

Doreen Cott Acupuncture Physician



Doreen Cott, A.P., Lic.Ac., M.T. has practiced in the healing arts for over 20 years.

Her studies include Psychology, Anatomy and Physiology, and Physical Therapy. She graduated Summa Cum Laude in Oriental Medicine from Emperor's College of Oriental Medicine, Santa Monica, CA. She is licensed as an Acupuncture Physician, with practices in Massachusetts, Florida and Vermont.

Doreen blends her experience with Facial Acupressure and Massage techniques with the Facial Acupuncture Protocol. She combines special aroma therapy oil formulations that are suited to individual needs that she integrates with the use of Hot and Cold Facial Stones as part of the overall Facial Rejuvenation Program. Her holistic approach relies on modern psychological and physiological concepts that incorporate mind-body techniques with the time-honored traditional medicine of China.

Anyone concerned with looking and feeling young and slowing down the aging process would benefit from Facial Rejuvenation Acupuncture.

This course of treatment is suitable for those with deep wrinkles, fine lines, bags under the eyes, sagging, puffiness, drooping eyelids, double chin, large pores, dry skin or acne. Different methods are emphasized according to how an individual is aging. A person with excess puffiness, for example, would require a different treatment than someone with dry skin. The person is treated as a whole and evaluated based on the principles that are at the foundation of Holistic Medicine.

A course of Facial Rejuvenation with Acu-FaceLift consists of 12 treatments.

The effects become most noticeable and lasting between about the third thru seventh session. Following the initial course of treatment, maintenance sessions can prolong the results for five to ten years. It is often recommended to supplement this program with Facial Self-Massage and/or Acupressure, Facial Exercises, Herbal and Nutritional Supplements, pure Aromatherapy blends for the skin, and a healthy diet.

Does it really make a difference?

The use of Acupuncture in Cosmetology—especially in preventing and reducing wrinkles—has already attracted great attention in Japan, Hong Kong, and Sweden. The effectiveness of Acupuncture is due to its direct manipulation of the body's energy system—balancing, removing blockages or adding energy when necessary. A 1996 report in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Facial Acupuncture, 90% had marked effects with one course of treatment. The effects included: the skin becoming tighter and firmer, improvement of the elasticity of facial muscles and leveling of wrinkles, a ruddier complexion, and overall rejuvenation—not confined to the face.

A More Youthful You



Facial Rejuvenation with Acu-FaceLift



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Facial Rejuvenation with Acu-FaceLift creates inner health and outer beauty

Facial Rejuvenation Acupuncture

This treatment program has many beneficial effects on the facial appearance.

- Reduction of puffiness by improving metabolism, and thus eliminates excess fluids.
- Improvement of muscle tone and tightens the skin and dermal layer by increasing collagen production and circulation to the face.
- Lifting of sagginess and jowls, and can smooth out fine lines and diminish wrinkles.
- It helps to eliminate and reduce bags under the eyes.
- Moisturization of the skin by increasing local circulation of blood and lymph to the face.
- Improvement of facial color and evenness of complexion.
- Reduction or elimination double chins.
- Tightening of the pores.
- Helps to lift drooping eyelids, brightens the eyes.
- Reduces stress that is evident in the face.
- Brings out your own innate radiance and beauty.



90 minutes- Includes 30 minute Hot and Cold Stone Facial Massage and Acupressure- \$100.00

Hot and Cold Facial Stones

These special stones are designed to work on the facial muscles to smooth out stress and tension. The cold stones push out excess fluids and reduce puffiness and swelling. Cold application also tonifies muscles while reducing redness and heat from the face. The heated stones act like a natural defuser, releasing the healing and medicinal properties of the essential oils and facial products deeper into the skin. Alternating hot and cold stones on the face creates a flushing and cleansing process that releases toxins and invigorates the circulation. This treatment brings out the inner radiance and glow in your complexion.

Acupressure Facial Massage

Facial massage and acupressure points are a powerful tool on their own or as part of the complete Facial Rejuvenation Treatment Program. Massage and Acupressure bring blood and nutrients to the face while releasing metabolic waste and toxins that may be accumulating in the facial tissues. These techniques sculpt the face and define your facial structure as they push out excess fluid and waste products. Hot and Cold Facial Stones with essential oils are incorporated into the treatment.

30 minutes-\$45.00

60 minutes- Includes 30 minute Body Massage or 30 minutes Reflexology- \$85.00



Essential Oils

Special formulations of essential oils based on the time-tested principles from Oriental Medicine are included in the Facial Rejuvenation Treatment Program. Essential oils have therapeutic properties that can treat different types of skin conditions on the face and the body.

- Enhance circulation and collagen production.
- Hydrate the tissues and moisturize the skin.
- Anti-aging properties to rejuvenate the skin.
- Soothing and healing for skin irritation and rashes.
- Reversal of damage from the sun.
- Treatment of spider veins and cellulite on the legs.

For additional info, log on to:

 Qi-West.com