



**LONGEVITY
EASTERN
MEDICINE**



Woodland Hills, CA



818-653-8671



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MEET YOUR DOCTOR

- Doctor of Acupuncture and Oriental Medicine (D.A.O.M.)
- California Licensed Acupuncturist (L.Ac)
- Diplomate of Oriental Medicine (Dipl.O.M.)
- Certified in Constitutional Facial Acupuncture
- California Board of Cosmetology Licensed Esthetician

OUR PHILOSOPHY

Longevity Eastern Medicine promotes the idea of a total well-being for the face, body and the soul by providing our patients with high-end quality approach to holistic healthcare. We believe that acupuncture and other Asian medicine-based treatments are the key to enhancing the individual beauty of each person. We are passionate about fighting the ageing process and the visible marks time is leaving on all of us. By using traditional techniques and methods, we provide the best natural results without any harsh chemicals or invasive procedures.

SERVICES

- Constitutional facial acupuncture
- Tuning forks
- Gua Sha
- E-Stim
- Cupping
- Microcurrent - CACI
- Chinese Herbs
- Sports Medicine





FAQ

Is the constitutional facial acupuncture treatment painful?

The whole experience of receiving constitutional facial acupuncture is quite enjoyable, pleasant and relaxing. The needles used in our treatments are very thin and generally painless. Sometimes there might be a brief soreness or pulling sensation on the skin, but it disappears quickly.

Is constitutional facial acupuncture safe?

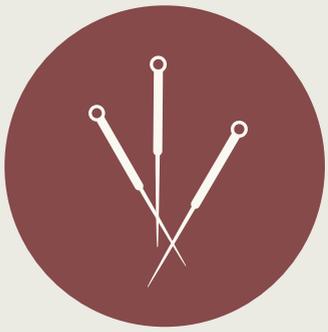
We can honestly say that the process of executing facial acupuncture is very safe. Our treatments are performed by a doctor of acupuncture and oriental medicine that knows the human anatomy very well and inserts needles in a safe fashion. The instruments used to penetrate the skin are pre-sterilized and disposable after every use. In a rare cases there can be some mild side effects.

How long are the constitutional facial acupuncture treatments?

Usually a treatment for facial acupuncture takes around 1 hour. In a case where acupuncture is combined with other techniques or treatments to maximise the results of skin rejuvenating, it lasts more than that.

Can anyone use constitutional facial acupuncture treatments?

Facial acupuncture treatments are not recommended for patients with migraines, seizure disorders or high blood pressure.



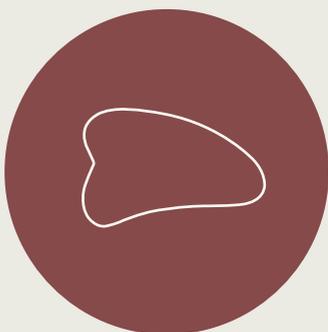
Constitutional facial acupuncture

Constitutional facial acupuncture is a painless method for reducing the signs of the ageing by inserting tiny needles into to skin and creating new collagen and elastin fibres. Acupuncture is an excellent alternative for cosmetic surgery, and potentially dangerous cosmetic procedures such as botox and other chemicals. It has many proven benefits such as: enhanced fresh collagen, enhanced elastin production under the skin, improved blood circulation to nourish the facial tissues and removal of toxins and dead skin cells.



Tuning forks

Acutonics is among the most known tuning fork practices, a special technique that was developed by an acupuncturist which utilizes the vibrating weighted tuning forks on special points on the face. It is based on the same assertion as acupuncture – that stimulation of these appropriate areas can unclog stuck or lifeless energy, improving the energy flow throughout the body and supporting the whole being in healing itself and dead skin cells.



Gua Sha

Facial gua sha treatment is widely known and practised, especially for developing positive energy, and its ability to help with certain aesthetic problems. It not only promotes blood flow and qi energy circulation but also advances the reconstruction of skin cell, enhances skin absorption, prevents ageing and makes the skin look and feel younger.



E-Stim

The procedure for electro - acupuncture usually involves the needles inserted as in a traditional treatment, but a small electrode is attached to them. This electrode provides a gentle vibration that stimulates the qi running through these points. It is often very soothing to the patient, providing a soft humming and essentially, a more fluid treatment.



Cupping

The facial cupping technique that we use in our clinic lifts and rejuvenates the facial muscles, while giving them a boost of energy. The procedure includes a soft rubbing of the face tissue which promotes the blood circulation and draining of the lymph nodes. We recommend this method as a powerful anti - wrinkle regimen which leaves the face looking well - rested and energized.



Microcurrent - CACI

CACI (Computer Aided Cosmetology Instrument) is a special beauty tool that uses a series of electrical pulses to stimulate all the muscles in the face, which are being gently reshaped and manipulated by our trained specialist, with a series of precise movements. With age the facial muscles are losing elasticity and tone, but the treatments with CACI are sure to help patients regain firmness by transmitting the microcurrent energy to the face which restores the youthful features. (coming soon)



Chinese Herbs

Practitioners agree that nowadays Chinese herbs represent an entire medical system that shows effectiveness in treating a wide range of conditions. The principal reason why more and more people are turning to Chinese herbs is because of the broad extent of experience that is associated with their application.



Sports Medicine

Traditional Chinese Medicine (TCM) is known and proved to enhance athletic performance, prevent injuries and treat pain, wounds and bruises. This type of treatment involves addressing the whole body including the internal organs, the musculoskeletal system and the psychological irritants involved with prolonged competitive environments.