

## Traditional Chinese Medicine

To The Point Therapies offers a holistic approach to better health. We offer a wide range of Traditional Chinese Medicine including:

- Acupuncture



- Tongue and Pulse Diagnosis
- Massage
- Moxibustion
- Traditional Chinese Medicine.

Our massages include deep tissue massage, sports massage, aromatherapy massage, Tui Na (Chinese massage), Reflexology, Cupping, Gua Sha.

## A holistic approach to better health

To The Point Therapies at Runaway Bay and The Rec Club, Sanctuary Cove aims at integrating eastern and western medicine, offering the benefits of Deb's experience, treating the cause as well as the symptoms, linking mind, body and spirit. Deborah specialises in treating common ailments including:

- Pain Relief
- Headaches
- Sleep Disorders
- Sports Injuries
- Repetitive Strain Injuries
- Women's Health
- Weight Loss

## Meet the practitioner

Deborah Ellis, director of To the Point Therapies, has vast knowledge of Traditional Chinese Medicine (TCM). She has years of experience studying and working in South East Asia including Medical Universities and Hospitals, Nanning in China, Port Villa and Santo in Vanuatu, and Ho Chi Min in Vietnam. Deb operated a highly successful private practice in Toowoomba for 6 years, and now brings her experience to Runaway Bay on the Gold Coast.

To The Point Therapies... a holistic approach to better health.

For appointments or to discuss your health concerns please [contact us](#) .