



A brilliant change of mind...

Sasha Young-Dumont is a qualified practitioner of advanced facial rejuvenation acupuncture in Richmond, and one of her clients, Hannah Greenwood explains why she changed tact...

treatment was acupuncture, and the therapist's name was Sasha.

I duly made an appointment for a consultation and went along with a healthy dollop of cynicism, not believing that acupuncture of the face could be either effective or enjoyable. But that was six months ago and I am delighted to say that I have revised my former opinions.

On meeting Sasha, I was immediately struck not only by her professionalism and extensive knowledge, but by her obvious enthusiasm for and belief in her work.

The treatment has undoubtedly been effective, with under-eye puffiness reduced and noticeable smoothing and tightening around the cheeks, lips and upper eye-lids. The effect is subtle but real. A number of people have commented on my fresher and less tired looking skin. Tellingly, I have not had any more Botox or 'fillers' since before starting facial acupuncture – nor do I need to, as the dreaded nose to lip line has not re-appeared.

As for enjoying the treatment, I need not have worried. Sasha's easy, friendly, capable manner ensures that the 90 minutes pass quickly and usually with gales of laughter...

Cosmetic acupuncture has witnessed growing attention from the national press in recent times. Dubbed as the new secret beauty weapon to the stars, this noninvasive treatment is designed to revitalise and rejuvenate the overall appearance of your skin, whilst minimising fine lines and wrinkles.

*To find out how Traditional Chinese Medicine can help you visit:
www.serenitymedica.com
 or call now on 07757 991511
sasha@serenitymedica.com*

Sasha Young-Dumont MAcS MPCHM offers acupuncture, Chinese herbal medicine, treatments for backaches and pains, stress, depression and fertility at her clinic in St. Margarets.

Just as my mother told me I would, I still feel young inside despite being in my late forties. I have always taken care of my appearance, experimenting with every anti-ageing cream and serums known to women. I have also had regular injections of Botox and Restylane, and in all honesty, have not been unhappy with their effect.

But then I chanced to overhear a conversation in which the words 'facial rejuvenation' made my ears prick with interest. Further enquiries informed me that the