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## WELCOME TO COSMETIC ACUPUNCTURE!

### Introduction:

Congratulations on taking a big step towards your overall health and wellbeing! Cosmetic Acupuncture is not just skin deep. Your whole body will be addressed during your treatment, just as during regular acupuncture. So, not only will you start looking healthier and with more vitality, but you will feel rejuvenated from the inside-out.

Cosmetic acupuncture works by increasing Qi and blood circulation to the area being needed which results in less wrinkles, smoother tighter skin, and increased elasticity. From the Western medicine viewpoint, needling can cause cells to release more collagen and elastin.

Cosmetic acupuncture is less expensive, healthier and safer than modern surgical procedures. It is virtually risk free with none of the side effects associated with surgery such as scarring, prolonged bruising or numbness.

### What to Expect:

For optimal results, treatments are scheduled twice a week for 5 weeks (10 treatments), but more may be needed depending on your skin condition. If you need results faster (like for a big event), ask about other possible schedules.

Your first consultation will include an overview of your health in regards to Chinese and Naturopathic Medicine. We will discuss the influence of diet, exercise and lifestyle as it relates to your particular condition. Once we have completed the initial overview, you will be given suggestions to help you on your way to better skin health which may include Chinese herbal medicine, nutritional counseling, exercise recommendations and skin care regimen, in addition to acupuncture.

Each treatment session lasts ~60 minutes.

Results may last from 2 to 5 years. After the initial 10 treatment regimen, a maintenance schedule will be tailored to your specific needs.

### Procedure:

If you wish, photographs can be taken pre-treatment, at the 5-week visit and post-treatment.

These will be kept in your chart to document your progress.

Before and after pictures may be used for marketing purposes, but only with your expressed, written consent.

### Before your treatment:

1. Before your first treatment, it is best to have a facial to help cleanse and prepare the skin for needling.
2. Please remove all makeup/foundation before a treatment. You may bring makeup to reapply afterwards.
3. Please make sure you drink enough water during the day prior to treatment.
4. Please do not drink coffee or caffeinated tea prior to treatment
5. Please do not eat a large meal before your treatment.
6. Wear comfortable, loose clothing.

### During treatment:

1. You will first be diagnosed and treated with body points according to your underlying Chinese constitution. This will help to support the cosmetic work we are doing.
2. Your skin will be cleansed with a skin toner to remove any dirt/oil prior to needling. If you have your own products that you prefer to be used, feel free to bring them.
3. You will be given a dose of Grapeseed extract 50mg to help reduce the chance of bruising / bleeding.
4. You will be given a flower essence called Grounding Essence to help you relax and enjoy the treatment.
5. Hair thin needles are then inserted into various acupuncture points on your face, ears and body.
6. Your comfort will be assessed at all times.
7. On rare occasions, bruising may occur which may last a few days. You will be given specific instructions for how to reduce bleeding.



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**After treatments:**

1. If bruising does occur, Arnica or Traumeel cream/gel or other essential oils or hydrosols may be applied to your face to minimize the bruising. As well internal homeopathic remedies may also be given.
2. Please bring the sunscreen product you usually wear to apply after a treatment.

**List of what you may want to bring to treatment:**

- Sunscreen to wear after treatment (SPF 30+)
- Make-up to wear post treatment if you wish
- Cleanser / toner from home if you wish

Cosmetic Acupuncture is not to be administered during the following conditions. If a treatment series has begun, it will be stopped and restarted once the condition is cleared. Please call immediately if you have developed any of these conditions prior to or during a treatment series to reschedule.

- Flus & Colds
- Acute herpes breakout (cold sores)
- Acute allergic reactions
- Sunburn
- Pregnancy

If you have any questions or inquiries please do not hesitate to contact me  
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