

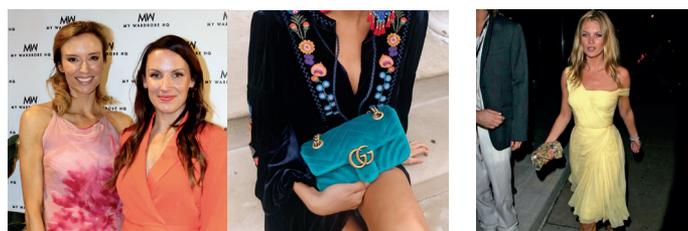
## Fabric Recommends Niroshini Cosmetic Acupuncture Ritual

**I** need no sales pitch when it comes to acupuncture's benefits – in the past it has helped me to ease the horrors of morning sickness and repair a painfully cricked neck, but how does it compare to cosmetic procedures in the pursuit of eternal youth? Practitioner Melissa Day believes that it is better than Botox, and an altogether more indulgent treatment at that. I'm game to give it a go.

Prior to my appointment I complete a thorough health questionnaire so that Melissa can get an idea about what I would like to achieve and whether there are any contraindications. When we meet in the plush treatment room at St. John's Wood's Aura Dental we continue the consultation in some depth, helping Melissa to put together a treatment plan designed to work on my appearance as well as my general health.

I then hop on the bed and she sets to work applying the needles to my face and head – there are over 50 when all is done, but I feel no discomfort. Cocooned in a warm blanket, I enjoy an indulgent hand massage and am then left to relax while the acupuncture works its magic. Afterwards, I'm treated to a lymphatic drainage massage focusing on my face, neck, shoulders and head. It is divine and I don't want it to end. I am desperate to sit up and take a look in a mirror, though, and when the time comes I am not disappointed. My skin is glowing, lines are diminished and the contours of my face look more defined. Everybody I meet comments that I am looking well. And the results improve over the coming days. It is quite extraordinary and I will certainly be back for more. **LSJ**

*Consultation, £75, Ritual, £300 for 2 hours. Melissa practices from Aura Dental, Chalbert Street, NW8 and 58 South Molton Street, W1K, to book, contact [info@niroshini.com](mailto:info@niroshini.com). Melissa also offers Luxury Transformative Retreats in Suffolk, for details, see [niroshini-acupuncture.com](http://niroshini-acupuncture.com)*



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Clients, who are thoroughly vetted before joining, sign up to a subscription service for just £9.99 a

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