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## ***WELCOME LETTER WITH INSTRUCTIONS FOR COSMETIC ACUPUNCTURE FOR THE FACE & NECK PROCEDURE***

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Congratulations on deciding to use **Cosmetic Acupuncture** as your healthy option for looking and feeling younger. Cosmetic Acupuncture is the only healthy option for cosmetic improvements currently available to women. It is the “true anti-aging medicine”. Though the procedure is not well known or publicized in the United States, it has been used for centuries in China by Emperors and the wealthy. We are involved in an educational campaign that will teach women that Cosmetic Acupuncture is a relatively non-invasive procedure that brings about some amazing results that are more than just skin deep. And, it is the only cosmetic procedure that actually improves your health.

The obvious benefits include having softer, firmer skin; reduction of deeper wrinkles; possible elimination of finer wrinkles; and improvement in jowl lines. Although not visually as dramatic as a surgical procedure, Cosmetic Acupuncture actually has a much more dramatic overall effect as we have seen a number of very healthy “side effects” occur. Besides the obvious visual changes, patients have reported improved digestion, better quality sleep, reduction of hot flashes, elimination of mild depression and anxiety, improved energy, and an overall sense of well-being. So patients leave not only looking younger but also feeling younger and healthier. We think it is fair to say this is the **only cosmetic procedure that actually improves the health of the patient** and that is why we are so passionate about what we do!

From a Western medicine standpoint, Cosmetic Acupuncture works because the needling cause micro-traumas in the skin to which the body responds by increasing blood flow and the production of collagen and elastin for wound healing. The needling, which is done at the level of the dermis, can stimulate neurotransmitter production. From the Traditional Chinese Medicine perspective, Qi and Blood are being brought to the face, Qi is being lifted, and the body’s energetic systems are being put into balance. This is why the wonderful side effects occur. The procedure is very low risk because the needling is so superficial; occasionally bruising occurs. Besides the needling part of the procedure, we will talk with you about skin care, nutrition, and supplements that help you get and maintain the best results possible. I may also recommend herbal formulas. The procedure is ten treatments that are scheduled twice a week for five weeks. Cosmetic Acupuncture for the abdomen for losing inches and supporting weight loss is also available. This procedure is twice per week for 6 weeks and then once per week for an additional 6 weeks.

Here are some instructions related to your Cosmetic Acupuncture treatments.

Treatments last about 60 minutes except the first one, which may last up to an hour and a half due to the intake procedure.

### **What to do:**

**Wear comfortable clothes or bring shorts and a short-sleeved top.**

**We advise that you take Arnica during the weeks of treatment to help prevent bruising.**



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Drink water

**What to avoid:**

Stop aspirin and additional doses of Vitamin E for 2 weeks prior to reduce potential for bruising (unless you have been advised by your physician to take additional Vitamin E or aspirin. Then please talk with him or her about it).

**Do not wear make-up** to the treatments (greasy substances have insulating properties that might block the energetic manipulation) and your skin should be clean. Eye makeup is okay.

One hour before: no hot showers, hot tub, sauna etc.

Don't wear sunscreen before, but do wear it after the treatments.

**Future Instructions**

To maintain good results, we recommend getting 2 treatments quarterly; minimally we recommend at least 2 treatments every 6 months. Getting one treatment each month is great or even the entire 10 treatment protocol once a year. A great thing to do before the fall holiday season and New Year.

Keep taking herbs if we've recommended them.

**Helpful Hint**

Moisturize, moisturize, moisturize-apply moisturizer to damp skin (it both brings moisture to the skin and helps trap the moisture that's already on the skin) \*\*\*\*especially at night when cellular repair speeds up.

List of supplements and their relation to good skin care:

**Topicals**

**Vitamin C Ester:** This is essential to the production of collagen and it hinders the inflammation process that can be a cause of free radicals. It also provides protection to the cell wall where free radicals attack.

**Alpha Lipoic Acid:** is the Universal antioxidant and is great for the skin. It fights free radicals in any part of the cell as well as between the cells. It speeds up repair process in cells. It is particularly helpful for lines and wrinkles, under eye bags and puffiness, enlarged pores, acne scars, and for helping make the skin less dull.

**DMAE:** dimethylaminoethanol is an antioxidant membrane stabilizer by becoming part of the cell plasma membrane enabling the membrane to resist stress. Safe to use – it is taken internally and is considered a food grade substance. It is particularly good for loss of firmness in the skin; fine lines above and below the lips; and stressed, overtired skin.

**Alpha and beta hydroxyl:** exfoliates, good to use on rough unevenly pigmented skin. It enhances the penetration of Ester C and alpha lipoic acid.



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*Vitamins and minerals to take internally*

**Vitamin A:** no more than 5000 IU as it can accumulate and become toxic. Best to take it in its precursor form + beta carotene.

**B-Complex:** B-6 is especially important in protecting your skin. No more than 50-100mg/day.

**Vitamin C:** 1000mg. Over 50 take 3000-5000mg/day or as bowels will tolerate.

**Vitamin E:** 200 IU/day (or some say more). Alpha tocopherol succinate is the important type to take. Vitamin E taken internally is good for the tone of facial muscles (among lots of other uses) It can also be used topically.

**Co-Enzyme Q10:** antioxidant very easily depleted and therefore must be replenished; protects cells from free radical damage. 30-100 mg/day.

**Food and your skin**

Food is medicine ....it's a very natural way to improve your health.

Honey and eggs help reduce dryness. Actually you can make a nice mask out of egg whites and olive oil or egg yolks with honey.

Cherries benefit the skin (and are said to prolong life!)

Green tea helps prevent sun-induced skin damage.

Olive oil- oleic acid keeps the skin soft and smooth by reducing micro-inflammation that causes wrinkling and sagging.

Tomatoes, especially cooked tomato products, contain lycopene which scavenges free radicals that cause aging. Drink water.

Eat plenty of foods that are rich in antioxidants including citrus fruits, berries, watermelon, papaya, orange or red veggies, broccoli, egg yolks, almonds, salmon and flax seeds.