

## **What's Hot in Beauty and Body**

By Courtney Hollands  
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It's easy to change up your beauty and fitness regimen with salons, spas, and even gyms constantly introducing new options. So grab your robe and some cucumber slices. Here are a few of the freshest tricks and treatments around.

### **Stick Together**

Skittish about needles but interested in acupuncture to manage stress, injuries, or other conditions? **Pathways to Wellness**, a holistic clinic in the South End, has just expanded its group acupuncture program. The idea behind the collective sessions is that seeing a stranger benefit from the experience of being stuck with a series of needles can lessen the anxiety some patients feel about facing the treatments alone.

Pathways offers hourlong sessions in which as many as four people at a time receive treatment from a single acupuncturist in a single room. Participants stay fully clothed and can bring their own music and headphones to the session. The group setting also means that the clinic can charge less - participants pay amounts depending on a sliding income scale - while offering a collective healing experience.

Pathways executive director Kristin Porter compares group acupuncture to group exercise. "At a gym, your workout benefits from the energy in the room," she says, and people in a communal acupuncture session can benefit in a similar way.

According to Andy Wegman, who runs a community acupuncture studio in Manchester, New Hampshire, and is on the board of the national Community Acupuncture Network, when people come in to try acupuncture for the first time and see other people fast asleep and resting with needles in, "their anxiety completely dissipates." \$20 to \$40 per session with appointments four days a week at Pathways to Wellness, 1601 Washington Street, Boston, 617-859-3036, [pathwaysboston.org](http://pathwaysboston.org)

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