

THE NIROSHINI RITUAL

At Niroshini Cosmetic Acupuncture, Melissa Day provides the ultimate 'non-surgical' facelift – a completely natural alternative to Botox and cosmetic surgery.

IT'S A TREATMENT that has been featured on TV's *Ten Years Younger* and is much favoured as a natural beauty alternative by many preparing for red carpet events. It is a completely natural alternative to Botox and cosmetic surgery. The 'Niroshini Cosmetic Acupuncture Ritual' is safe, efficient and effective.

Melissa also treats a range of health and skin requirements including sagging skin, fine lines, wrinkles, muscle tone, acne and other skin concerns and conditions.

She believes that every client is unique so all her treatments are completely bespoke and tailor-made for the individual. The advantage of acupuncture is that it's completely natural – there are no pills or potions, nothing is injected and there is no scarring or recovery time as it's a very gentle process.

It's well known that these treatments are also restful and rejuvenating, so be prepared to float out of any treatment at Niroshini Cosmetic Acupuncture, feeling more than a little blissful.

THE BENEFITS

The Niroshini Ritual not only focuses on cosmetic concerns but also overall health and wellbeing. The Niroshini Method that Melissa has developed focuses on musculoskeletal issues as well as regulating the immune system and internal organ function.

To ensure each session is bespoke, a detailed Niroshini Treatment Plan Development session is held

beforehand to assess health requirements and desired results. The treatment is completely tailored to each individual.

THE EXPERIENCE

Despite having needles put into my face this was surprisingly an incredibly relaxing and calming experience. Some areas of the face are slightly more tender than others, but I felt completely at ease with the idea of needles being put in, thanks to Melissa, and later I think I actually nodded off! Aesthetically, I was concerned about my sagging jaw line, and the plan development session exposed some concern on digestion and kidneys, so Melissa focused the treatment towards helping these areas.

There was definite improvement to my jaw silhouette afterwards, and in general my skin had a youthful glow for a few days. To be able to keep hold of the effects, I will definitely be considering more sessions.

AFTERCARE

Melissa advises that it is vital that you drink plenty of fluids over the next 72 hours to support your system as the treatment has a detoxifying effect on the body. Hot water and lemon drinks first thing in the morning will be excellent for helping to support and cleanse the liver. Adding fresh ginger will be a bonus, assisting the reduction of inflammation and promoting healthier digestion. ■



The Parlour at Belle Grove



The retreat venues are at award-winning Belle Grove and Butley Priory. The next retreat will be in the autumn at Butley Priory from 28th – 31st October.



Retreat to the Suffolk Countryside

The all-women retreats focus on enabling personal empowerment and balanced wellbeing. With tailor-made treatments and time for each group of 5-7 women to bond. The retreat offers a chance to focus on developing that deep core within each of us; that intuitive and "knowing" place and encourages the sharing of knowledge and personal development.

Niroshini treatments reference ancient spiritual healing practices from Sri Lanka, India, Peru and Ecuador! Holistic treatments are offered so you'll discover glorious ways to indulge yourself on all levels, with your body, mind and spirit reaping the benefits.

Each retreat includes:

- Niroshini Cosmetic Acupuncture Ritual and a pre-consultation
- Saatvic cuisine from In-house chef, nutritionist Katy Cox
- Crystal healing session
- Two Qi Gong classes
- Three group healing sessions
- Live music
- Animal communication group session OR art workshop inspired by nature
- Tree ceremony
- Luxury gift bag

At each retreat, different, international musicians will be performing. At the upcoming autumn retreat, special guest Alex Wilson, Latin Jazz and Salsa pianist and composer, will be performing *Touring Tapestry* as well as joining guests for their evening meal, for an opportunity to ask him questions about his world tour, albums and more.



Melissa Day



Alex Wilson

FOR MORE INFORMATION e: info@niroshini.com @ [niroshini_retreats](https://www.instagram.com/niroshini_retreats) www.niroshini-acupuncture.com