

# chinese cosmetology



AcuMedic<sup>®</sup>

# Your skin is a reflection of your inner health.

Conventional cosmetic therapies only treat your outer skin without addressing the root causes of any skin concerns. This provides only short term, temporary benefits.

AcuMedic cosmetology works directly on your skin but also addresses any internal conditions which may be affecting your appearance. This is holistic skincare which is much more effective with longer lasting results. You will also benefit from an improvement in your general health and wellbeing.

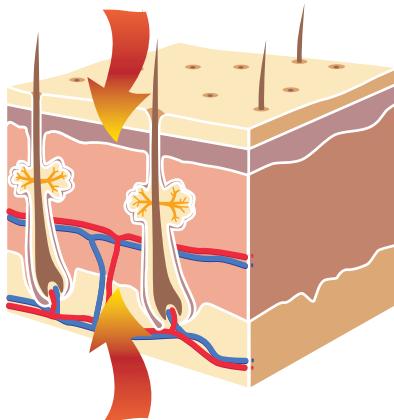
	<b>conventional skincare treatments</b>	<b>AcuMedic cosmetology</b>
<b>EXTERNAL FACTORS</b> Skincare Products Facial Treatments Facial Massage	 variety of products and treatments on offer	 powerful herbal skincare treatments
<b>INTERNAL FACTORS</b> Emotions Circulation Toxins Internal Heat Internal Dampness Hormones	 do not even consider these factors	 treats all internal factors naturally with herbs and acupuncture
<b>LIFESTYLE FACTORS</b> Sleep Hydration Smoking Diet & Nutrition Environment	 only offer general advice	 advises individually and treats certain lifestyle complaints like lack of sleep and smoking addiction

# CHINESE COSMETOLOGY - HOLISTIC APPROACH

There are some things that we cannot control such as age and genetics, but everyone can have amazing looking skin by working on all of the skin defining factors. Chinese medical cosmetology uses the power of Chinese Medicine to treat each factor, tailored to your particular skincare needs.

- **skincare products** - We provide a Chinese herbal skincare regime essential to repair, moisturise and purify the skin.
- **facial treatments** - We apply individualised herbal masks and acupressure facial massage for intense skin boosting.
- **emotions & stress** - Your emotional state directly affects your health and therefore your appearance. Anxiety, stress, depression and mood swings all negatively impact your skin. We help to stabilise emotions, reduce stress and improve mood.
- **internal dampness** - It does not matter which creams you use, if your body has excess dampness then this will lead to greasy skin and spots. Too dry and your skin will always tend to be dehydrated. We regulate any excess damp or dryness.
- **internal heat** - Excess heat in the body leads to flushes and irritable skin, if you are too cool then your skin can appear lifeless and dull. We individually balance your body's heat level.
- **blood, lymph & qi circulation** - Sluggish circulation deprives your skin of the nutrients it needs to stay healthy, create new skin cells and collagen. It is also not detoxing efficiently causing blemishes, puffiness and dark circles. We boost circulation under your skin.
- **hormone balance** - Your hormones have a powerful effect on your appearance. Keeping them in balance will not only make you feel better but look better too. We regulate any hormone imbalance.
- **detox system** - The health of your detox organs such as Liver and kidney has a direct effect on your skin. Inefficient detoxing leads to blemished, dull and unhealthy skin. We strengthen your detox system.

## *herbal skincare treatments & facial massage*



### **ACTION**

- boost collagen production
- moisturise from inside and out
- improve cellular regeneration
- detox and purify skin
- balance oiliness/dryness
- close pores

### **RESULTS**

- REDUCTION IN WRINKLES, LINES & SAGGING
- GLOWING, HEALTHY SKIN
- LESS BLEMISHES, PUFFINESS & DARK CIRCLES

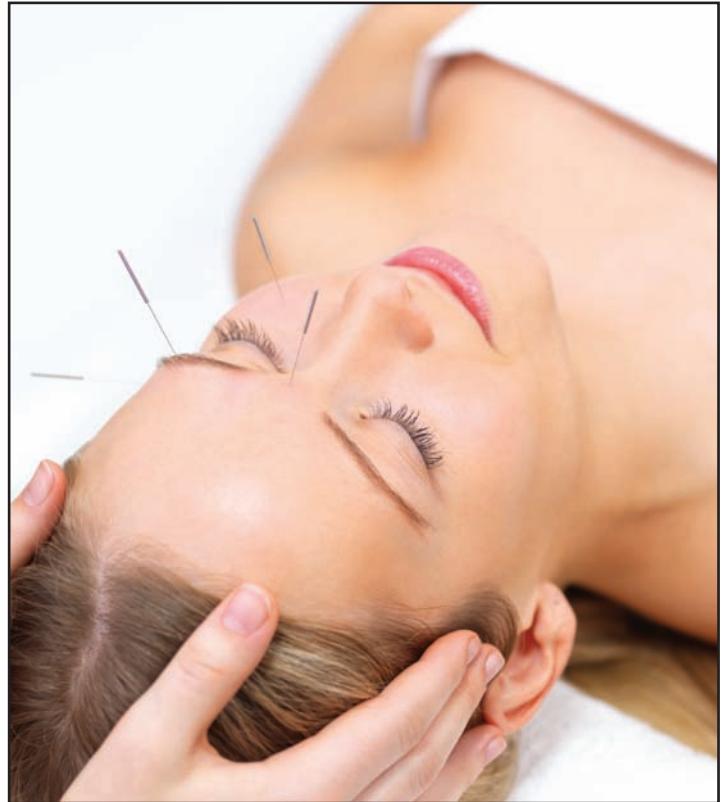
## *cosmetic acupuncture & herbal prescriptions*

# ABOUT COSMETIC ACUPUNCTURE

Cosmetic acupuncture is a powerful and natural treatment for anti-ageing, skin rejuvenation and addressing any specific skin conditions. It works by invigorating Qi and blood flow to the skin as well as treating internal conditions which may be leading to aged, aggravated or dull looking skin. Before any treatment our cosmetology doctor provides a personalised medical skincare consultation.

## COSMETIC ACUPUNCTURE WILL:

- Dramatically boost **skin nutrition**.
- Improve **hydration** of skin, making the face look refreshed.
- Increase cell & **collagen** regeneration for renewed complexion & skin elasticity.
- Rejuvenate skin **tone**, restoring a lustrous glow to the face.
- Reduce crows feet, **minimize fine lines & wrinkles**.
- Firm and **uplift** sagging skin.
- Help **clear dark circles** and puffy eyes.



## FAQ's

1. *How soon will I see results?* You will probably see some results after your first treatment (especially the following day), however you really need about 3 sessions (over around 5-6 weeks) before you will notice the actual effects.
2. *Does it hurt?* The discomfort of acupuncture needles is very dependent on the patient with most people experiencing very little pain, but it is at worst a mild and brief pricking sensation followed by a tingling feeling as the qi is stimulated.
3. *Is it only for anti-ageing?* No, although it is very popular for anti-ageing, it is used for rejuvenating and treating all types of skin.

# ABOUT CHINESE HERBAL FACIALS

Our herbal facial has been designed by expert medical cosmetologists, using botanical cleansers and creams packed full of pure herbal extracts to lift away the years, purify and rejuvenate the skin.



## TREATMENT INCLUDES:

- Powerful herbal **cleansers and exfoliants** for deep pore cleansing.
- A prescription pure herb **mask** which is formulated for your needs.
- Expert facial **acupressure massage** to aid skin nutrition and facial tone.
- Cooling and firming plant serum **eye treatment** to reduce puffiness and sagging.
- Herbal skincare **creams** for intensive moisturisation and nutrition.
- **Jade roller** therapy to close pores, reduce dark circles and firm skin.

The result is a glowing complexion, a reduction in the appearance of fine lines and wrinkles and improved skin elasticity. The effects are instant but for the best long term effect it is advised to combine the facial with cosmetic acupuncture.

# SOME OF THE HERBS USED IN OUR FACIALS



Bai Guo  
*(Ginkgo)*

**A POWERFUL CELL  
REJUVENATOR & SKIN FIRMER  
WITH AMINO ACIDS &  
COLLAGEN**



Wu Wei Zi  
*(Schisandra Fruit)*

**THE ULTIMATE NATURAL  
ANTIBACTERIAL CLEANSER  
AND SKIN TONER TO GIVE A  
NATURAL LIFT**



Hong Hua  
*(Safflower)*

**A POWERFUL STIMULANT  
THAT INCREASES  
BLOOD CIRCULATION TO THE  
SKIN**



Ju Hua  
*(Chrysanthemum)*

**A POTENT AND INVIGORATING  
SKIN FIRMING HERB WITH  
ANTI-CELLULITE PROPERTIES**



Dang Gui  
*(Chinese Angelica)*

**AN ULTRA HYDRATING  
MOISTURIZING  
SKIN BOOSTER**



Zhu Ru  
*(Bamboo)*

**A SKIN BALANCING AND  
MOISTURISING EXFOLIANT TO  
DEEP CLEAN PORES**



Gou Qi Zi  
*(Chinese Wolfberry)*

**A NOURISHING WONDER  
BERRY FULL OF PURIFYING  
ANTIOXIDANTS, VITAMINS B1  
& B2**



Yu Zhu  
*(Solomon's Seal)*

**A POWERFUL MOISTURISING  
SKIN REPLENISHER  
CONTAINING VITAMIN A**



Dan Shen  
*(Chinese Sage)*

**A BLOOD CIRCULATION  
ENERGIZER AND NATURAL  
SOURCE OF VITAMIN E  
FOR GLOWING SKIN**



Ren Shen  
*(Ginseng)*

**AN INCREDIBLE HERB FOR  
SKIN SOFTENING,  
REGENERATION AND  
PROTECTION**