

# THE ULTIMATE NON-SURGICAL FACELIFT

Acupuncture has been used in China for thousands of years to promote health but now it's also being used for the ultimate 'non-surgical' facelift. Melissa Day, owner of Niroshini Cosmetic Acupuncture explains why



The treatment has been featured on TV's 'Ten Years Younger' and celebrities including Jennifer Aniston, Angelina Jolie and Madonna use it too as a safer and completely natural alternative to Botox and cosmetic surgery.

Cosmetic acupuncture helps a range of health and skin requirements including sagging skin, fine lines, wrinkles, muscle tone, acne and other skin concerns and conditions. It is also safe, efficient and effective.

The treatment was pioneered by doctors in China in the 1970s. Special 'acupuncture points' help stimulate collagen and improve muscle tone.

Melissa Day, who recently launched Niroshini Cosmetic Acupuncture in Suffolk and who works with private clients in London and throughout East Anglia, says it works to improve facial contouring and tone. It uses lifting and muscle toning techniques, invigorating Qi (energy flow) and blood circulation. To achieve maximum benefits with the non-surgical facelift, a course of ten treatments over five weeks is recommended. The ten treatment programme which is delivered as an indulgent ritual includes Niroshini Treatment Plan Development, Facial Massage and Lymphatic Drainage and complimentary eyelash and eyebrow tinting/shaping.

Melissa, is fully qualified in facial and cosmetic acupuncture and has years of experience as a Reiki Practitioner and complementary therapist. As a member of

the British Association of Beauty Therapy & Cosmetology and the Complementary & Natural Healthcare Council, Melissa follows strict codes of ethics and practice which cover everything from hygiene to client confidentiality.

"I believe every client is unique so every treatment is bespoke and my combination of Eastern and Western therapies provide not just physical but mental, emotional and spiritual benefits too."

The advantage of acupuncture is that it's completely natural – there are no pills or potions, nothing is injected and there is no scarring or recovery time as it's a very gentle process. Some Moderate bruising however can occur after a session and for this, Niroshini Cosmetic Acupuncture, provides clients with Arnica Gel for home use.

It's well known that these treatments are also restful and rejuvenating so be prepared to float out of any treatment at Niroshini Cosmetic Acupuncture feeling more than a little blissful.

Niroshini's treatment menu includes:

## **Niroshini Treatment Plan**

**Development** (required before booking for Facial Acupuncture or Niroshini Cosmetic Acupuncture Ritual) – Includes a full profile of your health and lifestyle and a visual eye reading – an essential part of the acupuncture system (this is a component of the acupuncture assessment).

## **Facial Massage and Lymphatic**

**Drainage** (includes facial acupressure, Western and Oriental facial massage and Metamorphic Technique) – The ultimate relaxing facial treatment, using essential oils and specialist massage techniques to activate all layers of the skin and underlying muscles, aiding lymphatic drainage.

**Facial Acupuncture** – This form of acupuncture aims to boost your health and the benefits can aid specific ailments or general wellbeing.

## **Niroshini Cosmetic Acupuncture**

**Ritual** – A luxury treatment for those seeking a non-surgical facelift and an answer to fine lines, wrinkles, sagging skin and a wide range of skin blemishes and conditions. Includes facial acupuncture and facial massage.

In Suffolk, Niroshini treatments are available at the award-winning Image Beauty Salon and DanceEast, both of which are conveniently located in Ipswich town centre.

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*"I think I have been on a bit of a journey, from being really nervous of acupuncture, as I assumed it would be painful despite hearing only good reports from others that had experienced it. By the end of the 10 treatments, I was positively embracing this lovely experience; Melissa clearly loves what she is doing. Looking back on the pictures from day one onwards and comparing to the latest ones, my face and skin look and feel improved. I always walked away from a session with a glowing complexion. I feel much better about my appearance and I put that down to feeling better inside. Melissa is a very talented and patient practitioner, always concerned for how her clients are feeling; her attention to detail is excellent."*

Jane Clark

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For information about treatments and prices:  
[www.niroshini-acupuncture.com](http://www.niroshini-acupuncture.com)

## TEA LEAF VISION

In addition to launching Niroshini Cosmetic Acupuncture, Melissa Day is a Suffolk business owner with a philanthropic mission.

Melissa supports Tea Leaf Vision, a charity based in Sri Lanka which aims to educate the families of tea pickers – some of the poorest and most under privileged people in the world.



This year she is aiming to raise £12,000 to buy a second-hand school bus for the charity.

She explained that it is part of an extraordinary spiritual and emotional journey that has taken her halfway across the world to discover her birth mother, a tea-picker, who through tragic circumstances gave her up for adoption as a baby in Sri Lanka 29 years ago.

Melissa was adopted by British parents and was brought up in the UK and is now based in Suffolk. Throughout her childhood she had only one valued connection to Sri Lanka – the picture of a woman at a convent holding a tiny baby in her arms.

A friend on holiday in Sri Lanka offered to visit the convent and then miraculously, through a series of unbelievable coincidences, managed to track down Melissa's mother who also treasured her own copy of the very same picture. Shortly afterwards, Melissa flew out to meet her mother and to her delight discovered she has two full brothers and an extended family as well, living and working as tea pickers on a plantation in the hill country.

It's through them that she was introduced to a secret family Ayurvedic skincare remedy based on locally grown plants that has remarkable healing properties particularly for scars, skin blemishes and conditions like acne.

Melissa is now seeking to bring this magical natural remedy to the West, not just to benefit clients who believe in her natural approach to beauty but also to give something back to her brothers and other working families on tea plantations by providing funds for schooling for their children.

To honour her family heritage, the 'recipe' has remained a closely guarded secret but to achieve her dream, she now needs help from a like-minded investor on the next step of product sampling and trials.

With the help of Niroshini Cosmetic Acupuncture, she is now sponsoring her brothers through Tea Leaf Vision's one year English diploma programme. Her fundraising efforts are aimed to benefit all students at Tea Leaf Vision.

To donate, visit: [www.virginmoneygiving.com/Melissa-Day](http://www.virginmoneygiving.com/Melissa-Day)

**Niroshini Cosmetic Acupuncture**

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## The Ultimate Non-Surgical Facelift

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