

## look good, feel good

# Need a face lift? Try needles

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for thelondonpaper

IF YOU long to get rid of your laughter lines but don't fancy botox or surgery, bandage-free cosmetic acupuncture might be the answer.

The treatment has been used in China for years, and celebrities such as Cher, Madonna, Gwyneth Paltrow are reportedly fans.

The "acupuncture facelift" claims to eliminate the appearance of wrinkles, banish lines

and help your skin return to its former smoothness. It's based on traditional acupuncture theory which says our health is dependent upon the body's "motivating energy" or "Qi", moving smoothly through a series of channels in the body and the face.

The British Acupuncture Council explains: "A healthy and glowing complexion reflects the general good health of the person. Acupuncture rebalances this flow of Qi, potentially

improving the appearance of the complexion [thus reducing] the signs of premature ageing."

Acumedic in Camden, treats up to eight clients a day, whose ages range from late 20s to early 90s. The treatment begins with a diagnosis – the aim being not just to cure the symptoms of ageing but also any underlying health problems. You then lie down and whisker-thin needles are inserted into "acupoints", or pressure points, on your face.

Clinics say you should experience "improved facial condition" and a sense of well-being after just one session. However for significant results they recommend six treatments.

**Acumedic, Camden, [www.acumedic.com](http://www.acumedic.com) 020 7388 6704; San Ling Chinese Medical Centre, Finchley Road, Baker Street, Holborn, 020 7722 9808. British Acupuncture Council (to find a qualified acupuncturist in your area), [www.acupuncture.org.uk](http://www.acupuncture.org.uk), 020 8735 0400.**



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