

## What is the course of treatment?

Generally, it consists of 12 treatments. The effects become most noticeable and lasting on or about the seventh session. Each person responds differently, depending on his or her condition and lifestyle prior to treatment. Following the initial course of treatment, maintenance sessions can prolong the results for five to ten years. It is often recommended to supplement the Facial Rejuvenation program with Facial Self-Massage and/or Acupressure, Facial Exercises, Herbal and Nutritional Supplements, pure and authentic Aromatherapy blends for the skin, and a healthy diet.

Treatments last about 45 minutes. Ideally a minimum of 10 treatments over a 5 to 6 weeks, depending on age and skin condition, are required followed by regular monthly top-ups.



Sundardas Naturopathic Clinic  
251A Bugis Village  
Victoria Street  
Singapore 188035

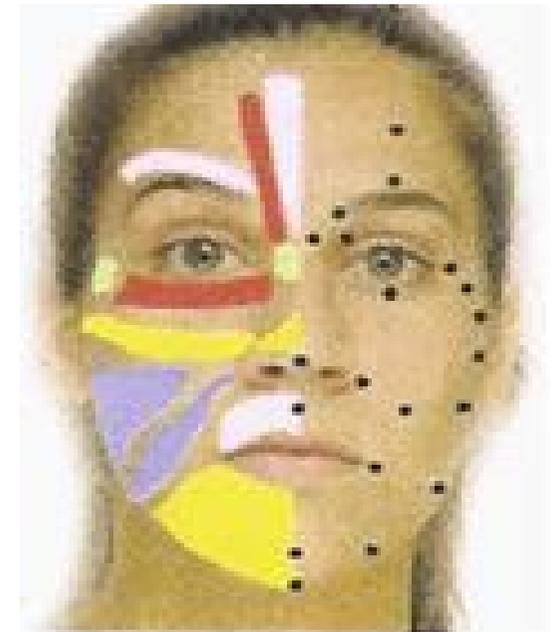
Tel: 65-6323 6652

Fax: 65-6323 6615

[www.SundarNaturopathy.com](http://www.SundarNaturopathy.com)

# Facial Rejuvenation Acupuncture

*Facial Rejuvenation Naturally*



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251A Victoria Street  
Singapore 188035

Tel. 6323 6652  
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## What is Facial Rejuvenation Acupuncture?



Facial Rejuvenation Acupuncture is the focus of and most effective component in the Ultimate Facial Rejuvenation Program. Facial Rejuvenation Acupuncture is a painless, non-surgical method of reducing the signs of the aging process. Though Facial Rejuvenation Acupuncture can sometimes be referred to as an Acupuncture Facelift, it is more than a cosmetic procedure. It is a rejuvenation and revitalization process designed to help the whole body look and feel younger. The Facial Rejuvenation Acupuncture treatment is based on the principles of Oriental Medicine and involves the insertion of hair-thin needles into particular areas of the face, ears, neck, hands, trunk, and legs along channels or meridians of energy called Qi (pronounced chee).

Specific points are chosen to manipulate the movement of energy in the body according to the individual's needs.

### What are the effects?

Facial Rejuvenation Acupuncture may erase as many as five to fifteen years from the face, with results apparent after just a few treatments. Fine lines may be entirely eliminated and deeper wrinkles diminished. Bags under the eyes can be reduced, jowls firmed, puffiness eliminated, droopy eyelids lifted and double chins minimized. Other likely results include: moisturizing of the skin with increased local circulation of blood and lymph to the face; increased collagen production, muscle tone, and dermal contraction; tightening of the pores; brightening of the eyes; improving of hormonal balance to help acne; reduction of stress evident in the face – bringing out the innate Beauty and Radiance of an individual.

### Is Facial Rejuvenation 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. allowing further decline and dysfunction to continue within the body.

Common sense would tell us that treating the underlying cause of why someone is aging is preferable to

masking the outward symptoms and allowing further decline and dysfunction to continue within the body.

### 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 Rejuvenation 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.

