

Surfacing Wellness & Health

Lisa Reichert, L.Ac

Summer

First, I get to announce that my big Bro, Mark, is updating the Surfacing Wellness website. We have PayPal and a whole slew of information on the new Elemental Oils. You can see info on the Bao Luo Series for menstrual, fertility and menopausal symptoms; the Surface Healing Series for Skin and Muscles to reduce wrinkles, stretchmarks

& scars, bruising and muscular aches & pains. The Five Element Combination Series for when treating one Element just isn't enough is still in progress!

On to Summer...

If you are truly a warm weather lover you won't be reading this until the first breezes of autumn.

I understand that and am right with you. This is a time to socialize, commune with nature, and get as much safe sun for our Winter reserve!

That is why this newsletter is filled with just a little information on Facial Rejuvenation—Acupuncture Face Lifts and a flyer for my Wellness Series talks.



What I've Learned:

Chinese Medicine Continuing Ed.

2007

Maciocia: Tongue Diagnosis

Maciocia: Treatment of Mental Emotional Issues

Facial Rejuvenation

Facial Rejuvenation

Facial rejuvenation or cosmetic acupuncture is definitely the buzz. It's not a facelift nor does it propose to be. For me, it's just another form of traditional acupuncture. The model of the body energy system can be mapped out on the hand, the foot, the abdomen or the face. There is Korean Hand Acupuncture, reflexology, Japanese Hara Diagnosis and Facial Rejuvenation. When receiving facial acupuncture, you are treating your entire body.

In a facial rejuvenation appointment or series of appointments, the acupuncturist does treat the underlying Chinese Medical pattern with a few needles elsewhere in the body. Approximately 10 needles are used in the face and neck at the areas of concern. Facial massage and acupressure and other techniques are incorporated.

Styles vary in the frequency and number of treatments—1 or 2 treatments weekly for 2 to 4 months is the norm with monthly maintenance appointment thereafter. The results of tightening of the skin and reduction of sagging, reduction of fine lines, bags, and dark spots. Bruising is a possible side effect of needling the sensitive areas of the face. The practitioner does all that is possible to avoid, prevent and reduce a bruise at an acupoint.

There are external and internal influences on the aging process. It has taken years of both to alter integrity and appearance of the skin; and it will take time for acupuncture, herbs, dietary changes and other habits to reduce the signs of aging. As the skin improves other systemic improvements can occur. If there is insomnia, hormonal,

sinus, appetite or any other concern, those could improve with this approach.

Facial rejuvenation is not intended for people with severe high blood pressure or prone to migraines or fainting. The treatment principle is to bring energy and blood to the areas of concern in the face and neck. This rising of energy could negatively affect these conditions.

Treatments should be spaced a few weeks after laser resurfacing and a week after microdermabrasion, and used with caution during pregnancy.

Facial rejuvenation can improve the vitality of you, your skin and your health.

Facial Rejuvenation
(AKA Acu Face Lift)
Introductory Pricing
90 minute session for
\$70
Chicago Location Only

Evanston
518 Davis Street, #221

Chicago
1322 N Ashland

Phone: 773 805 1216

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Health through Nutrition and & Holistic Healing

Switch to Prevention

The basics of the energy system

The basics of holistic modalities

The basics of food and health

Vitamins & Minerals from Produce

The recommended daily allowance

from whole food

Boosting body systems through whole food

The Gluten—Free Shift

Gluten-free grains and flours

Guidelines for gluten-free baking

Join me at

Berger Park Tuesday 7:00 pm

6205 No Sheridan Rd

August 7 August 14 August 21

Yoga Now Sunday 4:45 pm

5852 No. Broadway Ave

September 9 September 16 September 23

\$50 Series—paid in advance

\$20 Individual class

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Practitioner, Consultant, & Educator State License & National Certification

Acupuncture, Chinese Herbs & Nutrition, & Oriental Medicine

