



# Chrissie Dollard

Youth to the fore? A cry advanced by many – at least when they were young. But Dominic King might make an impact similar to that of a youthful William Hague at the Conservative Party conference, only on a global scale. He will not yet need to hide his facial lines, but does acupuncture really work? Chrissie reveals all...

## Looking good and feeling fine

A couple of months ago I told you I had met a nice man in Lymington called Alex Maas who offered to stick needles in my face. I promised to report back on the experience.

Yes it was vanity and I suitably blushed over my facial lines. But many of us arrive at the point when we notice the lines and consider trying to get rid of them. Botox (nobody knows the long-term effects), the knife (yuk) and creams that can cost £200 a pot and are unproven.

So we can either grow old gracefully or do what several celebs I know do (they would kill me if I named names) and try Acu-facelift, involving the application of hair-thin needles into acupuncture points that have energetic connections to the face. By enhancing the flow of energy the healing process increases collagen and affects its

dispersal. And – this is important – I found the treatment improves how you feel generally.

According to age, health, constitution and lifestyle there can be improvements. Acu-facelifts' proponents talk about taking five years or more off one's age – one celeb I know appears to have lost many more! I had 10 sessions as a birthday treat and I can say that the lines seem far less pronounced and my face seems firmer. I also think my cheekbones seem more sculpted, which I wasn't expecting.

I asked a friend what he thought about the lines now. And he unhelpfully but diplomatically said 'What lines?'

I wouldn't endorse this process just for its cosmetic effects. But because it can lift spirits and make organ systems function more efficiently, I would say it is worth a go. It may not be as dramatic as the effects of Botox or the knife, but it's a whole lot safer and more natural.

Acupuncture has been going on for thousands of years. If you want, give Alex Maas a call on 01590-673447 or go to [www.newforestacupuncture.com](http://www.newforestacupuncture.com). **H**