



Full Circle Health

A complete approach

Facial Rejuvenation and Cosmetic Acupuncture

This unique treatment has arrived from America/Australasia where it has long been used for age defence. Channel 4 has featured it in the UK alongside Grazia magazine who hailed it as their facial revolution!

Facial Rejuvenation is based on a system that heals and nourishes the face over a series of treatments.

Fine lines may be completely eliminated and deeper wrinkles are visibly diminished. Jowl areas can be firmed; Droopy eyelids lifted. Puffiness as well as acne/spots can be eliminated; Double chins minimised: Eyebrows lifted and eyes brightened. Other likely results include the increase of circulation and lymph to the face, the whole face will look tighter more toned, and will show less signs of stress.

The results are achieved through a variety of treatments including the insertion of fine needles.

You will not only look better but feel better. Facial Rejuvenation treatment may erase as many as five to fifteen years from the face with results apparent after 6 – 10 continuous treatments.



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The Treatments

An initial consultation will determine the appropriate treatment plan for you. After which you can expect 10 weekly or bi-weekly 1 hour visits. Your results will become most noticeable and lasting around week 6 and onwards.

Each person responds differently depending on their lifestyle and condition prior to treatment.

To maintain the results for around five years you will be taught self massage and advised on a healthy diet.

All the treatments involve fine gold plated needles being inserted into the face. With the possibility of other copper or silicone enhanced needles being inserted into of the parts of the body such as trunk ears, hands, neck, arms and legs. This is because Facial Rejuvenation is based on 'whole body wellness' according to ancient Chinese medicine principle.



There are several different layers of treatments including;

- Facial Acupuncture with disposable ultra fine, gold plated needles. The strategic placing of the needles creates collagen production. They stimulate acupuncture points which result in the face looking younger and healthier.
- Body Acupuncture points may be used. These help the body to tackle skin issues, drain excess fluid from the face and stimulate the correct pathways for overall rejuvenation.
- Face Lift Massage techniques from India and Japan. These ancient techniques are designed to relieve deep tensions and detoxify the skin. The massage treatment incorporates the use of natural organic oils, balms and herbal face packs.
- Plum Blossom or Seven Star needling. A Chinese technique that is very useful for some skin conditions or when treating Bells' Palsy.
- Galvanic Ion Technology. A small device that helps to transport essential nutrients into the skin and draws impurities out of the skin.
- Crystal Tuning Forks. These amazing tuning forks designed and researched by Dr John Beaulieu PhD provide a most relaxing, sleep inducing and stress relieving element to the treatment.
- Jade Rolling. This aids lymphatic drainage which helps to reduce puffiness. It also boosts circulation, detoxifies and decongests the skin.



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Full Circle

Health...

Your practitioner

Hello. I'm Helen Cockle – your Full Circle Health practitioner. I've been working with the body for over 25 years.

I am a qualified body acupuncturist with the University of Beijing though Acu-Medic London. I am also a micro-systems acupuncturist through the Yuan Traditional Medicine College London.



Helen Cockle CMIR, DCHAC, RAW Dip, ITEC, EAR, TMC, BABTAC.

I began my journey into complementary health by studying Aromatherapy, Thai Massage and Yoga. I have lived and practiced in Leicester for the past 8 years. Previously I was busy teaching yoga abroad, and worked as a news journalist for the BBC. I've invested and enjoyed many years of training and practise to become the skilled and experienced practitioner I am today.

They say it takes over 10,000 hours to become an expert in your craft. I offer you my experience and professionalism; my attention to detail; a love and care for humanity and my firm belief in an integrated approach to medicine. There are many things we need to take care of in the 21st century –including ourselves.



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The Cost

After an initial consultation where we will look at your skin, your lifestyle and other factors that may influence your treatment. After this you can decide on your chosen level of treatment.



Cotton Level



The face is cleansed followed by:

- I. Face and Body Acupuncture session where the needles are retained for 30 mins
- II. A light dry oil is applied
- III. The Jade roller is used to tonify and cool the skin

Treatment time : 45 mins
Cost : **£55.00** per session

Satin Level



The face is cleansed followed by:

- I. Face and Body Acupuncture session. Needles are retained for 30 mins
- II. 30 min Facial Massage which enhances the Acupuncture and drains lymphatic fluid
- III. A light dry oil is applied
- IV. The face is treated with a Jade roller which cools and tonifies the skin

Treatment time : 90 mins
Cost : **£75.00** per session

Silk Level



The face is cleansed followed by:

- I. Face and Body Acupuncture session
- II. A Galvanic hand held machine is used to create a micro current which further stimulates age defying properties in the skin and muscle tone of the face and décolleté
- III. A Face mask containing Sea Buckthorn CO2 , Kaolin Mineral Clay and Chinese herbs is applied to the face and décolleté. The mask is rich in many nourishing natural ingredients that feed the skin and reduce signs of aging
- IV. A 45 minute facial massage using acupressure points, lymphatic drainage and muscle lifting techniques is given to the face and décolleté to enhance the effects of the acupuncture
- V. The face is toned using a crystal tuner and the Jade roller is used to complete the treatment
- VI. After which a light therapeutic serum is applied

Treatment time : 2 hrs
Cost : **£135.00** per session



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Conditions of Treatments

- All treatment plans require a minimum investment of 6 sessions with a maximum gap of one week apart.
- All treatments will take place at St Johns Clinic in Stoneygate, unless by prior arrangement.
- The recommended number of sessions for maximum effectiveness is 10.
- 50% of your chosen treatment plan is required in advance.
- 24 hours cancellation must be given. Please note there is a cancellation policy where 30% of the treatment you missed will be deducted.
- Should you wish to cancel your treatment plan altogether please do so at or after your second appointment and the remaining balance less 20 % will be refunded to you within 7 days.