

Tonic tests five of some of the best facials money can buy you.

beauty

# Project Life Overhaul

In this three-part series Dawn Mellowship reviews some top health and beauty treatments that the glitterati just can't get enough of!

## Part I – A Fantastic New Face?

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### ACUFACELIFT (FACIAL REVITALISATION ACUPUNCTURE)

#### LOCATION:

Alex Maas, one of Tatler's 150 best private doctors, runs his own private practice in Chalk Farm.

**WHAT IS IT?** The Acufacelift involves the application of incredibly thin needles into acupuncture points on the body and face to

improve the flow of energy. This treatment is holistic and deals with the underlying causes of ageing leaving you fresh faced and stress free!

**RESULTS:** Despite being a human pincushion I found this treatment to be extremely revitalising and energising. Alex took a thorough medical history and offered a professional and friendly approach. This is not just a beauty treatment but promotes optimum health on all levels to leave you relaxed, glowing and full of beans! After the treatment my eyes were brighter, my face more radiant and I definitely had a spring in my step. Madonna and Cher are said to be huge fans of this age defying therapy.

**COST:** The first treatment costs £150 and it is £130 for each consecutive treatment. Most people have around 12 treatments with dramatic results usually being seen after seven. To contact Alex see [www.alexmaas.co.uk](http://www.alexmaas.co.uk) or call 07932 758 819.

For British Acupuncture Council see [www.acupuncture.org.uk](http://www.acupuncture.org.uk) or call 0208 7350404

