

POTENTIAL SIDE EFFECTS

Cosmetic acupuncture is extremely safe. There is no risk of disfigurement and no recovery time associated with this procedure. Whilst there is a slight risk of short lived local bruising, it is a safer and far less costly alternative to Cosmetic surgery or 'Botox', and there are none of the associated risks.

PRICING

£35

Individual cosmetic acupuncture treatment

First session usually lasts 60 minutes and includes detailed assessment, subsequent sessions are approximately 40 minutes.



"My husband gave me a complement stating I looked lovely, when I asked in what way he said I had a fresh and healthy glow. I hadn't told him I had been having cosmetic acupuncture."

Mrs P.S.

ABOUT ME



- Qualified nurse
- Fully qualified medical acupuncturist
- Member of the British Academy of Western Medical Acupuncture
- Licensed by Hartlepool & Durham Borough Councils

If you are receiving treatment through your health insurance a certificate can be provided where required.

Should you have any queries, or would like to book an appointment, please do not hesitate to contact me through one of the methods below.

Lesley Green

Mobile: 07521 723699

Email: lesleytgreen@gmail.com

Website: www.lesleytgreen.co.uk

Treatments are based at my home in Hartlepool. If you are unable to travel we can discuss potentially having treatment at your home if you live in the Teesside area. Please be aware there would be an extra charge for this, please ask for details.



COSMETIC ACUPUNCTURE



MA, BSc (Hons), Dip N Lond.
RGN LicAc Cert CBS

COSMETIC ACUPUNCTURE

Cosmetic Acupuncture is a safe and natural way to revitalise your face and complexion without resorting to toxins or the surgeon's knife. Whilst acupuncture will never replace a cosmetic face lift, this type of treatment does offer a safer, more holistic alternative.

The International Journal of Clinical Acupuncture reported a study of 300 cases treated with cosmetic acupuncture, 90% of which reported marked effects after one course of treatment.

Anyone concerned with looking after their skin and their general well being can benefit from this treatment. It is suitable for most skin types and problems, and each treatment will be individually tailored to the person's needs.



HOW DOES COSMETIC ACUPUNCTURE WORK?

Cosmetic Acupuncture gives fine neural stimulation which hydrates and plumps cells, increases blood supply and stimulates the production of collagen and elastin, strengthening the structure of the skin. This results in a general tightening of facial tissue and gives a smoother, firmer line to the face. Because of the increased circulation of blood and lymph there is also an improvement in the complexion.

The effects of cosmetic acupuncture can vary, but may include a more even glowing complexion, a decrease in fine lines and softening of wrinkles, diminished puffiness around the eyes, and a general lifting of the face.



"A couple of my friends and a work colleague have commented on how well I looked. One asked if I had changed my make up or skin products whilst another asked if I had changed my diet. Well pleased!"
Mrs C.Y.

WHAT ARE THE BENEFITS?

Acupuncture helps to eliminate fine lines and makes the deeper lines look softer.

Other benefits include:

- Helps to minimise dark circles
- Helps to minimise puffy eyes and drooping eyelids
- Helps to minimise sagging skin and double chin
- Increases circulation, therefore oxygenates the skin
- Relaxes muscle tone
- Increases collagen production
- Tightens the pores and brightens the eyes
- Helps keep acne under control
- Nourishes the skin, giving you a healthy complexion with a natural glow
- Moisturises the skin from inside, and gives rosy cheeks to people with dull, tired looking skin

WHAT TO EXPECT

Very fine, disposable acupuncture needles are placed at strategic points on the face and act by increasing the local production of collagen and elastin which strengthens the structure of the skin.

At your first appointment your face and general health will be assessed. Very fine needles are applied and are usually retained for between 20 and 30 minutes.

Individuals respond differently according to age, however, to see better results, a course of treatment is recommended. This varies; six to fifteen treatments gives the best results. It can be done weekly or twice weekly.

After the initial course of treatments, monthly or seasonal maintenance sessions are recommended to prolong the effects of the acupuncture.

Treatments can also be done singly for that special occasion.