

Oh Mayan! - Stoneham, MA - Stoneham Sun  
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Stoneham - Last Friday afternoon I found myself under the influence of ancient Mayan gems. The stones, which are best known for their healing powers, were being used to relax my facial muscles, while simultaneously diminishing the bags under my eyes and my furrowed brow. What I was experiencing was the new Acugems Facial Rejuve treatment, offered at reVive Skin Therapies, 468 Main St.

Beth Ann Fischberg, owner of reVive, who was trained in California to administer this unique, anti-aging facial, is currently the only esthetician offering the service in Massachusetts. Her faithful clients come from all around the area — Melrose, Reading, Brookline, Cambridge, etc.

For her clients, the treatment is a comforting alternative to plastic surgery and Botox. There's no recovery time or risk of permanent mistakes; plus it's a financial break for those wanting immediate beauty enhancements.

For Fischberg, it's a spiritual procedure, using ancient healing techniques adopted by Mayan culture to rejuvenate and firm the skin. She refers to it as an "all-natural facelift," using gemstones, micro-currents and therapeutic light, instead of surgery or needles, to "re-educate" facial muscles.

Acutrone, the machine used to circulate the micro-currents with gemstones, was designed by Aracely Plateroti, practitioner of oriental medicine and acupuncture in Santa Barbara, Calif. The treatment was featured in Spa Magazine and FitnessRx for Women.

"Plateroti is partly of Mayan decent. In the Mayan culture they use gemstones for healing. So she always used gems, since she was a child. Her mother used them when she had stomachaches and would put stones on her stomach to help her heal," said Fischberg. "So when she became an acupuncturist she wanted to find out a way to incorporate the gemstones with needles."

"My treatment is non-needlist," she added. "It uses the principles of Chinese medicine and acupuncture, but also uses micro-current energy, which is a very low electrical current, similar to the current in the body, so you hardly feel it. Then it also incorporates 12 different therapeutic color frequencies, customized to each person and gemstone."

The gemstones primarily used are tourmaline — pink and green, citrine, black star sapphire and London blue topaz. Certain stones are used for different skin conditions. But tourmaline is a staple because it uses both negative and positive charge to help the products penetrate, while also helping to heal. Tourmaline is also used in flattening irons and skin-care products, according to Fischberg.

"I use the tourmaline until I see a shift in the energy. It's more than just lifting; I see a change in the eyes — there's this energy that comes out. Then I know that it's created the energy shift. It's energy medicine I'm working with, like acupuncture, but without the needles. It's also about connecting a person to their heart. I can see it in their eyes," she said.

### **The procedure**

Prior to beginning the treatment, Fischberg took a "before" picture of me "for fun" to see what changes I would experience. I was happy, and rested, so I thought I would look fine. Without a worry, I moved on to the massage table, where Fischberg began the treatment by covering my skin with a customized,

organic oil that she created. She then wrapped a warm, steamed cloth around my face, before beginning the micro-current therapy.

The Acutrone, she explained, proceeds through various stages of current that are distinguished by different sounds and tones the machine makes. The first stage helps to promote lymphatic drainage, while the other currents open the pores then close them.

The electrical current is released through two prongs. Each prong has two stems — one gives off different color frequencies through the chosen gemstone and the other has an oil-dipped tip from which the current is applied to the skin.

The current really just feels like a sharp tingle, or even tiny little needles pricking the skin. It's a curious sensation, but not at all painful and still relaxing. Within minutes I could feel my face getting warmer, as though I had just gone for a run and the blood was rushing to my face.

Fischberg applies the current to specific points in the face that are connected with other parts of the body, as acupuncture does. She had a planned-out route that included the jaw line, the outer parts of the eye and the "laugh lines" surrounding the mouth.

After massaging the current into the skin for about 30 minutes, she applied a calming mask. While we waited for the mask to dry she massaged my shoulders and upper back for about 10 minutes, so I was completely relaxed.

After wiping off the mask with another warm cloth, she used metal rods to massage my facial muscles. With skill she outlined my jawbone, telling me that my jaw was very tense and focusing on that area. She ended the treatment with a short foot massage, which she said is something she has added to make the procedure "her own."

After we were finished, Fischberg said we should take the "after" picture and compare. I felt exactly the same for this picture — happy and rested — and there were no hidden tricks with the camera or lighting.

When she showed me the "before" picture I immediately noticed how drained I looked, and how my eyes drooped just slightly. In the "after" picture my skin looked radiant, my eyes bright and the furrow in my brow was gone. My eyes even looked further apart because the muscles between them had relaxed. I was shocked.

Although many can see this sort of result after their first treatment, Fischberg recommends a series of 10, which costs \$2,500. Fischberg says not everyone needs 10 treatments, and each trip costs \$270.

A seemingly expensive luxury, this facial is actually far less than plastic surgery and far more relaxing. Although I cannot attest to prolonged results with prolonged treatment, I can say I was pretty impressed with the immediate effects of this treatment. I would love to go back!

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