Daisy Chai is a Doctor of Chinese Medicine as well as a Creative Arts Therapist. In addition to offering these two modalities separately, she is also able to incorporate them in a single consultation (upon request) thereby offering a unique service to potential clients.

Daisy takes a holistic and integrative approach to health and wellness, as she believes that this will provide a more effective way of promoting balance, wellbeing and vitality. This includes:

* *Taking into account the physical, mental, emotional and spiritual aspects of the individual;*
* *Working with other medical and health professionals if and when appropriate;*
* *Using a combination of the modalities she is trained and qualified in, if and when appropriate.*

**Special interests** include:

* Energy medicine
* Stress management
* Preventative medicine
* Food as medicine
* Scar acupuncture
* Community health and education

Daisy has worked in private practice, hospitals, community health, leisure and healing centres. She has spoken about health and healing in schools and facilitated at Creative Arts therapy workshops for various groups, conferences and organisations.

In addition to Chinese Medicine and Creative Arts Therapy, Daisy’s experiences also include Esoteric Acupuncture, Reiki, Gita and Integral Yoga, Neuro-Linguistic Programming (NLP), Quantum EFT and Aromatherapy.

**Daisy is registered with the Australian Health Practitioners Regulation Agency (AHPRA) and Chinese Medicine Board of Australia (CMBA). She is also a member of the Australian Acupuncture & Chinese Medicine Association (AACMA) and Holistic Therapists Australia (HTA)**