

AN **ALTERNATIVE** WAY TO LOOK YOUNGER

Acupuncture has become a popular alternative for all sorts of health issues – like back pain, headaches, migraine, allergies, insomnia and depression. It's also increasingly being used for cosmetic purposes and is said to be the 'secret' beauty treatment favoured by the world's most beautiful women.

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



So when Essential Suffolk Editor, Anne Gould, was offered the opportunity to put this luxury treatment to the test, Suffolk-based by Suffolk entrepreneur Melissa Day of Niroshini Cosmetic Acupuncture, it seemed an opportunity that was too good to miss.

The treatment starts with a 45 minute detailed 'Niroshini Treatment Plan Development' (required before booking for Facial Acupuncture or Niroshini Cosmetic Acupuncture Ritual) which accesses such things as health requirements, medication and what cosmetic results you are seeking to achieve.

This process, explained Melissa, enables her to tailor the treatment to something that is bespoke to each client, explain fully what it involves and gives the client an opportunity to ask questions.

Cosmetic acupuncture, she says, helps a range of health and skin requirements including sagging skin, fine lines, wrinkles, muscle tone and acne. It's also safe, efficient and effective. It involves tiny needles being inserted into the face at special 'acupuncture points' to help stimulate collagen and improve muscle tone.

On the face of it, this sounds like it's not a treatment for the squeamish but although it sounds like it should hurt – actually it doesn't. The needles are so fine that you can barely feel them being put in – and in my experience, once they are there, you can't feel anything at all. In fact, it was so pain free that during each of the three rituals I experienced, I spent a lot of the time in a very deep relaxing and blissful sleep.

What's more the two-hour rituals offer complete pampering, there's the option of complimentary arm and hand massage while the needles do their work.

Then once they are removed, there's a one hour facial and shoulder massage which, says Melissa, is an essential part of the process and does wonders for the skin. This included facial acupuncture, Western and Oriental facial massage and Metamorphic Technique.

She explained the ritual works to improve facial contour and tone using lifting and muscle toning techniques, invigorating Qi and blood circulation.

So what about the results? – well it made me literally feel like I'd been on holiday and after three sessions my skin glowed.

Friends kept commenting that I looked really well and the lines between my brow were not so furrowed and the lines on my face were not so ingrained. These results were seen after just three treatments, so after ten, the change could be even more significant.

Having personally experienced facial plastic surgery – albeit for reconstructive reasons – cosmetic acupuncture certainly isn't in the same ballpark or even the one next door. There was none of the weeks of swelling, bruising, itching or pain that you experience after surgery.

To achieve maximum benefits from cosmetic acupuncture, a course of ten treatments over five weeks is recommended. The ten-treatment programme also includes a complimentary facial massage and eyelash and eyebrow tinting/shaping treatment.

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.

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



INFORMATION info@niroshini.com or 01473 430026



before and after

CLIENT TESTIMONIAL

I met Melissa last November at a luxury Christmas shopping event. She explained about how the Niroshini Cosmetic Acupuncture Ritual worked and then after much consideration I decided to book an appointment.

Upon arrival Melissa was warmly welcoming and soon put me at ease asking questions about my general health and what I was expecting the acupuncture to do for me and I decided to maybe try two or three treatments to see what happened. I ended up having 10 – I really could see a difference!

During the treatment my face was cleansed and acupuncture needles were inserted in my face. Some of the needles were placed in and around the wrinkles, some specifically to lift the facial tissue and some positioned for general health purposes.

Whilst the needles were in my face, I was given a hand and arm massage which was very relaxing. Part way through the ritual, Melissa stimulated the needles by moving each one slightly. When the needles were gently removed from my face, my skin was cleansed and collagen was massaged onto my face. This was followed by a face and neck massage which I found really relaxing, then all too soon it was time to come back to the real world.

Looking at my face after treatment (without a scrap of make-up) my skin had a healthy glow, occasionally a needle left slight bruising but a touch of arnica and a little make-up worked wonders and it soon disappeared.

Melissa took photographs of before and after treatments – there was a definite improvement but it did need time to work, it is not instantaneous; it is a process. Halfway through my course of 10, even my sister noticed a difference. I was rewarded with a more youthful looking facial complexion with far less noticeable wrinkles than at the beginning (not completely gone) and a defined jaw line due to the lifting techniques Melissa carried out.

Having booked 10 rituals with Melissa, I was given a complimentary 11th treatment which consisted of a Facial Massage and Lymphatic Drainage treatment and an eyelash and eyebrow tint and shape.

I can thoroughly recommend it.

TEA LEAF VISION

Melissa Day is a Suffolk business owner with a philanthropic mission.

In our March issue, we told the story of Melissa's spiritual and emotional journey, of meeting her birth mother and brothers (after being adopted as a baby) who still live in poverty on a tea plantation in Sri Lanka. With the help of her business, she is now sponsoring her eldest brother on Tea Leaf Vision's one year diploma programme and is looking to sponsor her youngest brother next year on an entrepreneurship programme. However, her fundraising is aimed at helping all those at the school as she is aiming to raise £12,000 to buy a second-hand school bus for the charity. Alongside Melissa's fundraising, she hopes to raise awareness of the limited access to education those living on tea plantations have.

Since then, Melissa's determination and drive has seen her gain the support of some fabulous people including the Tea-Lady – Henrietta Lovell – the founder of the Rare Tea Company. Henrietta's influence has encouraged the launch of her campaign – a 'Tea Revolution' which supports direct trade tea – meaning buying the tea direct from the farmers who in turn receive a higher percentage of the margin. There are also whispers that Henrietta and Melissa may well be appearing on our screens in the near future talking about the plight of those on the tea plantations and the work they are doing to raise awareness so watch this space.

Melissa has recently gained the support of the new Mayor of Ipswich, Glen Chisholm with her Tea Revolution and her future plans to raise awareness with local councils as well as shops and businesses around the UK. Her work has also caught the attention of Sarah Brown, wife of Gordon Brown. After personally reading Melissa's story, Sarah forwarded it to 'A World at School' – the global education side of Sarah's charity 'Their World'. A World at School is a movement with global leaders working to achieve education for all. The digital platform serves as a central hub for news and articles related to education, offering a wide audience for Melissa's story.

To help her funding, Melissa has planned a whole series of events with a Sri Lankan theme in Suffolk. Next on the agenda is a 'Sri Lanka comes to Ipswich' event at the Indian Palace on September 10 (see our events listings for more details) and then a fantastic 'Strictly Tea Dance' planned at Arlington's Brasserie, in Ipswich on October 11, where guests can enjoy Arlingtons' signature 'Afternoon Tea' and take part in dance from Ballroom to Tango to Salsa.

Tickets for both events are £12.50. per person.

To book tickets, email Melissa on:

info@niroshini.com or call: 01473 430026.