



ACUGEMS

“HEALING THROUGH AN OPEN HEART”

SPA TREATMENTS COME IN ALL KINDS THESE DAYS. WITH THE TECHNOLOGY AND DEMAND TO ALTER YOUR APPEARANCE, WE CAN NOW TRANSFORM OURSELVES WITH “EXTREME” MAKEOVERS, PROMISING TO MAKE US LOOK YOUNG AND VIBRANT AGAIN. BUT WHAT ABOUT FEELING YOUNG AND VIBRANT AS WELL? AND WHAT ABOUT DOING BOTH WITHOUT KNIVES, NEEDLES, BANDAGES, OR BOTOX? NOW, IT MAY SOUND TOO GOOD TO BE TRUE, OR LIKE JUST ANOTHER HOAX, BUT ACUGEMS FACIAL REJUVE TREATMENT DELIVERS REAL RESULTS.

The treatment, which takes about an hour, uses micro-currents, color frequencies, and the power of gemstones such as tourmaline to “re-educate facial muscles,” smooth fine lines and wrinkles, firm and improve skin tone and texture, reduce puffiness, and tighten and plump up the skin, not to mention the spiritual and mental benefits as well.

Acugems was started in Santa Barbara, California in 2003 by Aracely Plateroti, who holds a masters in acupuncture and Oriental medicine and strives to “enhance health and nourish the human spirit to bring about outer beauty” with her treatments and products. Plateroti has had a passion for gemstones from a young age, her family having always believed in their healing powers. She sees gems as a way to connect back to Mother Earth and to connect our heart centers to make them more open to love so that healing can occur at a cellular level.

Specializing in cosmetic facial rejuvenation with acupuncture for over 8 years, Plateroti has most recently developed the Acugems Facial Rejuve, a treatment without needles to renew, recharge, and re-connect. The Acugems Facial Rejuve combines the powers of gems and light, using the wisdom of Chinese Medicine, micro-currents, and of course, an open heart, as the treatment works with our body’s natural ability to rejuvenate itself. “Chinese medicine has a lot to do with energy pathways, and in performing this procedure, I can often see the physical shift in someone’s energy as I am working on them,” says Beth Ann Fischberg, clinical esthetician and owner of ReVive Spa in Stoneham. “By working certain areas and muscles in the face, the rest of the body can be affected through the energy pathways, and the benefits can range from sleeping better, less stress, and just a better attitude about life.”

Fischberg is the only practitioner of Acugems treatments in Massachusetts, and since first beginning the procedure in April, she has seen serious results in her clients and in herself. “This is a very spiritual thing for me, I can feel and see the changes in myself and my clients,” she passionately explains. “Most people come because they want to look better and younger, but then they keep coming because it is very relaxing and just makes them feel so good!”

THE TREATMENT

At the ReVive Spa in Stoneham before the treatment even begins Fischberg photographs every client for a “before” and “after” comparison and explains the treatment while customers look over past patrons’ photos. To begin the treatment, Fischberg brushes her own blend of essential oils across the face before covering the face, neck and chest with a warm wet towel. She continues by beginning the micro-current treatment. Acutrone is a machine designed to circulate micro-currents at a very low electrical current through different areas of the face while casting a beam of light through a gemstone at the tip of two prongs connected to the machine. Each prong has two stems, one with a soft oil dipped cotton tip and the other with the color frequency coming through the gem, which resembles a small stud earring. Feeling like a tiny brush painting your face, the light tingling sensation is not painful at all, but relaxing and soothing.

The first phase of the treatment uses a calming blue color frequency. “The blue works with the lymphatic system to help drain out toxins,” Fischberg explains. The next phase, the green frequency, works deeper to re-educate and lift the facial muscles. As this occurs, Fischberg also minds the other parts of the body that are associated with the

different areas of the face. Just as reflexology massage in the feet works various parts of the body, the forehead, for instance, has a connection to the intestines.

After massaging the current into the face for a half an hour or so, Fischberg puts away the prongs and covers the face with a soothing Chamomile mask. While the mask sets, she massages your scalp, shoulders, upper back and arms for total relaxation. The next step involves more micro-current massage, this time with no gems or light. Fischberg uses two rods to outline different areas of the face, focusing on lifting around the eyes and below the chin and jaw line for about 15 minutes. More soothing oils and lotions are applied to your face to finish it off, and the treatment concludes with a short foot massage and the sound of a gong, reminiscent of the Eastern origins of this healing treatment.

When finished with the Acugems treatment you’re sure to feel more centered, radiant, confident, and energized, yet relaxed and rejuvenated. Following the treatment Fischberg takes an “after” photograph to compare to the “before” shot. Patrons can notice visible differences, such as a lifted neck and chin. The treatment also helps the eyes look lifted and more alive, as well as improves the tone of the skin with a healthy glow. Fischberg recommends a series of 10 treatments to see optimal results, though it varies with every person, she says. The single treatment is \$270, and a series of 10 costs \$2500. While this may seem expensive, Fischberg assures it is reasonable. “Many people are willing to spend thousands on plastic surgery, far more than this treatment, far less relaxing, and with recovery time and potential negative side effects, she says. With Acugems, there are no side effects, just side benefits.”