

FEEL GOOD! LOOK YOUNGER!

NO DRUGS! NO SURGERY!

By S. Wheeler Lic.Ac.

Acupuncture is renowned for relieving pain. But it can do so much more, including helping you to feel better within yourself, and even look years younger!



Some suffer anxiety or depression, others admit to stress; maybe you're just fed-up feeling 'not-quite-yourself'? Disturbed sleep may be a problem, whether you're unable to drop off, or lie awake, tired and grumpy, from the wee small hours!

This 'under-the-weather' feeling can become a chronic problem bombarded by a variety of pills and potions to control sleep, mood and digestion, yet acupuncture can help alleviate all these symptoms, and ease those tense, painful neck muscles! Acupuncture looks for the root cause of problems and treats more than just surface symptoms, considering you as a whole - not just a headache, stomach ache or insomnia! Acupuncture endeavours to restore balance and well-being, boosting energy, reducing pain and relaxing you into calm confidence.

This holistic concept is also used for cosmetic acupuncture, which offers a safe alternative to expensive, painful and risky rejuvenating surgery and injections. Naturally, results are not as

instant nor as dramatic as these invasive procedures, but facial rejuvenation (AcuLift) is a tried and tested option for men and women of any age looking to 'turn back the clock' by gently enhancing their looks and overall health.



Treatment is either with extra-fine acupuncture needles, often supplemented by electrotherapy, or healing Acu-Laser stimulation on facial points on the meridians (channels) to improve the flow of Qi (energy). In Western terms, it improves local blood and lymphatic circulation and also collagen production, thereby nourishing, hydrating, cleansing and toning. This combats the effects of natural aging; reducing or eliminating the shadows and smudges under the eyes, drooping puffy lids, lines from brow to throat and restoring firmness and glow to slack, sallow complexions.

The client's underlying health dictates the choice of acupuncture points. For example, pain and the previously mentioned symptoms can contribute to facial aging. A daily glass of red wine may be beneficial, but alcohol in excess, and of course smoking, damages health, compromising circulation, respiration and organ function, resulting in visible aging. We'll slap on a SPF25 moisturiser to protect ourselves against the sun's damaging rays and the dehydrating winds, but for erasing evidence of time's passage the science is far from convincing on the latest miniscule pot of miracle anti-wrinkle agent!

Cosmetic acupuncture has benefited people since the Chinese Song dynasty, over 1000 years ago. In 1996 a large clinical study of 300 men and women showed that after attending for a course of 12 sessions, 90 per cent had improvement of muscle elasticity, smoothing of wrinkles, brighter complexion and overall facial rejuvenation - and these effects continued for months after treatment! Now consider which of today's budget or outrageously priced cosmetics can boast such reassuring statistics?

On average, AcuLift can help you look at least five years younger - often more - and you'll feel great! Now there's an idea for a Christmas gift voucher, or a deserved treat for yourself!