

Designing *a Modality*

Acupuncture and massage specialist **Keri Krieger** created a custom treatment called Rockupuncture that became one of the most popular at Gwinganna Lifestyle Retreat and which she now teaches. Here she explains the process.

One day I was in the middle of giving a friend an acupuncture treatment; I had just finished a hot stone massage previously and the stones were still warm so I laid the stones over my friend and massaged her legs while the acupuncture needles were working in the back points. Voilà! The idea was born.

Over the following weeks and months I experimented with the treatment protocol (and the funky name). I had been working at Gwinganna Lifestyle Retreat for just over a year and they were incredibly supportive of my creation, so I trademarked the name, they put it on the spa menu and we were all delighted (and I slightly overwhelmed) with the response.

The mix of acupuncture and heated stone massage seems to be the most unlikely yet perfect marriage—of spa and wellness, of ancient healing modalities, of functional healthcare and of blissful escape!

Creating a successful treatment for me wasn't so much a question of market research; it was about being completely and authentically myself.

At that stage in my career (I had been a practicing acupuncturist since the late 90s and working in private practice, spas and health retreats for about 10 years), I realised it was essential that I be doing something I was sincerely passionate about that allowed me to grow and transform.

The treatment all comes down to **Connection, Experience and Transformation**. There's connection

ROCKUPUNCTURE IN A NUTSHELL

Subtle Japanese-style acupuncture addresses health needs based on pulse diagnosis and consultation. Heated basalt stones from the Atlantic coast of Ireland are used to enhance the effect of the needles as the deep penetration of heat calms, restores the nervous system and more deeply re-aligns energy through the meridians than acupuncture alone. It is ideal for people dealing with stress and emotional release and those in recovery from adrenal exhaustion.

WANT TO SEE ROCKUPUNCTURE IN ACTION? THERE'S A VIDEO IN THE "CURRENT ISSUE" SECTION ON SPA AUSTRALASIA.COM.AU



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from me to the work I do, between the acupuncture and hot stones, between the client and I and for the client in their understanding of their health. Then through the treatment experience there is this transformation that is just gorgeous and unique to each person.

I now train others in Rockupuncture. In creating my training program I focused not only on structuring the treatment protocol itself but also instilling an understanding and awareness in new spa practitioners

of the need to connect with their own authenticity and passion—ensuring the treatment stays true to its origins but is also unique for every client. This treatment is about sharing my own passion and integrating ancient wisdom into our modern lives for the betterment of all. 🌿

Keri Krieger draws from over a decade's experience in Traditional Chinese Medicine, bodywork, intuitive counselling and a life well lived! With specialist training in Japan and ongoing studies across alternative healthcare,



worked in several leading Australian health retreats and Aveda concept spas and consulted to Aurora Spa and Chiva-Som Hua Hin, Thailand. Keri will commence Rockupuncture training on the Gold Coast followed by Sydney, with dates available soon.

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