

Our Practitioners:

All three practitioners have studied extensively with Mary Elizabeth Wakefield (Constitutional Facial Renewal).

Anne Garnett has been a state-licensed acupuncturist since 1997. She is trained in 5 element acupuncture at TAI-Sophia Institute, Toyohari Japanese Acupuncture, and Korean Hand Acupuncture. She uses essential oils, acupuncture, acupressure, and tuning forks in her practice.

Karen Reilly has been a state-licensed and nationally certified massage therapist since 1999. In addition Karen has been a registered and certified aroma therapist since 2000. Karen also is a craniosacral therapist, Reiki Master and energy practitioner incorporating essential oils and tuning forks into her sessions.

Linda Scott is a state-licensed and nationally certified acupuncturist, who graduated from the TAI-Sophia Institute in 1998 with a master's degree in acupuncture. She uses the modalities of Chinese and Japanese acupuncture, acupressure, herbs, essential oils, and tuning forks.

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The Transcendent Face

Change from Within

For your convenience:

Three practitioners
Five locations



What is *The Transcendent Face*?

It is a safe, painless and effective treatment for renewing the face as well as the whole body. Fine lines may be entirely erased; deeper lines reduced, and bags around the neck and eyes firmed.

Different modalities are used:

- **AcuPoint (acupressure or acupuncture) Therapy**
- **Facial Massage**
- **Tuning Fork Facial**
- **LED Facial**
- **MicroCurrent Facial**
- **AcuLight Therapy**

Only one of the above is used during any single treatment.

These techniques are used on acupuncture points on the face, neck and around the eyes to stimulate the body's natural energies, or Qi. Because muscle groups are addressed as well as the acupuncture points, the face lifts itself, via the stimulation and through the muscle toning and tightening action. The different techniques also stimulate blood and circulation, which improves facial color and helps tonify the underlying tissue.

Are Chinese herbs used?

The Transcendent Face treatment protocol incorporates Chinese herbal masks, poultices and moisturizers. Jade rollers, enhance blood circulation, remove fine lines and age spots, and prevent premature aging. They are used to massage moisturizer into the skin.

Essential Oils are used to help support the skin's natural regenerative properties. Additionally, essential oils can be used when necessary to help restore hormonal balance.

How long is treatment?

We offer an assortment of options, designed to fit your busy schedule:

Refreshing Herbal Facial:
includes 2 facial herbal masks, cleansing, essential oils and moisturizer.
60 minutes.

Harmonizing Facial:
includes cleansing, wonderful healing oils, essential oils and tuning forks.
30 minutes.

Revitalizing Facial AcuPoint Facial:
includes acupuncture or acupressure, with a cleansing, healing oils along with essential oils.
45 minutes.

Uplifting Transcendent Face:
includes a cleansing, the herbal facial, healing oils, essential oils, moisturizers and a choice of one of the following: *

- AcuPoint Facial
 - LED Facial
 - Micro Current Facial
 - Tuning Fork Facial
 - AcuLight Therapy
- 90 minutes

What will I notice?

Together, you and your practitioner will develop an individualized plan of treatment options addressing your concerns and wishes. If you are like most people, you will feel more relaxed and positive following your chosen treatment.

With repeated treatment experience, you (and others around you) may soon notice a special ease and glow that often causes others to ask if you've been on vacation or otherwise especially enjoying life.



For maximum change within and without, a course of 12-15 treatments of the Uplifting Transcendent Face are recommended. This will involve you in an organic process to achieve the best results for you.

What can it help?

In your general well being it can:

- improve acne (caused by hormonal imbalance)
- help sinus congestion and headaches
- reduce symptoms of toothache (TMJ)
- help headaches (except severe migraines)
- help digestive issues
- eliminate edema and puffiness
- benefit the eyes, ears
- help insomnia and dizziness
- help depression and aid self esteem.

On your face it can:

- improve collagen production
- improve muscle tone
- help reduce bags and sagging
- help eliminate fine lines
- help diminish larger wrinkles
- help reduce double chin and lift drooping eyelids
- improve metabolism
- tighten pores and brighten eyes
- increase blood circulation
- improve facial color.

*different locations may offer a variety of individual options.