

**"Good Point"**  
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In a city where cab hailing is viewed as a competitive sport, it's no surprise that people have turned to alternate resources to attain peace of mind. Going from yoga to pilates to shiatsu trends, the ancient art of Asian acupuncture sees the light of day at Exhale, a mind body spa that focuses on the transformational treatment of the inner and outer well-being.

At Exhale, acupuncture is regarded as a natural and holistic healing process. **"Acupuncture is an art with different points targeting different diseases,"** explains Robert MacDonald, MS, L.Ac., LMT, head of Exhale's acupuncture team. **"The treatments are meant to bring the body back into balance."** 3

treatment types are available: a 30-minute session, an acupuncture and massage session (this is a spa after all) and the very exclusive acu-organ detox treatment intended to give the guest **"higher levels of energy and mental clarity."**

Each treatment starts with an interview to determine your needs and only sterile, single-use disposable needles are used in the process. **"You can expect anything after a treatment,"** explains Robert. **"You'll feel calm and sedated in a clear-thinking way. I describe it as being completely blissed out."** And quite simply the only way to be as you sip custom-blended organic tea post-treatment, wrapped in a plush robe while resting in the relaxation room.

