



Facial Revitalisation Acupuncture

What is it?

Facial Revitalisation Acupuncture (FRA) is a painless, non-surgical gentle method of reducing the signs of the ageing process. Treatment revitalises the face, relaxes and helps the whole body to look and feel younger.

What happens?

The technique is based on Oriental Medicine and involves the insertion of hair-thin needles into particular areas of the face, ears, neck, hands, trunk and legs. The needles are inserted into acupuncture points along the energy channels or meridians, where Qi and blood flows. These very specific points stimulate the flow of Qi known as 'life force energy'.

Chinese medicine recognises that meridians begin or end on the face. Some pathways have internal branches that also go to the face. The treatment focuses on promoting a better flow of vitality and circulation, not only in your face, but throughout your whole body. It addresses the underlying factors that contribute to the ageing process.

What are the benefits?

The treatment could reduce as many as five to fifteen years from the face, with results apparent after a few treatments. Fine lines may be entirely eliminated and deeper wrinkles diminished, bags around the neck and eyes can be firmed, sagging reduced, puffiness eliminated.

Droopy eyelids lifted and double chins minimised. Acupuncture moisturises and hydrates the skin, it increases the circulation of blood and lymph to the face. Over time treatment increases collagen production, muscle tone, tightening of the pores, brightens the eyes and reduces the stress in the face.

Does it really make a difference?

Acupuncture has survived the test of time, having proven benefits for over 3,000 years to treat a wide range of conditions. There is evidence that suggests Chinese people have been using it for thousands of years. The World Health Organisation have long recognised acupuncture as an effective treatment for sagging facial paralysis like Bell's Palsy. Studies published in the International Journal of Clinical Acupuncture show that of 300 test cases who received facial revitalisation treatments, 90% showed results after one course of treatment. The effects reported included skin becoming delicate and fair, improvement on elasticity of facial muscles and levelling of wrinkles.



Who would benefit?

Described by the Times in 2006 as a "viable alternative to cosmetic surgery," the "acupuncture facelift" is the most recent non-invasive procedure designed to treat fine lines and wrinkles, as well as improving the overall appearance of the skin. Although cosmetic acupuncture has been performed for thousands of years in China, in the West it has only really taken off in the last five years.

Said to be the secret beauty weapon of a number of A-list stars including Madonna, Gwyneth Paltrow, Demi Moore and Richard Gere. Facial Revitalisation Acupuncture is an excellent safer alternative and is far less expensive to Botox and cosmetic surgery. It has no side effects or risk of disfigurement.

What is involved in the treatment?

At the beginning there are a number of questions asked, including medical history, prescribed drugs, body functions and general health. It is an individual, holistic form of treatment – tailor made for you. The treatment involves the use of very fine, pre-sterilised needles at specific acupuncture points on the face and body. In addition I may use facial massage, heat, or a face pack.

What is the course of treatment?

A course of treatment in FRA usually consists of 10 sessions, twice a week for three weeks, then once a week for the remaining sessions. The effects tend to become more noticeable and lasting on or about the seventh session. Each person responds differently, depending on their condition prior to treatment and lifestyle. Following the initial course of treatment, maintenance sessions can prolong the results for five to ten years.

Additional individual advice is generally given on forms of a nutritionally rich diet, the benefits of drinking plenty of water and sufficient sleep to continue the revitalisation process. Gisela often prescribes Chinese herbal remedies to enhance the health benefits of FRA.

Facial Revitalisation Acupuncture costs around £50 per treatment.

About Gisela Norman

Gisela Norman is a registered nurse and a member of the British Acupuncture Council.

She has been in acupuncture practice for 22 years, qualified in 1986 and has post graduate training in Chinese herbal remedies and Qigong. Gisela trained in Facial Revitalisation Acupuncture with Jamie Hedger.

Through building an extensive practice, Gisela has gained a wealth of experience treating a complete range of physical and mental health complaints. In particular she has gained much experience in treating stress and anxiety. Trained in gynaecological and fertility complaints, and in particular has gained knowledge and a broad experience in menopausal symptoms. Gisela is a Reiki Master who treats complaints using a form of hands on healing.