

SOL YOGA

the secret of life

TAKE YOUR HEALTH TO A DEEPER, BETTER LEVEL!

Acupuncture is one of the most popular practices of Traditional Chinese Medicine (TCM) and highly regarded for its ability to treat a number of health conditions including those related to pain and inflammation, digestion, anxiety, osteoarthritis, skin health and more.

Highly trained in all forms of TCM, our acupuncture specialist Dr. Holly Nobil, brings an extensive background with years of practical expertise, including her work at Mt. Sinai Hospital where she teaches internal medicine to resident physicians.

In Dr. Nobil's hands, your entire being will benefit tremendously thanks to her holistic approach to help you feel better, look better and give your body the TLC it needs.

services

INITIAL CONSULTATION WITH TREATMENT, 75 MINS. - \$180

Your first appointment with Dr. Nobil includes a one-on-one assessment of you, your health, lifestyle, and any issues or concerns you would like Dr. Nobil to address, followed with an acupuncture treatment to immediately begin your journey to better health.

SINGLE FOLLOW-UP ACUPUNCTURE, 60 MINS. - \$125

ACUPUNCTURE TREATMENT PACKAGES

3 Acupuncture Treatments - \$345

5 Acupuncture Treatments - \$575

10 Acupuncture Treatments - \$1050

sol specialty treatments

ORGAN CLEANSE AND TONIFICATION, 60 MINS. - \$150

Targeting your body's most important organs including liver, spleen and kidneys, this treatment is ideal to promote balanced qi' function, while helping treat symptoms related to gut health, digestion, anxiety and low immunity, while boosting overall health and vitality.

5 Treatment package - \$750

10 Treatment package - \$1350

THE ACUPUNCTURE FACELIFT, WITH NO DOWNTIME, 75 MINS. - \$160

If improving your skin's glow, tone and tightness is what you're seeking, this treatment is for you! Facial acupuncture targets fine lines and wrinkles, boosts collagen production, tightens and firms your skin, as if you had a 'lift' with no downtime. It's also ideal for those with common skin issues such as acne, hyper-pigmentation or rosacea as well as those needing Botox or Filler corrections, want to alleviate the side-effects of Bell's Palsy, facial paralysis, and/or want to slow the effects of natural aging.

5 Treatment package - \$750

10 Treatment package - \$1450

sol specialty treatments

SPORTS THERAPY, PAIN MANAGEMENT, 60 MINS. - \$150

Target sore, tight muscles, reduce pain and inflammation and prevent further injury or over-use. This treatment not only utilizes acupuncture points, but includes additional body work, massage and use of topical soothing relief as required.

VIBRATIONAL HEALING ACUPRESSURE, 30 OR 60 MINS. - \$80/\$175

Using tuning forks and aromatherapy, this treatment is ideal for those looking for an alternative to needle acupuncture, or to complement other forms of therapy. This is also a very suitable for children or those familiar with meridian therapy where energy is used to clear blockages.

CUPPING THERAPY 30 MINS. - \$75

From targeting and treating cellulite, to alleviating sore muscles, cupping helps to draw toxins from the body, and works wonders on its own, or as an add-on to other treatments.

LED EXPRESS TREATMENTS FOR GLOWING HEALTHIER SKIN

Amplify your acupuncture facelift even more in our Bella Luce Atelier! We have a customized menu of LED Express treatments to increase circulation, boost collagen, treat hyper-pigmentation, speed healing and more. One treatment takes as little as 17 minutes with no downtime.

See our Bella Luce menu for treatment options and fees.



ABOUT DR. HOLLY NOBIL

A graduate doctor of Oriental Medicine from the Atlantic Institute of Oriental Medicine, Dr. Nobil brings an extensive background in traditional, ancient, spiritual and medical practice, with certifications including Level 1 and 2, Dr. Richard Tan method, Mei Zen cosmetic acupuncture, Master Tung acupuncture, integrative nutrition, Acutonics (vibrational therapy) and Gyrotonic/Gyrokinesis restorative movement.

When she's not working her magic at SOL Yoga, you can find Dr. Holly at Mt. Sinai Hospital where she teaches internal medicine to resident doctors, and offers her services to patients.

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