

Health is Beautiful!

Experience the Benefits of Facial Rejuvenation Acupuncture

A Healthier Facelift

A specialized treatment known as Facial Rejuvenation Acupuncture provides the anti-aging and cosmetic benefits of a facelift and improved overall health. Facial Rejuvenation Acupuncture is a form of cosmetic acupuncture that improves the appearance and health of your skin, relaxes the body and mind, and counters the effects of aging both from the inside out and from the outside in.



How does facial acupuncture work?

Through the use of extremely fine, sterile, facial acupuncture needles at specific points on the face and body, Facial Rejuvenation Acupuncture naturally induces the production of collagen and elastin, the proteins that tone and lift the skin and smooth out wrinkles. Facial acupuncture improves circulation, nutrient delivery and toxin removal to restore the skin's healthy glow. Sagging skin is gently repositioned while tight muscles of the face and neck are retrained to create a lifted, yet relaxed result that diminishes jowls, double chins and crow's feet. Treating any tight or spastic muscles of the face and throat will remove their tendency to pull on the skin and create wrinkles over time. A classical Chinese acupuncture technique known as "surround the dragon" is utilized to diminish scars. Under-eye puffiness, rosacea, acne, and age spots are addressed, while the degree of oiliness or dryness of the skin is rebalanced.

What benefits can I expect?

- ✓ Diminishes appearance of fine lines and wrinkles
- ✓ Naturally stimulates the production of collagen and elastin in the skin
- ✓ Tones sagging skin, jowls and double chins
- ✓ Relaxes furrows and reshapes the eyebrows
- ✓ Restores a healthy glow through improved circulation and detoxification
- ✓ Rebalances oily or dry skin
- ✓ Relaxes and rejuvenates the body and mind

- ✓ Improves sleep
- ✓ Brightens the eyes
- ✓ Increases overall energy
- ✓ Resolves underlying health issues and physiology that contribute to ageing

Who can benefit from cosmetic acupuncture?

Facial Rejuvenation Acupuncture provides anti-ageing and restorative health benefits to men and women in their 40's, 50's and 60's. People in their 30's can also receive preventive benefits from Facial Rejuvenation Acupuncture treatments. Following a typical course of treatment, most clients will look and feel 5-10 years younger!



How does Facial Rejuvenation Acupuncture enhance my overall health?

Along with the cosmetic facial treatment, your practitioner will utilize Traditional Chinese diagnosis and acupuncture points to address your individual health concerns. Acupuncture is recognized to be an effective treatment for a diverse range of health conditions, including

headaches, digestive troubles, hormonal symptoms, insomnia, musculoskeletal pain, and mental-emotional stress.

Does it hurt?

Most people find that Facial Rejuvenation Acupuncture is virtually painless, as well as being deeply relaxing. The specially manufactured, sterile, single-use cosmetic acupuncture needles are so fine and smooth that you may not even feel them. Some people listen to music during their treatment, while others meditate or even fall asleep. However, certain points and certain individuals may be more sensitive than others. It is normal to experience sensations such as heaviness or tingling during the treatment, but never a sharp sensation. Should you feel a sharp sensation, your practitioner will reposition or remove the needle immediately. If you are concerned about pain, or if you have never received an acupuncture treatment before, your practitioner will modify the treatment so that you will be as comfortable as possible.

Are there any side effects?

The risk of adverse effects is low. There is a small risk of bruising at sites where needles are inserted, especially points close to the eyes. Minimal bleeding may also occur, and is addressed by applying direct pressure and ice. Facial Rejuvenation does not cause scarring or traumatic bruising, and no extended recovery period is required. Facial Rejuvenation Acupuncture may be performed a few weeks after facial surgery, Botox or other cosmetic procedures. Some patients experience lightheadedness, dizziness or

headache following the treatment; prevention of these effects includes arriving for your appointment well-hydrated and nourished.

You should not receive cosmetic acupuncture if you tend to have severe, chronic headaches, high blood pressure; a bleeding disorder; or if you are pregnant. If you become ill (e.g. cold, flu, headache) you should reschedule your treatment for when you are well.

What is the typical course of treatment?

For best results, schedule your treatments weekly for 10-12 weeks. Alternatively, biweekly treatments (every other week) performed over 20-24 weeks are considered to be equally effective. Each appointment is 75 minutes in duration and concludes with homeopathic care and any additional naturopathic recommendations to help minimize the risk of bruising and speed your response to treatment.



When will I see results?

Depending on your age, level of vitality, consistency with treatment, personal health habits and other factors, subtle changes are often visible right away; while more profound results are reflective of a healing and restorative process and will develop gradually over time. For most people, appreciable and lasting results are achieved by about the 7th treatment.

Practicing consistent health habits, including drinking plenty of fresh water, getting enough sleep, managing stress healthfully and consuming a diet rich in fresh vegetables, fruits, antioxidants, “clean” proteins and essential fatty acids, will help you achieve and maintain lasting results. If maintenance treatment is required, it is typically effective at a frequency of one session monthly. Depending on the individual, the Facial Rejuvenation Acupuncture series may be repeated annually to biannually to maintain optimal results and to support good overall health.

Are my appointments covered?

Facial Rejuvenation Acupuncture is part of the scope of practice of Naturopathic Doctors who have undertaken training and certification in this technique. Therefore, treatments are covered by most extended health insurance plans.

Where can I get more information?

Complimentary, 15-minute consultations are available by contacting our offices in Guelph:

Healing Foundations Naturopathic Clinic
111 Norfolk St., 2nd Floor
(519) 821-1999

Gordon Street Chiropractic Centre
1460 Gordon St. South
(519) 837-0411

You may also reach Dr. Cherevaty via her web site,
www.guelphnaturopathic.ca.

Dr. Elizabeth Cherevaty BSCh, ND is a licensed and registered Naturopathic Doctor. She is certified in Facial Rejuvenation Acupuncture and Facial Rejuvenation Massage. Her family practice in Guelph is devoted to helping people achieve optimal health and wellness through gentle, natural medicine.

