



# Laser Hair Removal

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## Natural: Acupuncture Facial Rejuvenation

Posted on June 15, 2011 by [admin](#)

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Between reality TV show stars and the flawless locals parading through our real world in America's Finest City, there is a nonstop pressure to strive for perfection, at any cost.

San Diego is a very young city, and yet we twenty-somethings already feel the need to slim down and touch up with a little help from cosmetic procedures. From Botox and Restylane to Juvederm and Sculptra, there are many non-invasive cosmetic treatments designed to smooth and tighten our skin in all the right places. But, do we need them, and are they actually good for us?

Curious to try Botox, I explained my problem areas during my recent visit to **PLACE 360 Health + Spa** in Del Mar. A place of health, wellness and organic self-enrichment, PLACE 360 does not offer the aforementioned med spa services, and for good reason. While listening to my claims of wrinkles and fine lines with a smirk, the practitioner explained that I do not need the good or bad effects Botox, and instead recommended a natural remedy with the same results and increased full-body benefits: **Acupuncture Facial Rejuvenation**.

If you're like me and simply want to get a head start on anti-aging, or are seeking a long-lasting solution for wrinkles and blemishes, go organic with Acupuncture Facial Rejuvenation at PLACE 360. This unique treatment combines traditional Chinese medicine with lymphatic drainage using gentle acupuncture, the Biodrainer facial machine, and Phytobioderme products. It is a gentle yet effective way to decrease the appearance of wrinkles and blemishes on the skin, increase muscle tone, reduce puffiness and promote circulation and lymphatic drainage while stimulating collagen growth. If you follow PLACE 360's advice on how many sessions your skin needs, this treatment is said to provide even better results than Botox, and they will last. Starts at \$125 for 60-70 minutes.

Located just blocks from Del Mar Plaza, PLACE 360 is a quaint boutique health spa that offers everything from Acupuncture and Custom Herbal Remedies, to Outdoor Fitness, Nutrition Coaching, Massage, Skin Care, Waxing, and Semi-Permanent Make-up. This great range of natural and alternative health treatments is balanced with Eastern and Western philosophies. No matter what you choose, you're invited to come early and stay late, taking advantage of PLACE 360's amazing steam and Swiss shower, followed by tea service in the relaxation lounge. If you're looking for guidance on a specific issue, opt for a HealthStyle360 package, ranging from Sleep and Stress Management and Sport Performance, to Weight Loss.

Learn more about PLACE 360 and more San Diego spas on DiscoverSD.com.

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