



Points of View

News from AcuKare

Winter 2009

AcuKare – Your New Year's Rejuvenation

Get into the festive mood in body, mind and spirit with AcuKare, the region's acclaimed acupuncture and aesthetic beauty treatment practitioners.

Christmas is coming and you will undoubtedly want to look and feel at your best for the parties, social gatherings and family get-togethers that you are planning.

So why not treat yourself to an early Christmas present by freshening up your look for the festive season or the New Year ahead with a rejuvenating AcuKare treatment.

Please turn inside for details of the treatments available and our superb winter offers or visit www.acukare.co.uk



Specialists in Acupuncture and Aesthetic Beauty Treatments



Cup winner

Clients suffering from respiratory problems or certain types of pain should be 'up for the cup'.

Cupping is one of the oldest methods of traditional Chinese medicine and involves glass cups being placed upside-down over specific areas of the body. The cups are warmed by burning a flammable substance within them, which removes all of the oxygen and creates a vacuum.

The lack of oxygen anchors the cup and gently pulls the skin into the glass as the air cools. Drawing up the skin is believed to open up the pores, which helps to stimulate bloodflow, whilst balancing and realigning the flow of the body's motivating energy known as 'Qi' in a similar way to acupuncture (see page 4). This helps to break obstructions and creates an avenue for toxins to be drawn out of the body.



Long-lasting natural beauty in an instant

AcuKare is now an approved supplier of Juvéderm® ULTRA, the first of a new category of dermal fillers that are proven to last up to 12 months.

Whilst ageing is an unstoppable process, Juvéderm® ULTRA provides a simple, comfortable and cost-effective way of retaining a youthful appearance – the effects of which are noticeable after just one treatment.

Juvéderm® ULTRA utilises a

natural, biodegradable gel to replenish the hyaluronic acid content that exists in the skin – smoothing out lines, rehydrating and restoring volume. Applied by a gentle injection, the gel contains a local anaesthetic to reduce discomfort whilst its consistency ensures an easy and smooth flow into the skin compared to traditional granular treatments.

Juvéderm® ULTRA works wonders on fine lines and facial folds and can be used to recontour the cheek bones, revolumise hollow cheeks or subtly plump up the lips. Its long-lasting results can be achieved at AcuKare from as little as £230 per treatment.



Looking good, peeling great

Freshen your complexion and improve the smoothness of your skin with a chemical peel.

This AcuKare treatment uses much higher concentrations of naturally-occurring alpha hydroxyl acids than regular salons to painlessly clean away dull cells and skin debris – leaving you with beautifully-textured, fresh-looking skin.

Ideal for reducing lines, wrinkles or blemishes and alleviating uneven skin pigmentation and sun damage, AcuKare is currently offering six chemical peel treatments for the price of five!



Glad tidings – it's our winter offers

AcuKare is spreading plenty of seasonal cheer with these sensational winter offers.

Recommend A Friend

One good turn deserves another and that's why we will present you with a £25 voucher towards your next treatment of muscle relaxant (Botox), dermal fillers or chemical peel every time you recommend an acquaintance to us.

Shopping made simple

If you're searching for the perfect present and want to avoid the hustle and bustle of the High Street this Christmas then help is at hand from AcuKare.

Gift vouchers are now available for all treatments. For further information or to order, please call **0844 855 0333** or e-mail **info@acukare.co.uk**

£50 off festive facial package

Treat yourself and your skin to an early Christmas present by booking a dermal filler treatment and a muscle relaxant (Botox) and receive £50 off the usual price.

TERMS & CONDITIONS

1. Offers available until 31st January, 2010.
2. Appointments are subject to availability at the time of booking.
3. No cash alternatives will be offered.
4. If recommending a friend to AcuKare, that friend must undertake their treatment before your £25 voucher is issued.
5. There is no limit on the number of friends that clients can recommend.

It is a therapy which is worth considering for overall health improvement as well as treatment of various health conditions.

www.all4naturalhealth.com

Using acupuncture to treat chronic back pain is more effective than standard treatments alone, a leading scientific study has found.

www.timesonline.co.uk

Everything points to acupuncture

There are plenty of plus points for acupuncture when it comes to the successful treatment of a wide range of symptoms and conditions.

Practiced for thousands of years, the ancient Chinese healing system focuses on improving a person's overall well-being, stimulating the flow of 'Qi' to recover the appropriate balance between the physical, emotional and spiritual states.

AcuKare owner Karen Wade offers acupuncture to treat a host of conditions (see below) but it can also be used alongside conventional medicine in

the treatment of both acute and chronic disease.

Acupuncture has proved to be extremely effective in other instances too, ranging from pregnancy management and for the relief of pain in childbirth to overcoming addictions – particularly those related to smoking, alcohol, food or drugs.

So if other treatments aren't working as you might have hoped, why not give acupuncture and AcuKare a try? The first treatment, which lasts 60 to 90 minutes, costs just £50, with subsequent appointments priced £38.

Try acupuncture for:

- Anxiety
- Arthritis
- Asthma
- Back pain
- Circulatory problems
- Depression
- Facial paralysis
- Fibrositis
- High blood pressure
- Infertility
- Menstrual problems
- Migraines
- Rheumatism
- Sciatica
- Skin disorders
- Ulcers

Stop press

AcuKare hit the headlines in *At Home Magazine*, the definitive guide to good living. The company featured in October's 'Look Younger' issue in an article that promoted the benefits of facial rejuvenation with acupuncture in delaying the ageing process.



Grey Gable Surgery, High Street,
Inkberrow, Worcestershire WR7 4BW
Tel (Surgery): 0844 855 0333 Mobile: 07776 253962
E-mail: info@acukare.co.uk
Web: www.acukare.co.uk