

# Ni Meili Packages

Packages are available to both men and women and generally run for 12 weekly sessions.

All packages include face and body acupuncture, organic facial tea steaming - using both traditional and bespoke tea blends, facial masks and ultra sonic treatment.

## Pricing

Your initial consultation and treatment will be free of charge, in order to establish how to best create a bespoke package for you.

*7 Treatments*  
Each session will take approximately 1.5 hours

£90 per treatment or  
£600 to schedule  
in advance.

*12 Treatments*  
Each session will take approximately 1.5 hours

£90 per treatment or  
£1,000 to schedule  
in advance.

*Maintenance Treatments*  
Each session will take approximately 1 hour

£60 per treatment.

Contact Michaela to find out more, or to book your free initial appointment:

*Email*  
m.storer.acupuncture@gmail.com

*Telephone*  
01359/408 011

*Text Only*  
07788 503 429



Or have a look at  
the Woolpit Complementary  
website:

*www.woolpit-complementary.co.uk*

# Ni Meili



Face and Body Acupuncture



Facial Tea Steaming Treatment



Facial Masks



# About Ni Meili

Michaela provides constitutional facial acupuncture, under the banner of Ni Meili, [nee maylee] in traditional Chinese translates to 'You Beautiful'.

All packages are bespoke, targeting specific areas of concern as well as overall conditioning of the skin.

## What is Constitutional Facial Acupuncture?

Constitutional Facial Acupuncture (CFA) is a non-surgical method of reducing the signs of aging on the face and improving



ones overall health and wellbeing. CFA can sometimes be referred to as an 'acupuncture face-lift', however, it is much more than a cosmetic procedure, it is a revitalising course of up to twelve treatments, of bespoke design to help the whole body feel good and look rejuvenated.

CFA is based on the principles of Traditional Chinese Medicine and therefore starts with a traditional diagnosis to establish underlying excesses and deficiencies that may be effecting your constitution. The treatments will



Great for men

include the insertion of very fine 'hair like' needles to the face improving blood flow and collagen response to the areas of concern, in conjunction with a selection of body points to improve your constitution and overall wellbeing.

Results can be apparent after a just few treatments and include the following:

- Fine lines may be entirely eliminated and deeper wrinkles diminished.
- Bags and dark circles under the eyes can be reduced.
- Jowls firmed.
- Puffiness eliminated.
- Skin tone and colour evened out.
- Drooping eyelids lifted.
- Chin area firmed and defined.
- Enhanced definition of cheek bones.
- Other likely results include: improved nourishment of the skin with increased local circulation of blood and lymph to the face, increased collagen production, improved muscle tone and dermal contraction. Tightening of the pores, brightening of the eyes, improvement of hormonal related blemishes.

## Is CFA a Fad?

For thousands of years, the Chinese have known that beauty comes from being healthy within. As early as the Sung Dynasty (960AD-1270AD), Acupuncture rejuvenation practices were employed for the Empress and Emperor's concubines. The Chinese discovered and developed ways to change the flow of Qi (chee) within the body to initiate the healing process for rejuvenation. Even for those unfamiliar with the principles of Chinese Medicine, it is known that increased circulation helps the body to look and feel better.

## Are there any contraindications?

There are some contraindications to receiving CFA. These will be discussed with you during your assessment or alternatively, you can call Michaela in advance to discuss any concerns.



## Are there any side effects?

CFA is very safe, but there is a very real chance of minor bruising to the face in spite of precautionary measures. There is also the possibility of headache, but this usually goes quite quickly. CFA does not cause scarring, disfigurement, excessive tightening or paralysis, so you still have full facial expression.