

Needle point

Is acupuncture the answer to all our anti-ageing questions?



Apivita
Express Instant Lifting Face Mask with Red Wine, \$7.90 each

Benefit
Miss Popularity Precision Highlighter for Eyes & Face, \$45

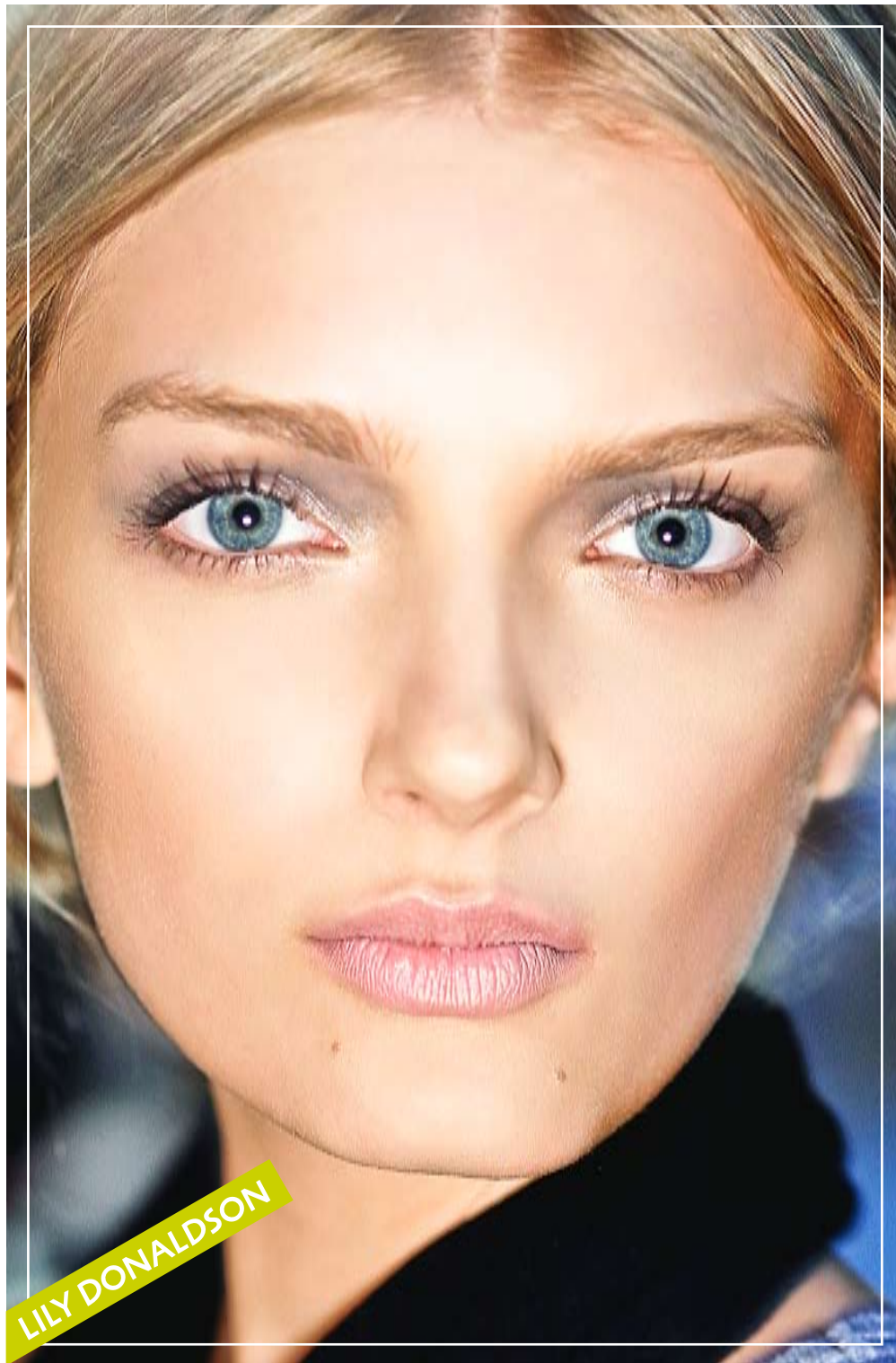
Ancient history

With never-ending options on how to turn back the clock, it's hard to know which direction to head in. Should you go down the fast-fix route and succumb to the pressure of plastic surgery? Or perhaps invest in a dream cream in the hope that your wrinkles will be reduced in only a few weeks. While both have merit, there's a new trend taking Hollywood by storm. Enter – the acupuncture facial.

Face it

For centuries, the art of acupuncture has helped heal the body of ailments. It improves blood flow and softens the hard muscles that cause wrinkles as it works. "When blood and chi flow freely, we look and feel more youthful," explains Sydney-based acupuncturist Ray Ford.

So, what should you expect from an acupuncture facial? "The process involves using the lines on your face to diagnose what's going on inside your body. After taking the history of the client, we cleanse the face and then place very fine pins into the end of the creases or lines that are being treated, before leaving them in for around 30 minutes and following up with a facial massage," says Ray.



LILY DONALDSON

ModelCo Erase Those Fine Lines (for pack of 14), \$65



Avon Anew
Retroactive+ Day Youth Extending Cream, \$49.99



The outcome

So you've faced your fear of needles, done the 45-minute treatment and eagerly await the results. What to expect?

"The facial can slow the ageing process by softening lines and creating an overall healthier, more youthful complexion," explains Ray. He also claims the technique increases vitality and blood flow, and stimulates endorphins and the immune system, to make you feel good too.

Celeb spotter

Going under the knife is so last season; it seems that this tried and tested technique is taking off in a big way. Celebrities who claim to be anti plastic surgery are turning to all-natural treatments to help turn back the hands of time. Holistic enthusiasts like Gwyneth Paltrow and Madonna have long been talking about the benefits of such non-medical therapies.

The best way to maximise your facial is to pair it with anti-ageing creams and serums, to help hydrate and nourish your complexion while giving you a revitalised glow. If you need a quick-fix, try a product – like ModelCo's Erase Those Fine Lines – that works to "freeze" your muscles and give you an instant lift that lasts a few hours.



MADONNA



GWYNETH PALTROW



Gatineau Defi Lift 3D Redefining Serum, \$140

La Prairie Extract of Skin Caviar Firming Complex, \$180



Kiehl's Abyssine Cream, \$76

natural know-how

1 The most common misconception about acupuncture treatments is that it's painful. But there's no need to freak out! The needles are smaller than the ones used for Botox and other injectables – so if you can handle that, you can definitely handle acupuncture needles.

2 Unblock your inner self! "Acupuncture is an unblocking medicine, which allows our body to return to its natural state," says Ray. So it keeps us healthier from the inside out.

3 Trust your practitioner. It's important to seek help from a well-trained acupuncturist, as negative effects from misuse can be felt just as strongly as positive ones. Still unsure? Log on to www.rayfordacupuncture.com.au and check out some of the demonstration videos.

Burning to ask a beauty question? Log on to www.famousmag.com.au and fire away!