



Niroshini Cosmetic Acupuncture Ritual Q & A

How many sessions should I have?

At Niroshini, our treatments are client led so dependent on what is to be achieved, we look to tailor the treatment specifically to each person's goals; a certain number of treatments is never suggested. If someone wanted to maintain the look that they have, they may come "once in a blue moon" whereas others may do a course of 10 treatments or some people will find they get the results that they want in 2 to 3 sessions.

Timings in-between sessions

If you want to achieve a certain goal in a short period of time, 2 sessions can be carried out per week. Most people, however, wanting to achieve a cosmetic aim, will come once every 2 weeks. The maximum time in-between sessions is 3 weeks, as we are training the facial muscles to create facial lift and tone.

Minimum number of sessions to see improvements with lifting along the jaw line and fine lines/wrinkles

Fine lines/wrinkles – 3 sessions
Lift along the jaw line – 5 sessions

Sessions after reaching cosmetic goal

To maintain the look that has been achieved, "top ups" will be necessary due to the natural ageing process. How often, is dependent on the individual however it usually varies from 4, 6 or 9 months.