

About Yvette

Yvette Qualified as a fitness and aerobic instructor in 1988 and has been working in the health and fitness industry since 1989.

In 1998 she gained a BA Hons degree in Sport and Leisure from the University of Warwick, then In 1999 she return to higher education to gain a diploma in Reflexology, Aromatherapy and Remedial massage.

Having completed a Diploma in the Pilates technique in 1999, she has been running Central England Pilates and teaching classes in the Central England area and abroad.

Returning again to Higher Education in 2006 to study Osteopathy at Oxford Brookes University, then transferring to Five Element Acupuncture in 2007.

Yvette finally qualified as a traditional and cosmetic acupuncturist in September 2010 and now has clinics in Kenilworth.

Price List

Classical Acupuncture Diagnosis and Initial Treatment

1½ - 2 hours **£50**
Subsequent treatments
1 hour **£37**

Cosmetic Acupuncture & Facial Rejuvenation

2 hours **£60**
Course of 5 **£275**
Course of 10 **£500**

Clinic Hours

Friday 1.30pm until late
Saturday 9.30am - 2pm

at Angels Beauty Clinic
16 High Street, Kenilworth, CV8 1LZ
Tel: 01926 777423

Tuesday 9am - 1pm

at Kenilworth Chiropractic Clinic
125 Warwick Road, Kenilworth, CV8 1HY
Tel: 01926 865985

Home visits available on request

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Classical Acupuncture Kenilworth

Yvette Giles Lic.Ac, BA (Hons), Dip
Member CThA UK



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What is Classical Acupuncture?

Classical Acupuncture is an ancient form of healing that supports the balanced flow of energy within the body.

The acupuncturist seeks to understand and support the patient's unique energetic balance. By treating the Causative Factor, the patients underlying constitutional weakness, healing is supported on the most profound level. Chronic and long standing problems often fade into memories.

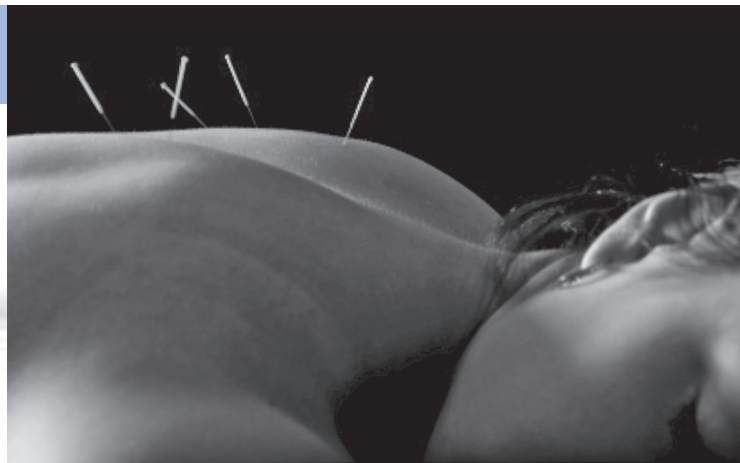
Classical Acupuncture considers the health of the body, mind and spirit to be equally important in overall health. In contrast, symptom based approaches use formulas to support the current problem, often miss the underlying reason why the individual is sick.

Ultimately, health is not just the absence of symptoms or disease. It is the vitality, clarity and energy we need in the pursuit of a rich and fulfilling life.

Treatment

Acupuncture is the insertion of very fine needles and/or the burning of moxa, a herb, on specific points along energy pathways called meridians. The needles and moxa influence the balance and flow of qi or energy in the patient and assist them towards gaining and maintaining health.

In addition gua sha, cupping and bloodletting are also often used to regain balance and harmony.



What can Acupuncture help?

Classical Acupuncture treatments can be used to help a wide range of conditions including:

- Anxiety, stress and depression
- Sleep disorders
- Back pain, sciatica, arthritis, rheumatism, gout
- Circulation problems
- Digestive and bowel disorders
- Respiratory disorders including asthma
- Eczema and other skin conditions
- Migraine and headaches
- High blood pressure
- General aches and pains
- Menstrual problems
- Infertility
- Poor energy levels after illness

Cosmetic Acupuncture

This treatment is based on the ancient Chinese concept that the body's motivating energy, the qi, diminishes with age, causing a reduction in nourishment and support to the skin. It hydrates and plumps the skin, improving the appearance of facial lines and preventing new ones from forming. It is also used to diminish baggy eyelids, dark circles around the eyes, discoloured skin, scars, acne and other blemishes. Facial Revitalisation Acupuncture is not just a 'facelift', it's a holistic treatment which aims to restore well being of the body. As a result the treatment has other health benefits.

How effective is Cosmetic Acupuncture?

Facial Revitalisation massage and Acupuncture is a relatively new technique. However, its benefits are already well documented. In 1996 the International Journal of Clinical Acupuncture reported a trial in which 90% of 300 cases treated with cosmetic Acupuncture had marked effects after just one course of treatment.

Treatment

For maximum effect, It is advisable to embark on a course of 10 treatments. However, some clients can feel and see a difference after even the first two or three treatments.

Top-up treatments are required every couple of months in order to maintain the optimum effect.

Treatment time is approximately 1 hour 30 minutes.

Testimonial

"I began to have acupuncture about 9 months ago for the fatigue caused by my Rheumatoid Arthritis and have never looked back. My joints are no longer swollen or painful, my energy levels and general wellbeing are much improved too. I would recommend acupuncture with Yvette to anyone. I've gone from exhausted and in pain to walking the dog twice a day, it's made such an amazing difference not just to my health but to my life as a whole."

Mrs C. Warwickshire

Testimonial

"I had been suffering with Sciatica for a couple of weeks and the doctor simply prescribed painkillers which did not work. Yvette offered Acupuncture as an alternative. The relief was immediate and I slept well the first night. After my second session a week later, the pain has gone completely. I would recommend this treatment to anyone who feels traditional methods are not working for them."

Mr A. Birmingham

