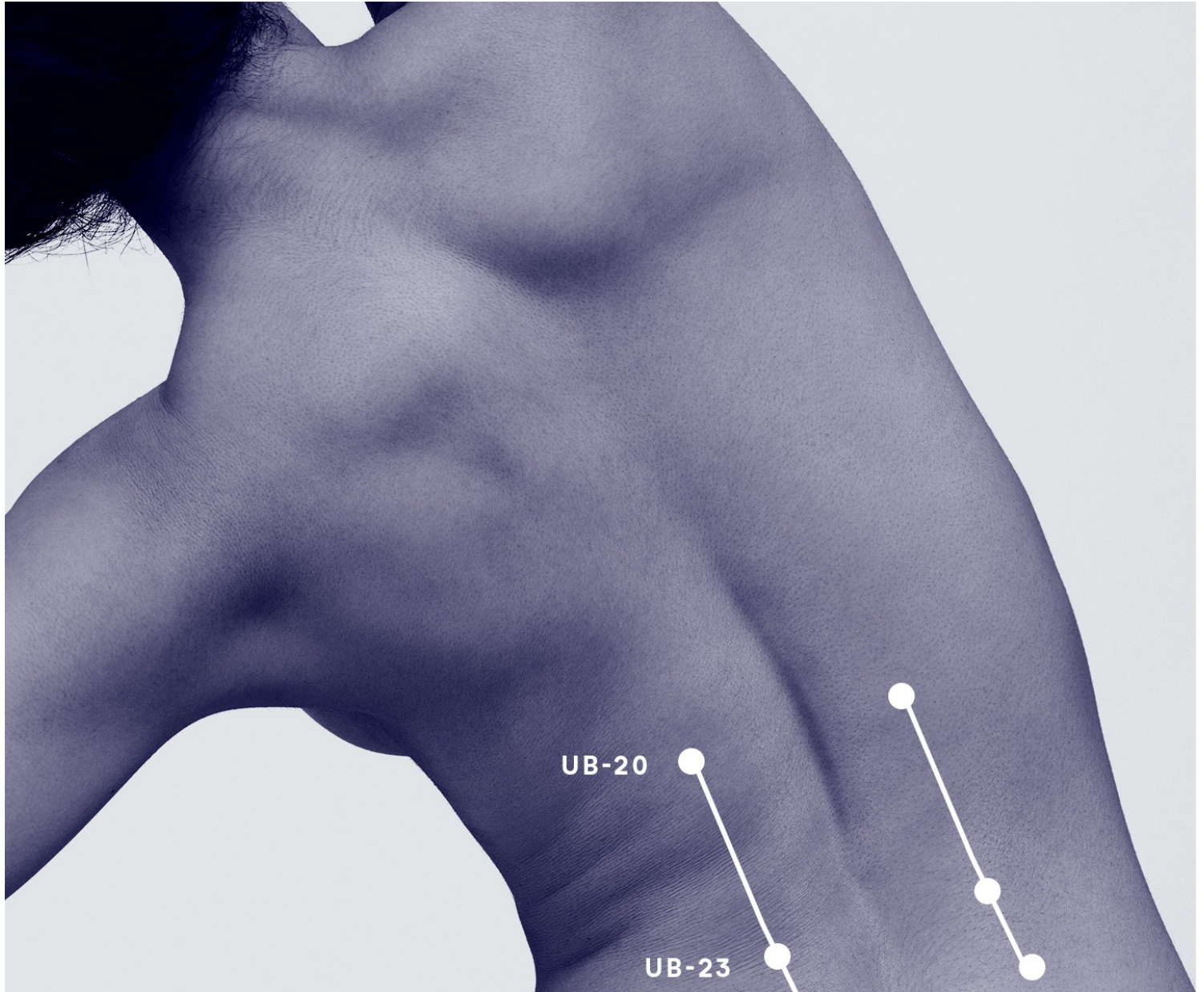


## What to Expect



At ORA, we take a holistic approach to the body and wellness that starts from the moment you walk through the door. Begin your journey in our calm, relaxing space and then make your way to your private treatment room where you can get comfortable and talk to your private acupuncturist before they begin. Then it's on to your session where we'll focus on balancing your chi. After we carefully insert 12-25 needles at specific points in your body, we'll allow 25 minutes for your system to balance out its energy. Post-treatment, our acupuncturist can recommend a tea or tonic at our tea bar to support your healing process. Each person benefits from acupuncture differently—some may see results as soon as one session while others may require a longer treatment plan.

### **FREQUENTLY ASKED QUESTIONS**



## Treatment Focuses

### PAIN ○

- Chronic muscle pain (back, hip, foot, neck, etc. )
- Migraines
- Nerve pain (i.e. sciatica)
- Tendonitis

We treat both acute and chronic pain by stimulating chi through the body's energy channels to decrease inflammation and increase blood flow.

DIGESTION

IMMUNITY

MENTAL AND EMOTIONAL HEALTH

OPTIMIZE

**ACUPUNCTURE**

**ADD-ONS**

**PACKAGES**

**MEMBERSHIP**

**NEW GUEST**

**\$130**

In this 65 minute introductory session, we'll spend extra time to consult your medical history, discuss your goals, as well as what to expect. Relax, learn and start your journey to balanced chi.

**ESSENTIAL**

**\$120**

Feel better with a customized 50 minute session that helps target your needs so you leave more balanced and relaxed.

## EXPRESS

**\$50**

If you have a specific area you'd like to focus on, our acupuncturist can give you a fast, specialized treatment in our 30 minute express session.



## Hours

**MONDAY-THURSDAY:** 8 AM to 9 PM

**FRIDAY:** 8 AM to 7 PM

**SATURDAY:** 9 AM to 6 PM

**SUNDAY:** 10 AM to 6 PM

(646) 478-7100

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New York, NY 10003

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