

Thank-you for your interest in our Skin Rejuvenation Therapy, we are very excited to work with you!

Cosmetic acupuncture has been growing as an alternative to invasive medical procedures, such as Botox, because **it is 100% natural and involves no toxins or invasive procedures**. On a physiological level, acupuncture has been shown to increase circulation and energy throughout the body. Skin Rejuvenation is a non-surgical, natural and effective method of treatment for the following skin conditions:



→ Fine Lines, dark circles and wrinkles

→ Varicose veins

→ Acne

→ Scarring

Once you review this guide, the next step is to book your initial consultation to see if you are a candidate.

You can do so by simply emailing: whitney@tayloredtraining.ca

How effective is facial acupuncture?

A research study conducted in 1996 reported of 300 cases treated with Cosmetic Acupuncture 98% had marked changes with one course of treatment. Unlike other invasive procedures, acupuncture is a safe and effective alternative with no long-term side effects. In addition to the list below, patients may also experience improvement in more generalized areas such as reduced anxiety, improvement in sleep quality and a greater sense of energy and well-being.

Benefits of Facial Acupuncture:

- Stimulates collagen production
- Brightens the skin
- Reduces puffiness and sagging
- Reduces acne and scarring from acne
- Promotes glowing, radiant skin
- Slows the aging process
- Painless, non-invasive procedure
- Hydrating for your skin
- Helps to decrease sinus congestion
- Tones and tightens skin
- Natural, safe, gentle, preventative & relaxing

How does it work?

As we age circulation, digestion and hormones change and diminish. The use of acupuncture helps to carry nutrients to cells stimulating an increase in collagen and elastin production.

Keep in mind that although new to our North American culture, facial Cosmetic Acupuncture is by no means a new treatment. The Chinese have used this technique for over 2000 years to fight the war on ageing. It is an aesthetic treatment that helps to reduce the visibility of fine lines, wrinkles, dark circles and improves overall skin quality. The specifically placed needles increase blood flow within the deeper layers of the skin, which improves oil and water content and stimulates collagen production. This helps to plump the skin to improve tone and skin quality, resulting in younger looking skin.

Did you know the following scientific facts about your skin?

After the age of 20, we produce about 1% less collagen in our skin each year. As a result, our skin becomes thinner and more fragile as we age.

Over time with recurring facial expressions, combined with a thinning of the skin and declining of our collagen production, our facial muscles leave their marks with what we refer to as wrinkles (the furrows between our eyebrows and those crow's feet at the outer corners of our eyes). Meanwhile other underused muscles begin to lose tone and sag, such as the areas around our jaw, chin, and neck.

Our skin rejuvenation treatment helps to increase your own natural collagen production, filling in your fine lines and wrinkles. The treatment increases blood circulation, allowing for a better delivery of nutrients to your face.

What results can you expect to see?

Benefits of skin rejuvenation include:

- an improvement in the firmness and moisture of your skin

- a tightening of your pores
- a reduction in dark circles or puffiness under your eyes
- a lifting of sagging skin, double chins, and dropping eyelids
- a healthy, glowing complexion.

First and foremost, we are results focused. We will work with you to customize your treatment for optimal results.

How is it different to Botox?

Cosmetic acupuncture is a natural anti-ageing treatment that acts in the opposite way to Botox, as it encourages a natural healing response within the tissue. **Botox is a poison that blocks acetylcholine within the muscle to prevent the muscle from contracting. Over a period of 3-4 months the body recovers from the “poison” and the muscle returns to normal, although it has not been able to contract for a few months, so now it’s weaker and has lost more tone.**

Our approach is focused on natural solutions to offer you the best long-term care for your body.

Keep in mind that Botox is priced on average at \$350-500.00 for each area injected. Skin rejuvenation on the other hand, focuses on the whole body and is not priced per area of the skin.

Why shouldn’t you use Botox?

- Botox cannot treat wrinkles due to aging or sun exposure or reduce your fine lines.

- There is a risk of paralysis of the surrounding muscles where you receive injections resulting in a lack being able to raise your eyebrows or have other facial expressions
- Results with Botox are temporary and the more injections you get the more you need to achieve the same results
- Long-term effects include: thinning skin, uneven and discolored skin, weak facial muscles

For more information on how Botox can spread to other parts of the body click [here](#)

Are there any potential contraindications for Facial Acupuncture?

In your initial consultation, we discuss any additional questions you may have but the list of contraindications include the following conditions:

- High BP
- Migraines
- Diabetes
- Seizures/epilepsy
- Hepatitis
- Vertigo
- Coronary disease
- Pregnancy

Can I switch to facial acupuncture if I have had Botox in the past?

Yes. We highly encourage a more natural approach for your long-term health. We ask that you wait at least 21 days after Botox, fillers, laser or microdermabrasion to start your treatment

What should you do before your treatment:



- Stop taking aspirin or vitamin E for 2 weeks prior to treatment to prevent bruising
- Come to your treatment with clean, makeup-free skin
- No hot showers, hot tubs, sauna 1 hour before treatment
- Don't wear sunscreen to treatment

What to wear and expect for your first appointment:

For your comfort, we ask that you wear a button down/zip up (to access 1 chest point) and shorts/pants that can roll up to knees.

During your first facial renewal session, you will do a comprehensive skin and health history assessment. To streamline the process so you can get the most benefit during your first appointment we will email you our initial intake form.

After we assess whether or not you would be a good candidate for treatment, we will proceed so you can experience results as quickly as possible.



What is the Price?

We have a special introductory offer that is ONLY valid until Saturday, March 3rd.

**Please note due to interest and demand, prices will change after this date.*

Introductory Offer Pricing:

Initial Consultation & Treatment \$125.00

Our 5 Step Process for the best results:

1. Before your first appointment we will assess your health history and nutrition.
2. We begin with a private skin consultation and assessment.
3. We will discuss your questions and what results you are looking to achieve.
4. Together we will plan the right course of customized treatment for best results.
5. If you are a candidate we will begin with your first treatment session.

Follow-up Treatment sessions *Package of 10 \$85.00

- Each session is focused on offering you the most effective treatment to address your skin concerns as well as assessing your progress for your best results.
- Appointments will vary in length depending on your treatment protocol

Please email whitney@taylorredtraining.ca to book your initial consultation