



## what happens in a consultation?

The first session will last approximately 2 hours and follow up sessions will last 1.5 hours. During your first appointment we will talk about your medical history and current state of health and what you would like to achieve with cosmetic acupuncture.

Your pulses, in Chinese medicine terms, reveal the internal state of your Blood, Qi (vitality) and Bodily Fluids, as does your tongue, therefore, during the consultation your pulse and tongue will be observed. You will also receive a treatment for your overall well-being and a cosmetic acupuncture treatment.

Follow-up sessions will include cosmetic acupuncture, dietary and lifestyle advice.

We will work together during a course of treatment (the recommended number is 10 weekly sessions) to achieve the best results for you.

### PRICES:

**Initial 15 mins consultation FREE**

**First Session 2 hours: £80**

**Follow-up Sessions (1.5hrs): £60**



Wendy Morrison *Lic.Ac. BSc(hons), MBAcC*

**THE PRACTITIONER:** Wendy Morrison has a BSc(hons) degree and Licentiate in Acupuncture and is a member of the British Acupuncture Council. She has a special interest in food as medicine and is qualified and insured to give dietary recommendations within the principles of Traditional Chinese medicine and the Five Elements. She is the Editor and Founder of the seasonal Five Flavours magazine.

Her visit to Hangzhou TCM Hospital, Eastern China, in September 2010 provided her with a wealth of clinical experience. She has also attended post-graduate training on a variety of Classical Chinese Medicine subjects with Master Jeffrey Yuen and has qualified in Facial Enhancement acupuncture with Cosmetic Acupuncture UK.

Her personal interests include Zen Buddhism, hill walking, salsa dancing and singing.

### Clinics:

Nature's Larder, Ivybridge

The New Devon Clinic, Paignton

Wren Cottage, Buckfastleigh

Kingsbridge Chiropractic, Kingsbridge

Lime Beauty Rooms, Ambleside, Cumbria

01364 643560

07970 489265

[www.wendymorrison-acupuncture.co.uk](http://www.wendymorrison-acupuncture.co.uk)

[www.five-flavours.co.uk](http://www.five-flavours.co.uk)

[www.wendymorrison-acupuncture.co.uk](http://www.wendymorrison-acupuncture.co.uk)

# cosmetic acupuncture



the natural approach  
to radiant healthy  
and  
youthful looking skin

# naturally ....beautiful

cosmetic acupuncture is chemical free

...our skin reflects our inner health

## Dates back to the Sun Dynasty

Cosmetic acupuncture is not the latest fad or new thing on the market, in fact it dates back over 800 years to the Sun Dynasty, when the empress and the emperor's concubines used it to maintain their youthful allure.

More recently even the rich and famous are using it (reportedly Madonna, Gwyneth Paltrow and Cher Telegraph 2004).

Acupuncture on the face is used to stimulate the meridians, the blood circulation and facial tissue to improve muscle tone, skin contraction and diminish the appearance of fine lines and wrinkles.

Body acupuncture may improve the metabolism which in turn will help with the elimination of toxins in the skin.

**Signs of Ageing** Personally, I don't believe we should eradicate all signs of age from a person's face (if we could!), instead we can celebrate the fact that someone has reached a certain age and maturity in their life. That's all very well and good I can hear you say but we want to look younger and more attractive as well as being older and wiser! Fair enough - let's see how we can go about helping you do just that. Grow older, looking and feeling more vibrant than you have felt before.

## The Three Levels of Treatment

### • Improve the Vitality and Tone of the Skin

If your skin is dry or oily, greyish looking and lacking that rosey glow, we will aim to improve the health and vitality of your facial skin with facial and body acupuncture, guasha, natural home remedies and dietary advice.

### • Diminish the Appearance of Facial Lines

Focused treatment of lines on the face using fine needles may diminish deep lines in the forehead, nose to mouth lines, lip lines and frown lines.

### • Lift the Appearance of Sagging Skin

Skin lifting acupuncture techniques with guasha treatments and plum blossom needling (if required) can improve sagging and puffy skin.



in Japan  
SUGAR  
is known as  
the white  
poison

**Old Chinese  
Proverb:**  
'the Stomach  
doesn't have  
teeth'

food  
cravings  
provide  
important  
clues!