



Constitutional Facial Rejuvenation— for a glow that radiates from deep within

Constitutional facial rejuvenation is a non-invasive technique that enhances the appearance of your face and improves your overall health.

A person's face reflects the state of his or her internal organs. To improve the outside, one must also treat the inside.

Enjoy a spa-like experience that

incorporates a relaxing combination of massage, local and distal acupuncture, herbal masks, moisturizers, and essential oils. The MindBodyHerbs technique addresses a variety of skin conditions to reveal overall enhancements in your appearance, including:

- reduced fine lines and wrinkles
- diminished under-eye bags
- firmer jowls
- improved skin tone, and more!

In addition, you'll experience increased energy, a boost in confidence, and eyes that sparkle!

MindBodyHerbs

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May you enjoy excellent
health and long life!

David Caruso-Radin
LAc, MS, MQP, DiplABT



David is a licensed acupuncturist, herbalist, certified Asian bodywork therapist, medical Qi Gong practitioner and instructor, and certified facial rejuvenation practitioner. David created MindBodyHerbs to help his clients learn the skills and habits necessary to maintain health gains for long term benefits. For more info and treatment details visit mindbodyherbs.com.

MindBodyHerbs has two offices: North Berkeley and East Richmond. Specialties include:

- Acupuncture
- Asian Bodywork
- Wellness Education
- Facial Rejuvenation
- Herbal Consultation
- Nutrition & Lifestyle Consultation



Call or email to make an appointment: 510.684.0926
or info@mindbodyherbs.com.

Follow these self-care techniques to get the most out of your facial rejuvenation treatments and improve your overall appearance:

- Breathe deeply and mindfully. Enjoy your life.
- Keep your face clean and practice gentle massage every day to improve circulation.
- Drink plenty of water to keep the muscles and skin hydrated and when possible, eat organically.
- Accept your age and the changes in your beauty. Age brings beauty, wisdom, and grace.

Visit mindbodyherbs.com for more tips!