

The Ultimate Facial Revitalisation Programme

Everyone wants to look their best and in our modern culture, some individuals feel societal pressure to live up to what may be unrealistic expectations. Though that may be what motivates some people to embark upon the Ultimate Facial Revitalisation Program initially, the effects will be far more profound and inclusive than simply improving one's appearance. The radiance of natural beauty comes from a healthy body and mind. Luminous Beauty is achieved by working on both the inside and the outside in order to most effectively change one's appearance.

In addition to the many and varied health promoting effects throughout the body that regular Acupuncture bestows, Facial Rejuvenation Acupuncture aims to correct the signs of ageing by both local treatment and by treating the underlying causes of why an individual is specifically manifesting the ageing process the way they are.

Facial Rejuvenation Acupuncture helps to improve muscle tone and dermal contraction especially in the face and neck. Facial Revitalisation Acupuncture has been shown to increase collagen production and aids in its dispersal thus helping to firm the skin and fill out wrinkles. Bags and sagging around the eyes, face, and neck can be significantly reduced and toned up. Metabolism is greatly improved through these treatments, resulting in reduced puffiness often to the point of elimination. As Acupuncture can profoundly effect the regulation of hormones in the body, conditions like acne and overly dry skin can be quite improved. By substantially increasing the circulation of blood, lymph, and qi to the head, these treatments improve the complexion noticeably. Healthy facial colouring can be restored and there can be a tightening of the pores. Stress and habitual expressions which are so visible on the face are transformed resulting in a remarkably younger, calmer, and less worn looking face with which to meet the world. Inner beauty, vitality and serenity: all these very obviously visual benefits manifest in the appearance while many pre-existing health conditions are cleared up because Acupuncture works by treating the whole body and addressing the underlying causes of aging and disease.

NUTRITIONAL SUPPLEMENTS

The ULTIMATE FACIAL REVITALISATION PROGRAMME draws upon the wisdom of ancient civilizations as well as current scientific findings to achieve optimum health and beauty. The proper balance of vitamins, minerals, and amino acids is essential for the skin to look and feel healthy, vibrant, and youthful. Research has confirmed that certain vitamins protect skin from pollutants, stress, and sun damage. Vitamins can also help reverse the effects of photo-ageing, improve 'smokers skin', help heal wounds, and increase collagen production.

SELF CARE COUNSELLING

To achieve and maintain ultimate health and beauty, certain lifestyle changes or practices should be included. The ULTIMATE FACIAL REVITALISATION PROGRAMME Practitioner may have recommendations for Facial Exercises, Breathing Exercises, Relaxation Exercises, Self Massage and/or Self Acupressure or Shiatsu, Dietary Support and External Applications for inclusion in a daily routine of health and skin care. Look and feel your *ultimate* best by practising that which often only the stars and professional experts know. Now you too, can partake in the fruitful marriage of secret ancient practices and modern science to achieve an ultimate state of beauty and health.

Who would benefit from Facial Rejuvenation Acupuncture?

Anyone concerned with looking and feeling young and slowing down the aging process. The decision to begin treatment may be professionally or personally inspired or a combination of both. Facial Revitalisation Acupuncture is suitable for those with deep wrinkles, fine lines, bags under the eyes, sagging, puffiness, drooping eyelids, double chin, large pores, dry skin or acne. Different methods are emphasized and specific points stimulated according to how an individual is aging. A person with excess puffiness, for example, would require a different treatment than someone with dry skin. The whole person is treated and evaluated on the body-mind continuum--the foundation of Holistic Medicine.

Does it really make a difference?

Many sources indicate that acupuncture has been used for almost 5,000 years to treat a wide range of conditions. Having proven itself with literally billions of people, Acupuncture has survived the test of time. The use of Acupuncture in Cosmetology--especially in preventing and reducing wrinkles--has already attracted great attention in Japan, Hong Kong, and Sweden. The effectiveness of Acupuncture is due to its direct manipulation of the body's energy system--balancing, removing blockages or adding energy when necessary. A 1996 report in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Facial Acupuncture, 90% had marked effects with one course of treatment. The effects included: the skin becoming delicate and fair, improvement of the elasticity of facial muscles and levelling of wrinkles, a ruddier complexion, and overall rejuvenation--not confined to the face.

Is Facial Revitalisation Acupuncture a new and trendy technique?

Hardly. For thousands of years, the Chinese have known that beauty comes from the inside. At least as early as the Sung Dynasty (960AD-1270AD) Acupuncture rejuvenation practices were employed for the Empress and the Emperor's concubines. The Chinese discovered and utilized ways to change the energy flow within the body to initiate the healing process for rejuvenation. According to a famous Chinese axiom, "Where qi goes, blood flows." Even for those unfamiliar with the principles of Chinese Medicine, it is known that increased circulation helps the body to look and feel better. Common sense would tell us that treating the underlying cause of why someone is ageing is preferable to masking the outward symptoms and allowing further decline and dysfunction to continue within the body.

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