

RE+CULTIVATE.

Expert in traditional chinese medicine and acupuncture therapies

Science-backed, whole-body wellness with a personal touch – in west London and online.



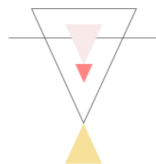
“Felt super after the treatment! Very energised and I definitely felt different – in a good way.”

– JEN



Re+Cultivate Supports and Restores Busy Women Through Chronic Symptoms, Pain, Stress and Hormonal Changes – With Compassion (and No Side Effects)

Re+Cultivate offers a transformative, whole-body approach to healthcare that anyone, anywhere can enjoy.



We practice the ancient wisdom of Chinese medicine, in a modern-day context, through acupuncture, Chinese herbal medicine and a range of traditional treatments.

Our name comes from one of the key concepts in Chinese Medicine, *Yang Sheng*, which means *cultivating life*. Yang Sheng combines self-care, philosophy and tried-and-tested therapies to help **you** cultivate self-healing, recover from chronic symptoms, and maintain physical and mental health in a fast-paced, stressful world.

It's time to slow down, connect with your inner self, rediscover your innate creativity and nourish your body.



[Book an Appointment](#)

It's time to Re+Cultivate...



WHY CHOOSE RE + CULTIVATE?



It's Personal



Our licensed care and holistic therapy plans empower you to take control of your health.

You'll be guided and supported in building positive habits for change.

You'll dig right to the root of your symptoms and treat the cause of your disease, not just the symptoms.



It's Science Backed



Clinical trials have shown that traditional Chinese medicine can improve many systems in your body, at the same time.

Scientists have proven that acupuncture and other Chinese therapies reduce inflammation and stress hormones like cortisol, promoting your body's natural ability to protect and heal itself.



It's Holistic



Traditional Chinese medicine helps you become less reliant on medications.

It takes a whole-person approach, encouraging you to lead a healthier, happier life.

[Explore Treatments](#)



Meet Your Chinese Medicine Practitioner, Cassandra Hawthorne.

Re+Cultivate founder, Cassandra Hawthorne (BSc, Lic Ac, MBACC, CHM Dip), is a licensed Chinese medicine practitioner. Highly specialised, with a postgraduate degree in Advanced Chinese Medicine, she brings a thorough knowledge of anatomy, medical terminology, nutrition and lifestyle coaching to her practice.

Inspired to study Chinese medicine through her own transformative healing journey, Cassandra offers a comprehensive range of services, customised to your individual needs, symptoms and goals.



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Cassandra is registered with The British Acupuncture Council and Federation of Traditional Chinese medicine – ensuring she maintains the highest levels of clinical practice. She offers in-person treatment from her studio in Mortlake, southwest London, SW14, or at treatment rooms on the King's Road in Chelsea, west London, SW3. Some treatments are also available via secure online consultation.

Cassandra's Story



Ready to optimise your health and well-being and explore the benefits of Traditional Chinese Medicine?

You're in the right place!



A Consultation With Cassandra is a Chance to Get to the Root Cause of Your Pain, Symptoms and Stress. To Rediscover what wellness means

FOR YOU!

IN PERSON OR ONLINE...

In-person treatments and consultations take place in Mortlake, London SW14, and at Triyoga, King's Road, Chelsea, London SW3. Online consultations are via the Cliniko platform, ensuring all our online communications are completely secure.

Your holistic health plan is more than just an appointment. It's a journey to better health and well-being. You will benefit from whole body analysis, weekly video consultations and follow-on care. Cassandra will work with you every step of the way, with all the guidance you need to achieve your health goals.



Book a Consultation



Cultivate Your Health – A Daily Guide to Feeling Better

Sign up to our newsletter to get your copy of Re+Cultivate's FREE ebook. Learn simple tips to bring your body into balance, and cultivate daily habits that support well-being, longevity and happiness.

We won't clog up the energy flow in your inbox. We'll just send you the occasional email about treatments, special offers and articles, and hopefully get to know you a little better.

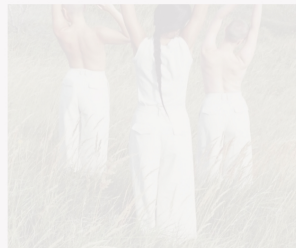
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Treatments
Craniosacral w/
KIRSTEN
acupuncture
w/ CASSANDRA
massage w/
DAVID



Re+Cultivate is a specialist clinic offering traditional Chinese medicine and therapies including acupuncture, in London and online.

where?

Mortlake, London SW14.
King's Road Chelsea, west London.
Online via Cliniko secure portal.

Hours

Monday – Friday
9am – 8pm
Saturday
9am – 5pm

Contact

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