

# chinese cosmetology



AcuMedic®



Sinensis

chinese herb wisdom + skin science

LONDON

# Our approach to skincare

We offer clinical services and an exclusive range of skincare products based on Chinese Medical wisdom for naturally beautiful skin.

All of our skincare is based on an East-West Integrative approach.



# What makes us different?

AcuMedic cosmetology works directly on your skin but also addresses any internal conditions which may be affecting your appearance. This is holistic skincare which is much more effective with longer lasting results. You will also benefit from an improvement in your general health.

	<b>conventional skincare treatments</b>	<b>AcuMedic and Sinensis cosmetology</b>
<b>EXTERNAL FACTORS</b>		
Skincare Products	✓	✓
Facial Treatments		
Facial Massage	variety of products and treatments on offer	powerful skincare treatments
<b>INTERNAL FACTORS</b>		
Emotions	✗	✓
Circulation		
Toxins		
Internal Heat	do not even consider these factors	treats all internal factors naturally with herbs and acupuncture
Internal Dampness		
Hormones		
<b>LIFESTYLE FACTORS</b>		
Sleep	✗	✓
Hydration		
Smoking		
Diet & Nutrition	only offer general advice	advises individually and treats certain lifestyle complaints
Environment		

# Who are we?



We are a world renowned clinic in London providing Chinese Medical services to over 50,000 clients since 1972..

Over the past 10 years we have pioneered holistic skincare treatments based on our knowledge of Chinese Medicine.

[www.acumedic.com](http://www.acumedic.com)

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Skincare range exclusively formulated by AcuMedic to use in our cosmetic treatments. We integrate the best of Chinese Herbal skin nutrition with the latest science to create ultra effective skincare.

[www.sinensis-skin.com](http://www.sinensis-skin.com)



# Your treatment choices

## **COSMETIC ACUPUNCTURE + SINENSIS FACIAL**

The ultimate skin rejuvenation package. A combination of cosmetic acupuncture and a bespoke facial treatment using Sinensis skincare, herbal masks and jade roller therapy.

## **SINENSIS FACIAL**

Facial without acupuncture using Sinensis skincare, herbal masks and jade roller therapy.

## **SOLO COSMETIC ACUPUNCTURE**

Expert acupuncture for facial rejuvenation and anti-ageing. Convenient and effective.

# Your product choices

You can experience the revolutionary Sinensis skincare range without treatments. Visit our tester zone in London or order at [www.sinensis-skin.com](http://www.sinensis-skin.com)



# About cosmetic acupuncture



Cosmetic acupuncture is a powerful and natural treatment for anti-ageing, skin rejuvenation and addressing any specific skin conditions.

It works by invigorating Qi and blood flow to the skin as well as treating internal conditions which may be leading to aged, aggravated or dull looking skin.

Before any treatment our cosmetology doctor provides a personalised medical skincare consultation.

#### COSMETIC ACUPUNCTURE WILL:

- Dramatically boost skin nutrition.
- Improve hydration of skin, making the face look refreshed.
- Increase cell & collagen regeneration for renewed complexion & skin elasticity.
- Rejuvenate skin tone, restoring a lustrous glow to the face.
- Reduce crows feet, minimize fine lines & wrinkles.
- Firm and uplift sagging skin.
- Help clear dark circles and puffy eyes.

#### FAQ's

**1. How soon will I see results?** You will probably see some results after your first treatment (especially the following day), however you really need about 3 sessions (over around 5-6 weeks) before you will notice the actual effects.

**2. Does it hurt?** This is very dependent on the patient with most people experiencing very little discomfort but is at worst a mild and brief pricking sensation followed by a tingling feeling as the qi is stimulated.

**3. Is it only for anti-ageing?** No, although it is very popular for anti-ageing, it is used for rejuvenating and treating all types of skin.



About Sinensis Facials

Our herbal facial has been designed by expert medical cosmetologists, using prescription masks and Sinensis skincare to lift away the years, purify and rejuvenate the skin.

#### TREATMENT INCLUDES:

- Powerful cleansers for deep pore cleansing.
- A prescription Chinese herbal face mask.
- Expert facial acupressure massage to aid skin nutrition and facial tone.
- Full Sinensis skincare regime including cleansing, toning and moisturising chosen for your needs.
- Sinensis serum treatments for the face and eyes with Royal Jelly instant wrinkle reducer applied directly to fine lines and wrinkles.
- Jade roller therapy to close pores, reduce dark circles and firm skin.

The result is a glowing complexion, a reduction in the appearance of fine lines and wrinkles and improved skin elasticity. The effects are instant but for the best long term effect it is advised to combine the facial with cosmetic acupuncture.

#### **What about MEN?**

We offer all of our services for men too. Sinensis skincare has a range formulated specifically for men.



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# Our Story

In 2012 the AcuMedic team met up because we were frustrated. We wanted to find a skincare range that we could use in our treatments which:

- Contain Chinese Herbs that we know to be effective
- Include powerful skincare science compounds
- Are free from potentially harmful chemicals

We searched everywhere and concluded that our ideal skincare range did not exist so..... we decided to formulate it ourselves.



**WELCOME TO SINENSIS**

Chinese Herbs + Skincare Science (without the scary chemicals)

# Truly Safe Skincare

Over 99% of skincare products out there contain potentially harmful chemicals. This is unacceptable and Sinensis has founded the **#FreeMySkin** campaign to raise awareness.

Your skin should be treated with respect and your products should be formulated without these chemicals.

Even so called 'natural' skincare brands have replaced well known toxins (like parabens) with other less known ones (phenoxyethanol).

We **promise** that Sinensis products will NEVER contain the following 20 chemicals

- Artificial Fragrance** - Mostly derived from crude oil. Causes irritations, headaches and allergic rashes.
- Benzoic Acid** - Can cause allergic skin reactions. It may also act as an eye or respiratory irritant.
- Benzyl Alcohol** - Can cause itching, hives and blistering of skin. Prolonged or repeated exposure can cause allergic contact dermatitis. Possible carcinogen.
- Butylated Hydroxytoluene (BHT)** - Shown to be linked to cancer; developmental toxicity, skin allergies, neurotoxicity and endocrine disruption.
- Chlorphenesin** - Can cause skin irritation, eczema and contact dermatitis. Can affect central nervous system and cause respiratory depression in infants.
- Cocamidopropyl Betaine** - Can cause allergic reactions: rashes, irritated skin and eye.
- Dimethicone** - Can create coating that prevents the skin from performing its normal activities and traps everything under it, including bacteria, and impurities.
- Dmdm Hydantoin** - Can cause skin irritation, respiratory problems and ear, nose and throat concerns. Possible carcinogen.
- Ethanolamines (DEA/MEA/TEA)** - May increase risk for cancer; especially with repeated use. Prolonged exposure can result in organ or nervous system injury.
- Ethylhexglycerin** - Can cause skin and eye irritation, dermatitis.
- Parabens** - Imitates hormones and can lead to skin ageing. Possible links to breast cancer and male reproductive function.
- Phenoxyethanol** - Can cause skin and eye irritation, dermatitis, eczema, neurotoxicity and affect immune system. Possible carcinogen.
- Phthalates** - Known to disrupt normal hormonal balance. Might cause reproductive abnormalities, exacerbation of asthma and even skin allergies.
- Polyethanol Glycol** - A penetration enhancer-breaks down the skin's protective barrier. May upset the natural moisture balance. Possible human carcinogen.
- Polyethylene** - Can cause skin irritation. Known as an immune system toxicant. Possible carcinogen.
- Propylene/Butylene Glycol** - May be irritating to the skin, eyes, and or nasal passages. Can cause dermatitis and hives from too many mast skin cells.
- Sodium/ammonium Laureth Sulfate (SLS/ALS)** - Can cause skin, eye irritation and endocrine disruption. Possible carcinogen.
- Sodium Hydroxide** - Can cause dry, red, cracked skin (dermatitis). Shown to be linked to cancer; developmental toxicity and neurotoxicity.
- Tetrasodium EDTA** - A penetration enhancer which breaks down the skin's protective barrier. Can cause eye irritation, eczema. Possible carcinogen.
- Triethoxycaprylylsilane** - A toxic, carcinogenic substance that can damage the immune system, kill cells, and produce silicosis.

**A word about allergies:** Immune imbalance is a modern day problem which means that many of us are allergic to fruits, nuts and other healthy, natural substances. We are proud that our range is full of effective natural ingredients. If you have an impaired immune balance then there is always the possibility of an allergic reaction to any product. We recommend visiting AcuMedic doctors who can treat your immune system.

# Take the Skincare Challenge

Compare our list of banned chemicals against your existing skincare products. If they contain any of these potentially harmful ingredients then our doctors advise you to stop using them.



# Nature and Science

Why choose between 'natural' and 'scientific' brands when you can have both? Our range is integrative which makes it even more effective.



## A sampling of our ingredients:

**Ganoderma** - Rich anti-inflammatory which can improve elasticity and tone of skin and slow down the ageing process.

**Safflower** - A botanical alternative to synthetic emollients. Hydrating properties lend skin a healthy glow, promote elasticity and reduce the appearance of wrinkles.

**Royal Jelly** - Nutritional source of vitamins. Has skin conditioning benefits, acting as a humectant to draw water to the surface of the skin from the environment to keep skin hydrated and plump.

**White Tea** - Anti-ageing extract with high concentrations of EGCG. Helps inhibit the activity of MMP to protect collagen and elastin which makes it powerful for prevention of sagging and wrinkles.

**Pearl Powder** - Pearl powder can stimulate the skin's fibroblasts, help regenerate collagen. Pearl powder imparts a glowing and lustrous complexion.

**Schisandra Fruit** - Adaptogen and anti-ageing Chinese herb which works to deactivate free radicals. It can be used as a tonic to enhance skin tone and elasticity.

**Coenzyme Q10** - Protects the skin against the development of fine lines and wrinkles.

**24K Gold** - Imparts an opulent, radiant glow. Locks in moisture and keeps skin firm by maintaining collagen in the skin and inhibiting the breakdown of elastin.

**Squalane** - Derived from olives, this magical moisturiser can penetrate deep into skin and can prevent age spots, UV damage and improve skin cell regeneration.

**Hyaluronic Acid** - Humectant that plumps skin and delivers intense hydration by attracting and retaining moisture from water in the air.

**Thermus Thermophilus Ferment** - Assists in Lysine assimilation and ATP production processes for healthy oxygenation and protection against environmental stress.

**Linolenic Acid** - Triple effect of moisturizing, soothing, and revitalizing skin. Helps repair skin's barrier function and reduce pro-inflammatory substances.

**Superoxide Dismutase** - Anti-ageing antioxidant which reduces free radical damage in the skin, therefore preventing wrinkles, fine lines and age spots.

## CLEANSING



**Ginkgo Gold  
Clarity Milk**  
Cleanse and Firm



**Agave Gold  
Refining Toner**  
Lift and Refresh

## DAY CREAMS



**Pearl Complexion  
Day Cream**  
Smoother and Glow



**Marine Collagen  
Repair Day Cream**  
Revive and Renew

## NIGHT CREAMS



**White Pine  
Nourishing Night Cream**  
Invigorate and Purify



**24K Hong Hua  
Renewal Night Cream**  
Regenerate and Nourish

## SERUMS



**Ganoderma Gold  
Reviving Serum**  
Restore and Rejuvenate



**Salvia Gold  
Livening Eye Serum**  
Calm and Awaken



**Royal Jelly  
Wrinkle Reducer**  
Erase and Refine

## MEN'S RANGE



**Neem Leaf  
Tonifying Wash**  
Detox and Energise



**Ginseng Skin  
Restoring Emulsion**  
Boost and Optimise



**Safflower  
Replenishing Serum**  
Revitalise and Strengthen

## HAIRCARE



**Shou Wu Nutrition  
Shampoo**  
Clean and Soothe



**Ginger Rejuvenating  
Conditioner**  
Feed and Enhance

CALL ENQUIRIES: **020 7388 6704**

EMAIL ENQUIRIES: **clinic@acumedic.com**

FREE SKINCARE ADVICE - please walk in or fill out form on website

 **Sinensis**  
www.sinensis-skin.com

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www.acumedic.com

ACUMEDIC CLINIC & SINENSIS SKINCARE  
101-105 Camden High Street  
London  
NW1 7JN

**Parking:** Pay & Display parking available on Arlington Road

**Nearest tube:** Camden Town or Mornington Crescent

**Buses:** Many service Camden Town (24, 27, 29, 31, 88, 168, 214, 253, 274)

**Opening hours:** Mon-Sat 9am-7pm, Sun 9am-6pm



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