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ACUPUNCTURE FOR FACE LIFTING

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Golden Combo Accu lift is my personal method for face tonification and body therapy at the same time. This method makes use of the acupuncture benefits in combination with the benefits of gold. In Ancient Egypt and China, gold was used as a kind of medicine against Arthritis as well as for cosmetic reasons. Both Cleopatra and the queen of the Ching dynasty used gold on their face for aesthetic reasons. Modern research proves the anti-inflammatory qualities of gold and this is the reason author uses it to help skin to remove toxins, reinforce its elasticity, renew cells and reverse the oxidizing harm caused by inflammations. This is achieved through collagen production and defeat free radicals. Golden needles are used since gold penetrates skin and is absorbed by the human organism resulting in double benefit on the patient's face. After that, we use an electro acupuncture device to stimulate the acupuncture points and support the face muscles, so that we can achieve significant improvement of the skin loosening via the muscular activation. The therapy is completed with the application of red colour laser, which as it is known-acts superficially on the body and rejuvenates the skin tissues. Finally, we apply oils, herbs and cream onto the face, which will nourish and hydrate skin through activating. Moreover, we give instructions to the patient to consume food which will

increase the collagen production. The combinations of the above techniques results in the tonification of the face skin glow and riddle reducing. Apart from the aesthetic result of this method, another positive factor for the patient is the therapeutic effect of acupuncture as far as it concerns the headache and migraine reduction, the treatment and therapy of insomnia, stomach disorders, constipation, depression, stress and skin allergy. The duration of the results lasts for one year or more depending on the patient age.

Biography

Polizogopoulos Dimitris has completed his first Diploma in Shiatsu and was nominated as a Hatha Yoga Teacher at the Athens Yoga and Budo Academy. He has been working with alternative therapies since his early twenties. He had TCM Diploma from Ancient Greek; TCM Academy of Athens and Tianjin University. Moreover, he has a Diploma in Nutrition and Weight Training at the IAFA. He is a Reiki master, owner operator of Be Healthy and GR Therapy Centre, Instructor of Mix Martial Arts and Hatha Yoga since 1993 and he is teaching TCM from the Ancient Greek and TCM Academy of Athens. He is currently the Director of alternative therapies at the Multimed Medical Centre in Athens.

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