

# Need a lift?

*Are you really able to have a facelift without going under the knife? Tára Walker talks to Alex Maas about the latest treatment available in Hampshire*

**V**OTED one of the 150 best private doctors by *Tatler*, Alex Maas has been treating clients from around the world for 12 years in London. Alex has now pioneered a Facial Rejuvenation Acupuncture (FRA) treatment called Acufacelift® and has opened a new private practice in Lymington.

## What is Acufacelift®?

It's a treatment designed to correct individual signs of ageing as well as help the whole body to look and feel younger and healthier.

## What does it do?

It not only restores and maintains good health, but also reduces wrinkles, sagging and bags under the eyes, and improves circulation to slow the ageing process of the skin. My clients prefer this safe proven alternative to surgery and return to me regularly to retain a natural glow and youthful countenance.

## What are the benefits?

The benefits are apparent after just a few treatments. It helps to eliminate fine lines, reduce deeper wrinkles, reduce eye bags, firm the face and neck, lift eye lids, increase circulation of blood and lymph, improve muscle tone and dermal contraction, and tighten pores among others. A course of treatments can take five to 15 years off your face, safely and naturally, whilst improving overall health and vitality.

## What does the procedure entail?

Each treatment is individually tailored to focus on the outward signs and the underlying causes of ageing. Blending beauty and healing, it involves the painless application of ultra-fine needles into acupuncture points which have energetic connections to the face. It enhances the revitalising flow of energy in the body, to balance hormones and reduce stress.

## Does it work?

In a study of 300 people treated with facial acupuncture, 90 per cent had marked improvements with one course of treatments (*International Journal of Clinical Acupuncture*, 1996). FRA is now proving its efficacy in the USA, Japan, Hong Kong and Sweden, where it is hugely popular.



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## Is it safe?

The House of Lords select committee has praised acupuncture for its proven effectiveness and safety record. As a fully licensed registered member of the British Acupuncture Council (BAcC), I'm committed to maintaining the highest standards of practice, discipline and ethics, to ensure my clients' health and safety at all times. I use the very finest quality Japanese needles and follow The Department of Health's fully approved BAcC hygiene code.

## Is Acufacelift® new?

Acupuncture has been used for at least 2,500 years to effectively treat a wide range of conditions. At least as early as the Sung Dynasty (960AD-1270AD) facial acupuncturists were employed for the Empress and the Emperor's concubines. Traditional Chinese Medicine has always recognised that beauty comes from the inside.

## Why Acufacelift® rather than surgery?

This treatment is not a replacement for surgery – rather an excellent natural alternative. Acufacelift® is far less expensive

than cosmetic surgery; it is safe, virtually painless, and free from side effects or risk of disfigurement. It also has no protracted recovery period with swelling and discolouration – there is no trauma, rather a subtle rejuvenation that can help take years off the face, safely and naturally, whilst improving overall health and vitality.

## How many treatments are needed?

Most people have 12, with effects most noticeable and lasting on or around the seventh treatment. Everybody responds differently, depending on their health and lifestyle. Subsequent sessions will help to maintain the results for five to 10 years.

## How long is each treatment?

For the first consultation and treatment, you should allow two hours and for subsequent treatments around one and a half hours. You may prefer to book one or two treatments to see and feel the effects, before deciding to complete the full course. ■

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