



TESTIMONIALS



I am in my seventies and have suffered from low back pain for years, after five sessions of acupuncture in May and June I have experienced no low back pain. Gardening and housework have become a pleasure. So thank you so much Shine, I most definitely recommend your gentle effective acupuncture treatment.

Joanna Glaister

I've worked in the NHS for the past 19 years lifting and carrying patients has taken its toll on my back. It's always full of tension and painful. I was sent to Dr Shine on a recommendation from a friend. He's great he listens and tailors his treatment to you. After 4 sessions my back is the best it's been in years. The tension and headaches have gone I highly recommend a visit to Dr Shine.

Miranda McLnerney

After visiting my GP with chronic insomnia and knee pain, I was suggested to have acupuncture with Shine Babu at alternative healthcare centre. I had tried conventional medicine and nothing had worked. I had 8 sessions with shine, over a 2 month period. After only 3 sessions I noticed a remarkable change in my knees. I had no aches or pains. After the course I could sleep for a full 8 hours, uninterrupted. The diet and natural herbs, he prescribed, I still take now. His extensive knowledge, professional approach and caring attitude put you at ease immediately and I would highly recommend clinical acupuncture with Shine.

Claire Barber

Holistic Care, Tailored to You. Begin your path to wellness with Shine Wellness Therapies and become the best version of yourself!



Clinic Locations



Ainsworth Body Science

16 Cunningham Court, Lions Drive
Blackburn BB1 2QX
email: info@ainsworthbodyscience.co.uk
Ph: 01254 699742
Mob: 07444 017 588



Tessa Clemson Yoga & Wellness Centre

3 Mill St, Great Harwood Blackburn
BB6 7NN
Ph: 07444 017 588

Rejuvenate Your Mind, Body, and Soul



SHINE WELLNESS THERAPIES

📞 07444 017 588

🌐 www.shinewellnessyoga.com





SHINE'S HOLISTIC THERAPIES

- Acupuncture
- Ayurvedic & wellness consultations
- Massage therapy
- Yoga private & group classes
- Herbal Medicine

10% NHS / BLUE LIGHT DISCOUNT ON 60 MINS + TREATMENTS

Discounts also available for block bookings, please ask for details



About Dr. Shine

Acupuncture, Natural Medicine, and Yoga Therapy Expert

Experienced Practitioner of Acupuncture, Natural Medicine, and Yoga Born in Kerala, India the land of Ayurveda. Dr. Shine Babu is an FHT (UK) registered practitioner with over 14 years of experience in Acupuncture, Natural Medicine, and Hatha Yoga Therapy across the UK, Maldives, and India. With a holistic approach, Dr. Shine integrates traditional healing techniques with modern wellness practices to help clients achieve balance and well-being. Dr. Shine blends Acupuncture, Ayurveda, and Yoga for personalized wellness care.

Specializations

- Chronic Pain
- Digestive & Gut Health
- Hormonal Health
- Stress Management
- Degenerative Disorders
- Injury Rehabilitation



PACKAGE & PRICE LIST

Acupuncture Initial Consultation	75 mins	£55
Acupuncture Follow Up	60 mins	£50
Facial Acupuncture	45 mins	£40
Therapeutic Bespoke Massage Therapy	60 mins	£55
Therapeutic Bespoke Massage Therapy	75 mins	£70
Therapeutic Bespoke Massage Therapy	90 mins	£85
Lymphatic Drainage Massage	60 mins	£55
Aroma Massage Therapy	60 mins	£52
Traditional Ayurvedic Indian massage	75 mins	£70
Ayurvedic Marma Reflex massage	75 mins	£70
Foot Reflexology	45 mins	£40
Indian Head & Shoulder massage	45 mins	£40
Ayurvedic herbal bag arthritic massage	60 mins	£55
Ayurvedic & Wellness Consultations	60 Mins	£55
Short Lifestyle Consultations	30 mins	£25
Yoga 1-2-1	60 mins	£40
Mindfulness Meditation and Breathwork 1-2-1	60 mins	£40

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