

## Let treatment get under your skin

[Jul 8 2008](#) By Nan Spowart

**A NEW anti-ageing treatment favoured by the stars has arrived in Scotland.**

A NEW anti-ageing treatment favoured by the stars has arrived in Scotland.

Madonna and Gwyneth Paltrow are just two of the celebrities who are reputedly big fans of a non-surgical facelift called Facial Revitalisation Acupuncture (FRA), which is now available in Edinburgh.

She may have overdone her fitness regime, but Madonna is still very youthful looking at 50.

Gwyneth is another star who looks indecently fresh faced and glowing for a mother of two small children.

Their secret is said to be FRA, which was launched in the States a few years ago and recently crossed the Atlantic to Britain.

With fears emerging about the long-term use of Botox, FRA could be the Holy Grail of non-surgical anti-ageing treatment.

It's not cheap but still costs less than a facelift and, in a trial of 300 people, it really did seem to work.

The research showed that more than 90 per cent of the 300 showed significant improvements after one course of treatment.

FRA, sometimes referred to as an acupuncture facelift, is based on the principles of Oriental medicine and dates back thousands of years in China.

Fans of the treatment say it can erase years from the face.

Bags under the eyes can be reduced, jowls firmed, puffiness eliminated, droopy eyelids lifted and double chins minimised, it's claimed.

With all these apparent benefits, it is no wonder that in New York and Los Angeles waiting lists are often more than a year long.

The treatment was also given a boost in the States by a mention on *Sex and the City* and has featured on the major news networks.

In the interests of investigative journalism, it seemed only right for the Record to try it out, so I went along to the Jan de Vries clinic in Edinburgh.

Here, the treatment is being launched by Charmaine Shepherd, who has studied and practised acupuncture in Singapore and China, and is a member of the British Acupuncture Council.

She is aided by Laura Garland, a holistic therapist who practises massage as well as beauty therapy.

The treatment is not for the needle-shy as it involves the insertion of hair-thin needles into areas of the face, ears, neck, hands, body and legs.

First though there is a full assessment of the client's lifestyle and well-being.

"The face is often used in Chinese medicine as a diagnostic tool to tell what is going on in the body," said Charmaine.

"It is believed that if you are healthy on the inside, then it shows on the face."

As the stresses and strains of life, not to mention too many late nights, are already causing lines on my face, I thought I was a good candidate for the treatment. I was initially gratified to hear that my complexion is pretty good but then worried when I was told that the vertical lines between my eyes are a sign my liver is under pressure.

Fully expecting to be told to stay off alcohol, I was relieved when Charmaine said that my liver is struggling to metabolise my hormones.

"Are you irritable?" she asked.

"What makes you ask that?" I snapped back, peeved that she had rumbled me so quickly.

On the bright side, I had no dark rings under my eyes - that apparently means problems with the kidneys.

After the consultation, I was told to hop on to the treatment table where a variety of needles were inserted all over my face, legs, ears, and hands.

After around 20 minutes, the needles were removed and Laura then gave me what was more of a traditional facial before a wonderful massage with arnica and orange facial oil.

The treatment took around 90 minutes and my skin was glowing afterwards.

The lines were still there - up to ten treatments are recommended - but my skin was incredibly soft and looked amazing.

I was meeting an old friend afterwards and she noticed the difference straight away.

The main benefit, however, was that I've been incredibly calm since the treatment.

I certainly feel as if my inner harmony has been restored. All I can say is, bring on the next treatment.

For more information contact 0131 558 7000. A treatment costs s90 and lasts for 90 minutes.

'With all its benefits, it's no wonder waiting lists are more than a year long'