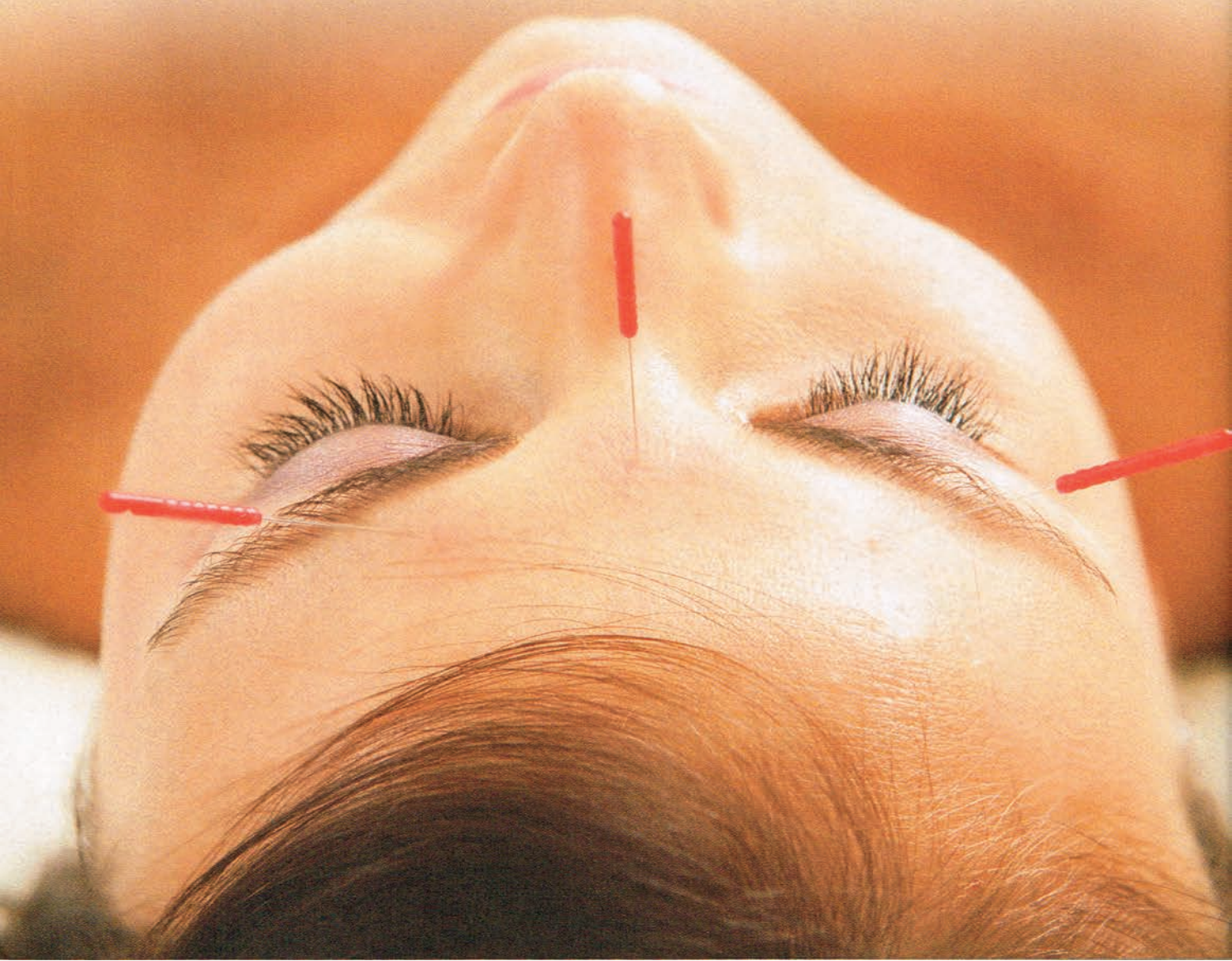


# THE YOGA Face

*Jane Egginton Looks at  
Alternative Approaches to Ageing*



**I**f you want to look younger but have no desire to go under the knife, there are plenty of opportunities for you to find youth –naturally. While these approaches may not be an immediate quick fix, they provide long-lasting results that are taking both the natural health and beauty world by storm.

We all know that good food, exercise and hydration are key to beautiful skin. We also know how difficult it can be to implement these good practices day after day. The good news is that helping, healing hands are available to take us down this path without resorting to surgery or Botox, as I discovered.

I began my holy grail to everlasting youth – well, my search to take a year or two off my facial features at least – at an acupuncture clinic in central London. While I appreciate that some people see the needles needed for facial acupuncture as off putting as the surgical knives in plastic surgery, I would urge that you reconsider.

I would also urge that you choose a practitioner such as Eli Afshar, who not only has the most calming bedside manner but is also a pioneer of cosmetic acupuncture and dermaroller treatment in London. I do have a confession to make: I am a big fan of acupuncture. It has successfully treated me for everything from anxiety to low energy. But even I was surprised at the results from just two consultations with Eli. Facial acupuncture is different from body treatments in that it uses a lot more needles and is therefore a lot more intensive.

For this reason, I strongly suggest that you try out a traditional body acupuncture treatment before experiencing a facial. Acupuncture is a holistic approach that looks at the whole system, so expect to be asked questions about – and even asked to change – your diet, daily routine and exercise programme.

Secondly: do pick a therapist that suits you. You want one that is highly professional and whom you can trust. Ask for personal recommendations – or if you are in London – visit Eli. I can't recommend her highly enough, although some of her suggestions did go against the grain for me – literally. Eli firmly suggested I give up not only wheat, sugar and dairy, but also wine and beer. Although she did cheerily tell me that tequila was fine.

The session saw her building a case history based on questions and answers, tongue observation and pulse taking. At the end of this, Eli evaluated my particular constitution, all imbalances and defined my personal treatment plan. It seemed I was toxic: too much phlegm and damp in the system, which was clearly having an effect on my emotional and physical wellbeing and – shockingly, taking years off my life.

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The treatment involved putting needles all over my face, but I feel strangely relaxed and a real sense of wellbeing. Afterwards, a Japanese guasha is used to gently smooth my skin and a tsohu to increase circulation. This is followed by a short massage using lavender and rose oil.

I am amazed to see that – yes – I look younger, A lot younger – perhaps even ten years younger. My lines have diminished and my cheekbones have lifted, and all this with no chemicals and no surgery. Admittedly, facial rejuvenation does cost around two or three

times the price of body acupuncture, but then the effects are much more profound. Eli is the first to admit that she cant change the essence of someone's face, but what she can – quite clearly – do is initiate long lasting positive results.

Eli has a real understanding of health and beauty and a long track record of successfully treating people of all ages and with all kinds of health conditions. I am looking forward to another treatment with her: the dermaroller - her signature treatment and the ultimate non-surgical facelift and facial rejuvenation.





## *Facial Yoga: Simple Exercises to do at Home*

For a spot of DIY anti-ageing, New York based yoga instructor Annelise Hagen has created a facial yoga workout that addresses one of the main causes of ageing: tension. Using your knuckles you can unwrinkle your forehead; with your thumbs and fingers you can work on an important acupressure point between your nose and your eyes. A simple rub on the outside of your nostrils and under your eyes can release toxins that can contribute to ageing and pressing your index finger into the middle of your cheeks oxygenates the skin, detoxifying it and aiding the anti-ageing process. Hagen is author of *The Yoga Face: Eliminate Wrinkles with the Ultimate Natural Facelift* (2007, Avery).

## *Beauty Angel ELT: Energising Light Therapy*

This innovative therapy, newly launched in the UK is another non-invasive approach that doesn't use UV, lasers, injections or surgery. Using several spectral ranges of light, collagen, elastin, water balance and oxygen in the skin are boosted naturally, with skin cells regenerating up to 200% faster. Three 20-minute treatments are recommended, with results visible after just one visit.

Spa Illuminata, Mayfair 020 7499 7775 [spailluminata.com](http://spailluminata.com)

Cucumba salon, Soho 020 7734 2020 [cucumba.co.uk](http://cucumba.co.uk)

Let's be clear, here. Facial acupuncture, (or facial rejuvenation as it is commonly called), facial yoga, light therapy or facial massage, are not quick fixes. But these natural alternatives to Botox can have remarkable, long lasting effects on not only your face, but your body, improving mood, relaxation and having a positive effect on general wellbeing too.

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