



Holding back the years

Sasha Young-Dumont is a qualified practitioner of advanced facial rejuvenation acupuncture in Richmond. One of her clients, Clare Bramley, is keen to bestow the virtues of this amazing anti-aging treatment

Earlier this summer, to celebrate buying our dream cottage in the Cotswolds, we held a hog-roast dinner for family and friends in our beautiful gardens. Documenting the event for future posterity, my father diligently photographed the day and kindly emailed us all the pictures a week later. At my desk in London, I opened the file to find my mother staring back at me ... surely not, she had been in France on that day! No, I looked again and recognised that slightly furrowed brow and the deep smile lines. It was an 'oh my god' moment – it was ME.

Time to call Sasha.

Until I'd heard about Sasha's facial rejuvenation work on the Richmond grapevine, I'd assumed that botox would probably be my next stop in the vanity stakes, but I'm a baby in the needle department and anyway, I'd assumed that any facial tivation was at least another decade away. Wanting to mitigate any possible Wildensteinian comparisons, I picked a week my husband

was away and booked myself in.

I'm not sure what I expected, but it certainly wasn't what I found. Sasha's calm, professional and thorough pre-treatment consultation instantly put me at ease. I'd arrived with a raging toothache, which almost instantly disappeared with the insertion of a couple of small needles in front of my ear – it really works! The actual facial "needle thing" was surprisingly painless (they are absolutely miniscule) and throughout the session we talked and joked like old friends, until I drifted into a calm sleep. Half an hour later, with the needles out, I tentatively looked in the mirror – I was stunned. I still looked like me (phew!) but a better, more glowing and smooth me.

The effects were at their optimum a couple of days later as the treatment keeps working for up to 48 hours. A week later my husband commented on how fresh and well I looked.

Now I'm hooked – after my initial course of treatments I follow a maintenance plan to keep up the good work. Sasha fixes my face

and any other aches and pains I have, it's the best 'me time' I can think of – sort of a cross between a shrink and a private doctor who also makes you look like a million dollars.

I'm thinking of introducing my mother

*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 stress, infertility, insomnia and facial rejuvenation at her clinic in St. Margarets.

***20% off with this advert.
Offer ends October 31st 2008***