



## Cosmetic Acupuncture Welcome Letter

---

Congratulations on deciding to use Cosmetic Acupuncture as your healthy option for looking and feeling younger. We offer you a true “anti-aging medicine” that involves a non-invasive procedure that brings about amazing results and actually improves your overall health! You may have not heard about Cosmetic Acupuncture a lot, since the technique is not well publicized in the United States, however, it has been used for many centuries in China by Emperors and the wealthy.

There are obvious benefits from getting Cosmetic Acupuncture, including softer, firmer skin; reduction of deeper wrinkles, possible elimination of finer lines, and improvements in jowl lines. Although not visually dramatic as a surgical procedure, Cosmetic Acupuncture will give you a more natural and refreshed appearance. This technique has additional “healthy side effects”, and besides the obvious visual changes, patients have also reported improvements in digestion, better quality sleep, reduction of hot flashes, elimination of mild depression and anxiety, improved energy, and an overall sense of well-being.

From an allopathic medicine perspective, Cosmetic Acupuncture works because it causes micro-traumas in the skin to which the body respond by increasing blood flow and the production of collagen and elastin for wound healing. The needling is done at the level of the dermis, also stimulates the production of neurotransmitters. From the Chinese Medicine standpoint, Qi (vital energy) and blood are being brought to the face. Qi is being lifted and the body’s energetic system is balanced. This is why the “healthy side effects” occur. The procedure is very low risk because the needling is so superficial, but occasional bruising occurs.

Besides the needling, I may also recommend you herbal formulations, supplements, creams, and life style changes in order to help you get and maintain the best results possible. **The procedure consists in at least ten sessions that are scheduled twice a week for five weeks.** Please understand than committing to the schedule is the best way to achieve best results!

Cosmetic Acupuncture for loosing abdominal fat, improving fertility, and supporting weight loss is also available.

Now, I would like to share with you some general instructions and recommendations related to your Cosmetic Acupuncture treatments:

1. Keep in mind that each session will last 90-120 minutes, so please manage your time accordingly.
2. Wear comfortable clothes or bring shorts and short sleeved top.
3. Drink plenty of water. Recommended amount: \_\_\_\_\_
4. I advise that you take Arnica during the five weeks, to help prevent bruising.
5. Stop aspirin and additional doses of Vitamin E for 2 weeks prior to starting the treatment to avoid excessive bruising (if you have been advised by your physician to take aspirin or Vitamin E, please consult with him/her about this).

*S. Vanessa Navas, Acupuncture Physician*  
Manik Healing Arts, LLC  
[www.manikhealingarts.com](http://www.manikhealingarts.com)



## Cosmetic Acupuncture Welcome Letter

---

6. **Do not wear make up to the treatments;** your skin should be clean. Eye makeup is okay, since we are not needling eyes. However, keep in mind that eye pads will be placed on your eyes and may affect your eye makeup.
7. Do not wear face/neck sunscreen to the treatments.
8. Do not take hot showers, no hot tub, sauna, etc. at least ONE HOUR before each session of Cosmetic Acupuncture.
9. **Do not engage in any other cosmetic procedure while getting Cosmetic Acupuncture;** only herbal/natural moisturizing facials are recommended during this time. No botox, collagen shots, microdermabrasion, peelings, surgery, etc. should be done within the 5 weeks of treatment.
10. **During this time: MOISTURIZE, MOISTURIZE, MOISTURIZE!** Apply moisturizing to damp skin daily, especially at night time when cellular repair speeds up.

### **Vitamins and minerals related to skin care:**

**Vitamin A:** no more than 5000IU, as it can accumulate and become toxic. It is best to take it in its precursor form, beta carotene.

**B-complex:** B6 is especially important in protecting your skin. No more than 5-100 mg/day.

**Vitamin C:** antioxidant, take 1000mg daily.

**Vitamin E:** 200 IU daily. Alpha-tocopheryl succinate is the most effective form to take for our skin's health.

**Co-enzyme Q10:** antioxidant. 30-100 mg/day.

### **Food for a healthy skin:**

Honey and eggs help reduce dryness... actually, you can make a nice moisturizing mask out of eggs and honey!!!

Cherries, green tea, olive oil, tomatoes, citrus fruits, berries, watermelon, papaya, rainbow color veggies, broccoli, almonds, salmon, flax seeds... they are all wonderful for your skin.

**Additional recommendations:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*S. Vanessa Navas, Acupuncture Physician*  
Manik Healing Arts, LLC  
[www.manikhealingarts.com](http://www.manikhealingarts.com)