

Facial Rejuvenation Acupuncture

A non-surgical method of reducing the signs of the aging process. Sometimes been referred to as Cosmetic Acupuncture, it is a rejuvenation and revitalisation process designed to help the person look and feel younger. It can take 5-10 years off your face.



It helps to eliminate fine lines and makes the deeper lines look softer. It can also help to minimize dark circles, puffy eyes, bags under the eyes, minimize double chin, sagging skin, and drooping eyelids.



The whole procedure will leave you feeling refreshed, relaxed and rejuvenated.

Facial Acupuncture nourishes the skin, giving you a healthy complexion with a natural glow, moisturises the skin from inside, and gives rosy cheeks to people with dull, tired looking skin.

Sandra Duffy trained in the College of Integrative Acupuncture in Galway, and in the Beijing College of Chinese Medicine, Beijing, China. Some of her clinical training was carried out in the Wangjing Hospital, Beijing Military Hospital and the China-Japan Friendship Hospital, Beijing, China.

Sandra underwent further specialised post graduate training with Dr. Richard Tan (Pain), Virginia Doran (Cosmetic Acupuncture), Giovanni Maciocia (Three Treasures Herbs), Bob Flaws (Diagnosis and Chinese Pulse Diagnosis), Dr. Mei Xing (Gynaecology), Henry McCann (on Pain and Gynaecology) and Master Ming Qing Zhu (Scalp Acupuncture) who are some of the world's renowned teachers in the field of Traditional Chinese Medicine.

Registered with the Traditional Chinese Medicine Council of Ireland (TCMCI), Acupuncture Foundation Professional Association and follows their strict guidelines and code of ethics.



**For Appointment or further information,
please call Sandra at 091 776975**

**VHI, Quinn Healthcare, Hibernian
and HSF approved.**

Ancient Treasures

Acupuncture & Healthcare Clinic



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What is Acupuncture?

Acupuncture and Traditional Chinese Medicine (TCM) originated in China over 5000 years ago. It is based on the fact that vital energy (qi) flows throughout the whole body and in distinct pathways or meridians. When an imbalance in the energy flow occurs in these pathways, disease occurs.

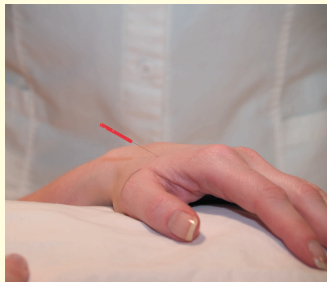


Its fundamental principles are to treat the person as an integrated whole in body, mind and spirit, and to remedy the root cause of illness and disease, not only the symptoms.

How does it work?

Acupuncture needles are extremely fine single use, sterile, disposable needles which are inserted into specific points along the meridians to influence the flow of qi around your body to regain balance, and restore health.

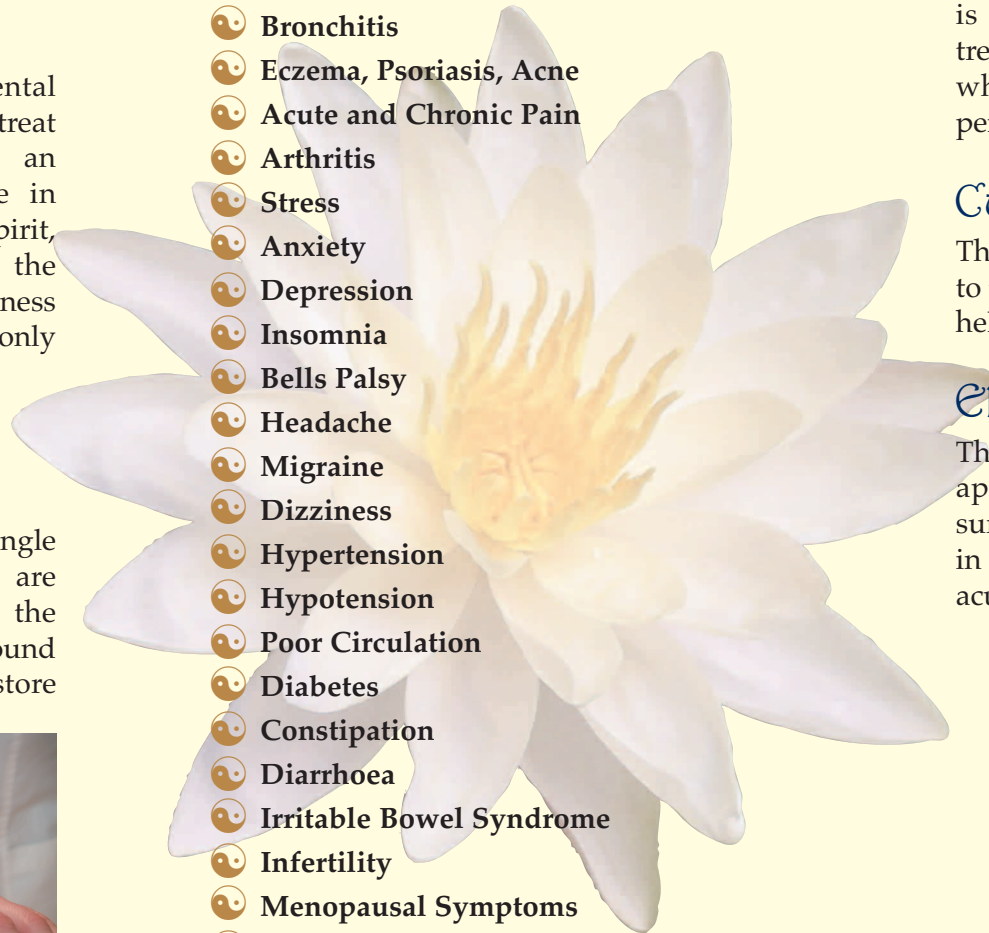
Some of the most powerful points to restore balance are located between the elbows and fingers and between the knees and toes.



The World Health Organisation (WHO) recognises acupuncture as being effective in over 40 conditions.

Some of the most common complaints that are treated by acupuncture are:

- ☯ Colds & Flu
- ☯ Sore throat
- ☯ Sinusitis, Hay Fever, Allergic rhinitis
- ☯ Asthma
- ☯ Bronchitis
- ☯ Eczema, Psoriasis, Acne
- ☯ Acute and Chronic Pain
- ☯ Arthritis
- ☯ Stress
- ☯ Anxiety
- ☯ Depression
- ☯ Insomnia
- ☯ Bells Palsy
- ☯ Headache
- ☯ Migraine
- ☯ Dizziness
- ☯ Hypertension
- ☯ Hypotension
- ☯ Poor Circulation
- ☯ Diabetes
- ☯ Constipation
- ☯ Diarrhoea
- ☯ Irritable Bowel Syndrome
- ☯ Infertility
- ☯ Menopausal Symptoms
- ☯ Premenstrual Syndrome (PMS)
- ☯ Morning Sickness
- ☯ Smoking Addictions
- ☯ Cystitis
- ☯ Urine Retention



Moxibustion

Moxa involves burning a special herb on the acupuncture points as a means of stimulating them. This may be done alone or with needles. It is a very effective treatment for conditions where cold has penetrated the body.



Cupping

This involves the application of vacuum cups to the skin. This increases local circulation and helps to release muscle tension.

Electro-acupuncture

The use of minute electrical current which is applied to the acupuncture needles or surrounding tissue, to stimulate the muscles in the area. It is particularly useful in treating acute muscle and soft tissue injuries.



Acupressure

Similar to acupuncture except that the points are stimulated by finger pressure. It is less invasive than needling, but also less effective.