

## Facial Rejuvenation Options

Surgical/Medical Options	Conventional Facial	Energy Light Rejuvenation
In general, surgical and Laser options are significantly more expensive than non-surgical options. Costs can range \$1,000 to \$10,000 or more depending on modalities and scope of treatment.	Quality skin care products - may be chemical based or use artificial colors and scents	Quality skin care products - aloe based - enhanced with gem essences - enhanced with minerals - enhanced with essential oils
Results are often very dramatic but may create unnatural facial appearance.	May use electro therapy - often use high levels of stimulation that create short term tone but ultimately weaken muscles over time	Uses microcurrent - increases collagen 10% - increases elastin 45% - increases number of blood vessels 35% - increases ATP 500% ( per 1982 study by Dr. Cheng)
Long healing and recovery times are common. Possible nerve damage, infection and other complications are possible with any surgery.	Utilizes massage	Utilizes massage enhanced with microcurrent
Not based on a wellness model of the body. Purely mechanical in approach to treatment.	No color therapy	Integrates pulsed color therapy based on the work of Dr. Dinshah. Three different colors are used in the course of treatment for different effects. Customized to the patient based on needs.
May use synthetic or toxic chemicals (Botox) to change appearance.		
Training of practitioner: Usually an MD.	No sound therapy	Integrates a special pulsed sound wave therapy during treatment to stimulate healing
	Based on chemical effects on skin. Not based on total body harmony.	Based on Chinese Medicine view of creating health by bringing balance to the whole body. Stimulates the meridians of the body through points on the face and body.
	Cost: based on type of treatment and facility's overhead. \$65 to \$120+	Cost: At Vahila Acupuncture and Massotherapy - \$90. At spas, up to \$250 depending on location. An initial series of 5 to 10 is suggested for maximum rejuvenation effects. Our philosophy: Health care should be affordable. Keep it simple. Offer high quality at a fair price.
	Training of practitioner: May be minimal in skin care if a Cosmetologist. May be better if performed by an Esthetician.	Training of practitioner: Michael is National Board Certified in Acupuncture and is a licensed massage therapist. He developed and teaches the massage program at Stark State College. Marcia is an Esthetician and licensed massage therapist. She teaches massage therapy at NIM.