

*I had been suffering with frozen shoulder when I decided to try acupuncture as treatment to alleviate my discomfort. I chose to go Vitality Oriental Therapy where I was treated by Tina Lai in her home. During Five treatments over a five week period, my condition steadily improved. I found Tina efficient, conscientious, and will to spend extra time to ensure that her treatment was working. Joe (a retired physician and skilled massage therapist) provided assistance and excellent recommendations for some traditional Chinese herbal remedies. If you are considering acupuncture I would definitely recommend Tina Lai and massage at Vitality Oriental Therapy.*

John B. (Victoria, BC)