

## Treatments on offer:

### Facial experiences

#### Age Defense Cosmetic Acupuncture

*Cosmetic acupuncture, 90 min: £128*

A natural alternative to Botox, cosmetic facial acupuncture is an effective way to help diminish the signs of ageing. My signature facial treatment commences with acupuncture on the face and body to target the areas of concern and address any imbalances. A unique massage using the loveliest creams and serums follows offering an invigorating yet relaxing experience. Find yourself feeling more positive and revitalised as the layers of stress and tension melt away. Pure bliss, this treatment is particularly effective for fine lines and wrinkles and delivers a bright, healthy glow. Gently supplemented with a hand and arm massage for an increased sense of well-being.

#### Age Defense Facial Massage

*Facial massage, 60 min: £95*

For those who would prefer a facial treatment with no needles, the facial rejuvenation massage is a must. This firm yet gentle massage allows tension to be released while calming the mind. Amazingly relaxing this treatment tones and lifts to reduce wrinkles and rejuvenate the face – without needles.

#### Age Defense Ultimate

*Facial acupuncture + Facial massage, 2hours: £165*

Treat yourself to a pampering experience which eases stress and fatigue. Your journey begins with my signature facial acupuncture treatment that works on correcting any imbalances within your body and on your face. The serenity is

continued with a facial massage that leaves you revitalised and glowing. A hand and arm massage compliments this ultimate facial treatment for firmer, more radiant skin.

#### The Balancer

*Facial massage + body acupuncture, 90 min: £128*

Rejuvenate and melt away the last bits of tension and stress with this facial treatment that introduces you to the effects of acupuncture without any needles near your face.

First, a wonderfully relaxing facial massage that works on the facial muscles and connective tissues to restore natural glow. Then experience the restorative powers of wellbeing acupuncture that leave you calm but awakened, and positive in body and mind.

#### The Passport to Revitalisation

*Course of 5 facial acupuncture sessions: £576*

The effects of cosmetic facial acupuncture are cumulative. The more regular the sessions, the longer lasting the results will be.

**Find out more at [www.pointspace.co.uk](http://www.pointspace.co.uk)**

*Please note the duration of treatment is a guideline only. Treatments may last slightly longer or shorter, depending on your individual needs.*

### Body treatments

#### Remedial Acupuncture

*Body acupuncture, 60 min: £95*

Whether you want relief from your low back pain or want to enhance your sense of wellbeing, traditional acupuncture is an ideal treatment to benefit both your body and mind. Effective for a variety of symptoms and conditions, take the time to revitalise your system.

#### Seasonal Tune-Up

*Body acupuncture, 60 min: £95*

An acupuncture treatment to maintain good health and your sense of well-being, this is a preventative measure to help you prepare for the change of season. This is ideal for those who are in good health and just want to enhance the functions of the body and mind. Some choose to have this treatment monthly rather than quarterly.

#### Stress Buster

*Body acupuncture, 60 min: £95*

Acupuncture benefits the body, leaving you feeling energised and revitalised. This body acupuncture treatment focuses on helping you feel more positive against the effects of stress that may have left you with over-worrying, difficulty sleeping and digestive issues. A course of treatments may be recommended for optimum results.

**NEW:** Enjoy a de-stressing half hour face massage to melt away tension during your body acupuncture session, add on £30. Ask for **PLUS** when booking in your traditional acupuncture treatment ie "Remedial Acupuncture PLUS".