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In the last decade several hundred thousand microneedling treatments have been performed in the western world. Yet prior to 2000 it was an unheard of practice mulling around the back pages of dry scientific trials on drug absorption. So what changed? Interestingly in an industry often driven by hype and marketing, it is the results that microneedling can produce that are really setting it apart. 176 pages
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Have you ever thought why every workout you have ever done

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stopped at the neck? Or wondered why traditional yoga calms the mind, tones the body but forgets the face? Are you looking for a natural way to look and feel younger and healthier? Danielle Collins, TV's Face Yoga Expert, believes we should all have the opportunity to look and feel the very best we can for our age and to care for our face, body and mind using natural and holistic techniques. Her method requires just 5 minutes a day and could not be easier to get started. Integrating practical facial exercises with inspirational lifestyle tips, including diet and skincare, Danielle Collins' Face Yoga is a revolutionary new programme to help you achieve healthier, firmer, glowing skin..

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This book is the accumulation of the authors 35 years of combined experience studying and practicing the cosmetic applications of Traditional Chinese Medicine. Anthony and Kamila spent 5 years studying Traditional Chinese Medicine at University before travelling repeatedly to Asia to rediscover the beauty secret of ancient China. They later started a clinic in Australia specialising in these techniques. At the time these techniques were relatively unknown and they created quite a stir when the clinic appeared on Prime time TV as an innovative new approach to beauty. Since that time there has been a huge increase in the number of people using and interested in these Traditional Chinese tools. Vogue Magazine recently reported that celebrities such as Miranda Kerr, Dree Hemingway and Behati Prinsloo include a jade roller as part of their treatments. Cupping

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meanwhile has been visibly embraced by a variety of celebrities including Jennifer Aniston, Gweneth Paltrow, Victoria Beckham, Freida Pinto, Lady Gaga and Kim Kardashian. They are reported to use cupping as part of a health program, beauty treatment and to ease body pain. This Book was created as an easy and efficient way to share these skills with a wide audience. It is principally aimed at both traditional and modern beauty practitioners who would like to add these invaluable treatments to their clinics. It is also written in a simple clear way so that a home user can use it to dramatically improve their home beauty ritual. You can read the book in two ways. If you simply want to perform the treatments straight away you can simply skip to the step by step guide for performing each type of treatment on different areas of the body. If however you would like to learn more about the treatments, their history, benefits and how they work you

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can read the text in full or skip to areas of particular interest to you. The choice is yours and which ever way you decide to go I hope you enjoy it and it adds to and enhances your natural beauty treatments and the results for your clients. The book includes 26 full colour images of all the treatments being done and demonstrates detailed treatments for the following 1. Jade Roller for the Face 2. Jade Roller for Stretch marks and Cellulite 3. Jade Gua Sha for the face 4. Cupping for the Face 5. Cupping for Stretch Marks and Cellulite Additionally it covers in great detail 1. Cleaning and Maintaining the Products 2. Using the Tools in Clinic and at Home 3. Cautions and Contraindications It includes full diagrams of the Acupressure points of the face which can enhance the treatments.

We are re-defining the face of ageing on a daily basis, with the Baby

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Boomer generation in the vanguard, followed by younger generations who are similarly intrigued by non-invasive natural solutions that are integrative rather than purely cosmetic. Constitutional Facial Acupuncture has begun to make an impact on popular culture and outmoded perceptions about the nature of authentic beauty and the ageing process. Acupuncturists who practice in this field are increasingly expected to have specialized training and knowledge, outside the customary parameters of the more traditional approaches. This book introduces a complete Constitutional Facial Acupuncture protocol that is comprehensive, effective and clearly organized, with illustrative color photographs and facial needling diagrams. Its strong constitutional components are unique, adhere to the principles of Chinese medicine, and are rooted in the three levels of treatment – Jing, Ying and Wei. A new and detailed Constitutional Facial

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Acupuncture protocol highlights acu-muscle points, Shen imbalances, lines and wrinkles, needling technique, relevant points and their locations. A comprehensive constitutional treatment approach A customized, modular topical herbal protocol that is enriched with the use of essential oils and natural cleansers, creams, etc. Practical step-by-step instructions on how to integrate the needling protocols with the topical herbs, jade rollers, gem eye discs, etc. A complete Constitutional Facial Acupuncture needling protocol for 12 problematic areas of the facial landscape, i.e., droopy eyelids, sagging neck, crow ' s feet, sunken cheeks, etc. Contraindications, benefits, and personal advice drawn from the author ' s 30+ years of experience An essential text for students or practitioners of facial acupuncture, and also for those readers who are interested in the field of "healthy aging"

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A comprehensive guide to natural, do-it-yourself oral care, *Holistic Dental Care* introduces simple, at-home dental procedures that anyone can do. Highlighted with fifty-three full-color photos and illustrations, this book offers dental self-care strategies and practices that get to the core of the problems in our mouths--preventing issues from taking root and gently restoring dental health. Based on a "whole body approach" to oral care, *Holistic Dental Care* addresses the limits of the traditional approach that treats only the symptoms and not the source of body imbalances. Taking readers on a tour of the ecology of the mouth, dental health expert and author Nadine Artemis describes the physiology of the teeth and the sources of bacteria and decay. Revealing the truth about the artificial chemicals in many toothpastes and mouthwashes, Artemis also discusses the harmful effects of mercury fillings and the much safer ceramic filling options that are

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available. Covering topics that include healthy nutrition, oral care for children, and the benefits of botanical substances and plant extracts for maintaining oral health, Artemis introduces a comprehensive eight-step self-dentistry protocol that offers an effective way to prevent decay, illness, acidic saliva, plaque build-up, gum bleeding, inflammation, and more.

A guide to the diagnosis and treatment of cosmetic and dermatological problems with practical instruction on how to perform treatment techniques. Thambirajah explains the energetic imbalances which cause skin diseases and the problems of early ageing, and describes how they can be treated successfully. Skin problems occur because the Blood, Qi, yin and yang of the body are not in balance and the book discusses how these can be balanced by acupuncture therapy. The

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therapy for a cosmetic problem has three steps: 1) to balance the body energies that cause the problem, 2) to treat the problem locally, 3) changing the diet and lifestyle of the patients with these problems. Concepts are accompanied with useful illustrations throughout, demonstrating the methods described. This second edition also contains new material on needling and massage techniques. This is a comprehensive and authoritative textbook on the topic for practising acupuncturists and Chinese Medicine practitioners.

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