

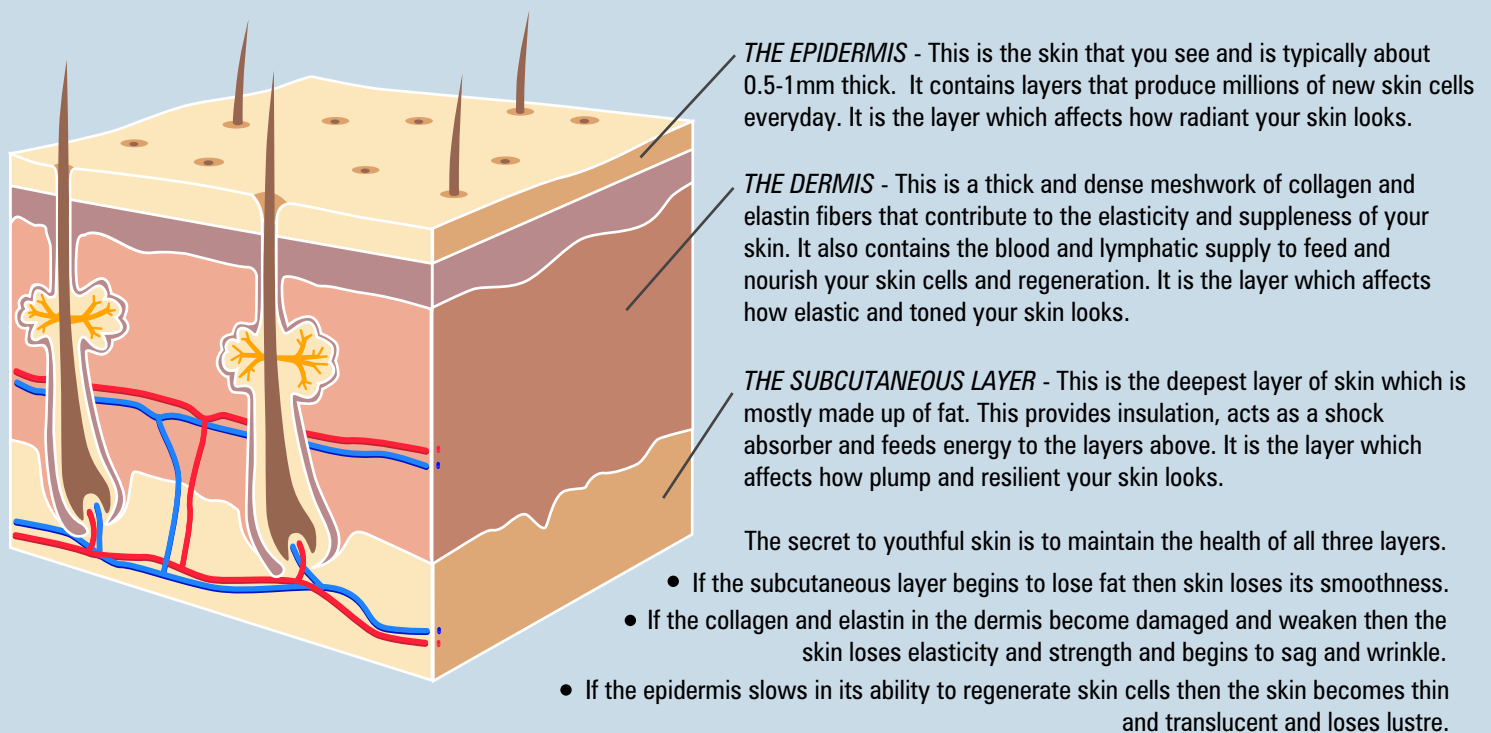
DEFY YOUR AGE

skin rejuvenation guide

Maintaining youthful skin is not a modern obsession. Since ancient times, we have all been searching for ways to delay the signs of ageing, but recently it has become big business with billions of pounds spent every year on the latest products, treatments and plastic surgery. With so many options and competing skincare brands it can be difficult to find the truth behind the marketing. This guide aims to give you some simple facts about anti-ageing and introduce you to Chinese concepts of beautiful skin.

THE ANATOMY OF SKIN

Your skin is truly amazing. As a barrier to the outside world it has to protect against invasion from micro-organisms and prevent the loss of your body fluid. But it also has to be open to allow an exchange of fluids, air and regulate body temperature. It also has to act as one of your most important sensory receptors. Your skin is made up of 3 distinct layers:



THE AGEING PROCESS

Most dermatologists will tell you that there are 2 types of skin ageing. One is known as intrinsic and relates to the natural ageing process which is defined by your genetic makeup. The other is extrinsic ageing which is due to lifestyle and environmental exposure. Although it is true that we will all succumb to the natural ageing process, there are powerful and effective ways to slow down this process. First let's look at the main physical changes that lead to ageing skin.

- 1. SLOWER SKIN REGENERATION** - The epidermis starts to slow skin production which leads to less radiant, new skin and slower wound and blemish healing.
- 2. SKIN THINNING** - Partly due to hormone changes, the skin starts to thin,, making any blood vessels and dark circles more visible. The skin is also more susceptible to environmental damage and irritability.
- 3. COLLAGEN & ELASTIN DAMAGE** - The essential fibers in the skin are produced less efficiently and become damaged which causes a loss in elasticity. This leads to sagging and wrinkles.

4. **SKIN DRYING** - The moisture holding proteoglycans and GAG's in the skin decrease in number making the skin unable to hold as much moisture. This leads to sagging and drying. Also, the oil producing glands in the skin become less active which contributes to dry skin and sensitivity to soap and other environmental irritations.

5. **REDUCTION IN BLOOD SUPPLY** - The number of blood vessels supplying the skin decreases which affects skin colour and glow and reduces the amount of nutrients supplied to the skin.

6. **FAT LOSS** - The fatty subcutaneous layer starts to thin which makes the skin look less resilient and more drawn and shows the bones under the skin more than previously.

7. **SKIN DAMAGE** - The skin cells become damaged by both internal and external factors which affect the quality of the skin and pigmentation. The main form of skin damage is cell oxidation caused by free radicals in the skin.

These are the main processes that lead to skin ageing but the good news is that with a good lifestyle, sensible skincare regime and natural treatments, all of them can be worked on to slow down the signs of ageing. Let's look at the main factors that lead to these ageing processes:

INTERNAL FACTORS

SKIN NUTRITION

Whilst we like to pamper the skin with creams, it is important to remember that practically all of your skin's nutrition comes from within. Eating and drinking skin boosting foods and encouraging a healthy blood supply to the skin is essential to slow down the signs of skin ageing.

DIET - Since most skin damage comes from cell oxidation it is important to have a diet rich in antioxidants which soak up the free radicals in the body before they can react with your skin cells. All fresh fruit and vegetables have antioxidants and vitamins but one of the most potent forms of antioxidants are called Catechins which are found in tea.

HYDRATION - Most of us do not drink enough water during the day. This leads to dry skin and skin cell damage. Try to drink about 2 litres of water a day. Even better is to drink white or green tea which is actually more hydrating than water and contains powerful antioxidants, vitamins and minerals.



TEA & ANTI-AGEING

White and green tea generally have the highest amount of powerful anti-ageing antioxidants which is why they are used in China as skincare tonics. Tea also has excellent anti-inflammatory properties to help calm any skin break outs.

SLEEP

The term 'beauty sleep' is not too far from the truth. Sleep allows the skin to rejuvenate by stopping facial expressions and relaxing facial muscles. Lying down for an extended period also combats the constant attack of gravity on the skin. Getting rest also helps to destress the body, remove toxins and improve mood - all of which can help your complexion and facial appearance.



EXERCISE

Getting regular exercise is not just good for your body and stress levels but is also a great way of preventing premature skin ageing. It does this by stimulating the rapid flow of blood through your skin. This helps to draw away toxins and bring oxygen and other nutrients to the skin. Exercise has also been shown to improve collagen production. People who exercise also tend to drink more water, which helps to cleanse and moisturise skin.

TOXINS

If your body is carrying around lot's of toxins (for example from smoking) than this will contribute to skin damage. It is essential that you work on reducing the toxic load in the body and strengthening the detoxifying ability of the body.



SMOKING - This is a terrible habit for your skin. Cigarette smoke contain toxins and cause free radicals to attack your skin. It also accelerates the breakdown of collagen and elastin which leads to premature wrinkles and skin sagging.

ALCOHOL - The regular consumption of alcohol leads to premature skin ageing. Alcohol dilates the skin capillaries and if consumed in large amounts can lead to a permanent flush and broken capillaries in the face. Alcohol also dehydrates the skin and aggravates skin irritation. Alcohol depletes the body of Vitamin A which is an important skin antioxidant.



BODY IMBALANCES - all treatable with Chinese Medicine

INTERNAL HEAT OR COLD - Body temperature has a major effect on the quality of your skin. If you suffer from excessive heat then there is a tendency for skin irritation and flushes. If you suffer from internal cold then your skin can appear tired, pale and lacking in lustre.

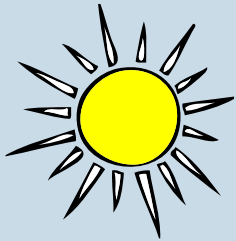
INTERNAL DAMP OR DRY - Just like body temperature, your internal body can be imbalanced in terms of dampness or dryness. This is due to diet, lifestyle and genetic predisposition. Damp people suffer from clammy and spotty skin, whereas dry people suffer from dry, flaky and irritated skin.

HORMONES - Your hormones have a powerful effect on your appearance. Keeping them in balance will not only make you feel better but look better too.

EMOTIONS & STRESS - Your emotional state directly affects your health and therefore your appearance. Anxiety, stress, depression and mood swings all negatively impact your skin.



EXTERNAL FACTORS



SUN

It is estimated that up to 80% of premature skin ageing is caused by the damaging effects of the sun. Also, known as 'photo-ageing', the harmful UV rays from the sun damages collagen in the skin, creates free radicals which damage the skin and slows the skin's ability to repair itself. Probably the single biggest lifestyle change that anyone can make for their skin is to stay out of the sun and wear SPF regularly. It is thought that an average face would not have any wrinkles up to the age of 80 if it were not for the sun.



CLEANSERS

In the modern world, most people overdo skin cleaning. Your skin produces oils and sweat to maintain itself. It is important to be hygienic but the daily use of harsh cleansers tends to strip the skin's natural protection away and changes the pH balance which leads to dry and irritable skin. As we age we produce less and less of these essential skin oils so it is even more important to be sensitive to how we clean our skin. Use gentle, cream cleansers sparsely and do not spend too much time soaking in a bath or shower. Remember that your skin is designed to look after itself.

SKIN CARE PRODUCTS

There are so many choices for skincare products out there and it can be difficult to work out which ones are right for your skin and which ones are just the result of clever marketing and pretty packaging. It is important that your skin is provided with the right nutrients to maintain optimum skin health. This usually means the regular use of a good quality nutrient, moisturising cream and the occasional face mask. Too much product use can be damaging if the creams and cleansers are overloading the skin and clogging pores.

chinalife[®] BEAUTY RANGE

Our skincare products have all been designed by our herbal pharmacognisists. Ultra high grade creams, washes and lotions packed full of powerful Chinese herbal combinations renowned for their skin benefits. When we say full we mean it. No other skin care range uses as many herbs in such high quantities as we do. Feel and see the difference - to browse our skincare products visit www.chinalifeweb.com



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**



Dan Shen
(Chinese Sage)

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



Hong Hua
(Safflower)

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



Zhu Ru
(Bamboo)

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



Ren Shen
(Ginseng)

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



Gou Qi Zi
(Chinese Wolfberry)

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



Dang Gui
(Chinese Angelica)

**AN ULTRA HYDRATING
MOISTURIZING
SKIN BOOSTER**



Yu Zhu
(Solomon's Seal)

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



which chinalife face cream is right for me?

CREAM	SKIN TYPE	KEY INGREDIENTS	ACTION	RESULTS
ROYAL JELLY & REISHI CREAM	ALL SKIN TYPES	ROYAL JELLY (Nutrition) REISHI (Stops Cell Damage) YHU ZHU (Moisturiser) VITAMIN E (Protection)	A DUAL ACTION PROTECTIVE & ANTI-POLLUTANT CREAM WITH MOISTURISERS & NUTRITIVE HERBS	<ul style="list-style-type: none"> ● INTENSIVE NOURISHMENT & HYDRATION ● PROTECTS AGAINST POLLUTION ● DELAYS SIGNS OF AGEING
PEARL CREAM IN SERUM	MATURE	PEARLS (Nutrition, Smooth Wrinkles & Micro Exfoliation) SERUM (Tone & Lift)	AN INTENSIVE NOURISHING, LIFTING & TONING ANTI-AGEING CREAM	<ul style="list-style-type: none"> ● TONES, LIFTS, FIRMS ● SMOOTHES & FILLS FINE LINES & WRINKLES
ML BEAUTY FORMULA	NORMAL, COMBINATION & PROBLEM SKIN	PALMITOLEIC ACID (Moisturiser & Protection) SILK ESSENCE (Nutrition)	A REJUVENATING, ANTI-BLEMISH FORMULA	<ul style="list-style-type: none"> ● REDUCES BLEMISHES ● STIMULATES NEW SKIN ● SOOTHES & CALMS

All creams are suitable for day and night. For optimum anti-ageing we recommend using the ROYAL JELLY cream during the day and applying the PEARL cream at night.

JADE SKIN ROLLER

For centuries in China, Jade Rollers have been used as a daily routine to keep skin youthful. The coolness of the jade closes the pores and tightens the skin. The smaller roller is used around the eyes to help banish dark circles, reduce wrinkles and any puffiness. The larger roller helps to relieve stress from the forehead, cheeks, neck and jaw-line, improve circulation, skin elasticity, and stimulate tired muscles to improve tone.



HERBAL SKINCARE TONICS

NATURAL BEAUTY TEA

A very special blend to help promote radiant and youthful skin. This medicinal Chinese herbal blend enhances natural beauty by promoting glowing healthy skin. It contains a powerful combination of ingredients, specially formulated by our expert herbalists. Rose Flower cleanses the skin; Wolfberry Fruit (Gou Ji) promotes regeneration of liver cells for detoxification; Chinese Red Date nourishes the blood; Longan tonifies the spleen; Honeysuckle Flower clears heat and breaks down toxins; Lily Bulb soothes the nerves; Licorice Root clears heat and rids toxins. A special brew to cultivate beauty from the inside and bring a healthy radiance to your skin.



GOLDEN CAMELLIA ANTI-AGEING DRINK

Golden Camellia provides natural elements essential to maintain health cells and tissues. The magical properties of the herb keeps skin and tissues young and supple. Traditionally it is used in China for decelerating the biological ageing process. Also contains Gou Ji berries which are nutritionally rich, containing Vitamins C, B1, B2 and other vitamins, minerals, antioxidants, amino acids and such nutrients as isoleucine, tryptophan, zinc, iron, copper, calcium, germanium, selenium, phosphorus, B6, and vitamin E. Gou Qi is the world's most powerful anti-ageing food. The formulation also includes Yi Mu Cao which has three properties that make it perfect for anti-ageing. It prevents blood stagnation to maintain an optimum blood supply to the skin, it reduces water accumulation to prevent swelling due to water retention, and it also clears the internal heat which can lead to skin conditions such as eczema and rashes.



GLOW CAPSULES

Our herbal supplement "GLOW" skin formula has been created by expert herbalists to naturally detox your skin and flush out toxins that cause skin blemishes. It's a great addition to your daily supplements to help boost your skin from within and promote a healthy, radiant glow.



ANTI-AGEING TREATMENTS

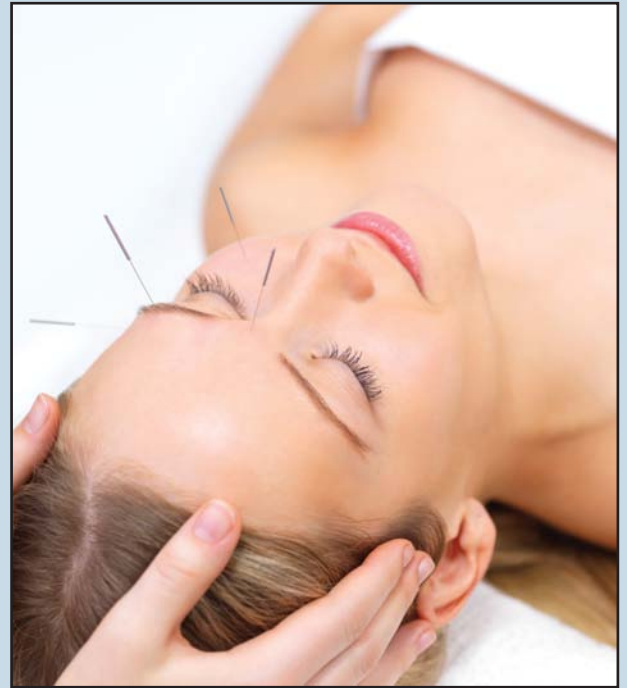
There are many anti-ageing treatments out there ranging from the mild to the extreme. Most of them deal with the superficial issues of the external skin. As we have seen, most skin ageing factors are related to internal factors like blood circulation, cell nutrition and body imbalances. It would therefore make sense to use a treatment that treats both the outer and internal health in one session. Chinese cosmetology does this using the natural power of herbs and acupuncture. The result is a reduction in skin-ageing but also an improvement in internal health and mood.

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.



To experience the power of Chinese herbs, combine your cosmetic acupuncture with our herbal facial. 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.



HERBAL FACIAL 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.

TO BOOK A COSMETIC ACUPUNCTURE APPOINTMENT TEL: 08700 100 023 or EMAIL: clinic@acumedic.com

TOP TEN ANTI-AGEING CHECKLIST

- DRINK 2 LITRES OF FLUID A DAY INCLUDING A LITRE OF WHITE OR GREEN TEA**
- EAT PLENTY OF ANTIOXIDANT & VITAMIN RICH FOOD LIKE FRUITS AND VEGETABLES**
- GET 7-8 HOURS OF SLEEP AT NIGHT**
- USE A GOOD QUALITY MOISTURISING CREAM WITH HERBAL NUTRIENTS**
- SORT OUT ANY IMBALANCES (EMOTIONAL, HORMONAL, DAMP/DRY, HOT/COLD) PROBLEMS USING CHINESE HERBS AND ACUPUNCTURE**
- STOP SMOKING AND DRINK AS LITTLE ALCOHOL AS POSSIBLE. AVOID TOXINS IN THE AIR AND DIET.**
- AVOID STAYING OUT IN THE SUN FOR LONGER THAN HALF AN HOUR. IF YOU HAVE TO, THEN WEAR SUN SCREEN.**
- AVOID HARSH CLEANSERS, JUST USE A MILD CREAM OR OIL CLEANSER SPARINGLY.**
- DO SOME FORM OF EXERCISE A FEW TIMES A WEEK.**
- HAVE SOME COSMETIC ACUPUNCTURE TREATMENT FROM TIME TO TIME TO NATURALLY BOOST YOUR SKIN HEALTH.**

