

## Cosmetic Rejuvenation

Benefits :

- collagen production
- softening of fine lines/wrinkles
- Younger, more radiant looking skin
- improved texture, fewer blemishes, less acne
- reduction of sagging

**The points chosen are on acupuncture channels that positively affect other body systems. Often patients notice improvements in digestive issues, sleep, anxiety and energy!**

Try to come to your appointment with a bare face (eye make-up is ok). Ask for a facial cleansing wipe at the clinic if you can't come with a bare face.  
Do not apply face make-up for 1 hour following your treatment.

**A full treatment plan is 10 treatments.  
We recommend twice a week for best results!**

We recommend a tune-up every 1-3 months for maintenance.

Take a no make-up selfie on the 1st treatment day to compare results at the end!



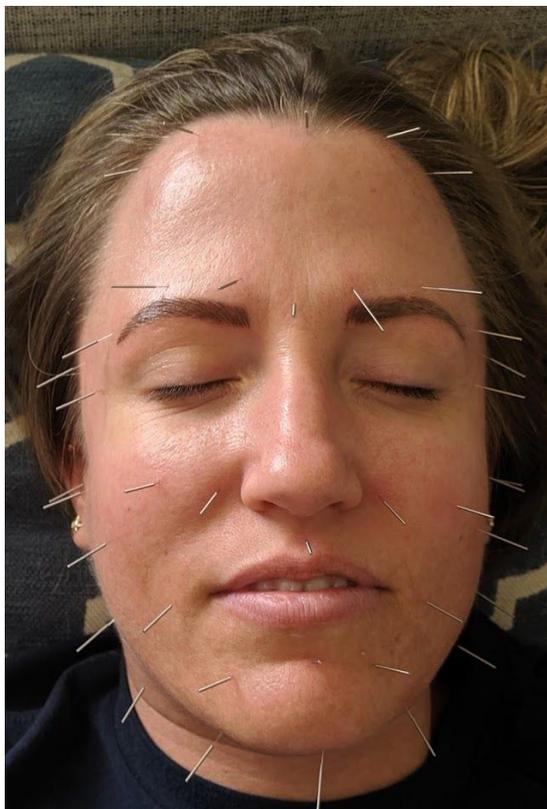
For even better results we recommend a jade roller. If you decide to get one please bring it to each treatment.

<https://thechalkboardmag.com/how-to-use-jade-roller-instructions>

(website above includes a link for an inexpensive jade roller)

With any type of acupuncture there is a cumulative effect, the treatment effects get stronger the longer you do it.

**Cosmetic spots are limited, book in advance. Due to limited availability, 3-hour notice is required for change/cancellation to avoid a \$35 cancellation fee.**



### THE COSMETIC REJUVENATION DIFFERENCE...

Any licensed acupuncturist can do facial acupuncture/cosmetic acupuncture. In 2012, Heidi received one on one training with the co-founder of Mei Zen Cosmetic Rejuvenation. By using the Cosmetic Rejuvenation training you are receiving a protocol that is highly specialized specifically for extra rejuvenation.

**The rejuvenation protocol uses more needles & we use special tiny needles that are specifically for the face. This combination causes an increase in collagen production (much like with microdermabrasion). This is one of the biggest differences between facial acupuncture/cosmetic acupuncture and Cosmetic Rejuvenation.\***

### THE TEMPE COMMUNITY ACUPUNCTURE DIFFERENCE...

**The average cost of a 10 treatment cosmetic package elsewhere is \$1000 and up!** The TCA cost is \$350. We do not mix traditional and cosmetic acupuncture because we want your body's full attention on the Cosmetic Rejuvenation.

\*Cosmetic Rejuvenation results may vary. Results can be negatively affected by poor diet, medication, poor hydration, heavy drinking, excess stress, smoking, vaping, etc. Results are not guaranteed. All sales are final, no refunds for services rendered. Minor bruising is possible.



**After your 10 treatment plan, we encourage you to try traditional acupuncture for its many other health benefits! During your treatment plan we focus exclusively on your rejuvenation to avoid diluting the treatment.**