

FOR IMMEDIATE RELEASE

“Victoria Mogilner’s book on acupressure facelifts taps into Asian tradition to help readers maintain a youthful appearance and a healthy lifestyle.”

—Bill Mueller, founder, Mueller College of Holistic Studies

ANCIENT SECRETS FOR FACIAL REJUVENATION

New Book Offers Holistic, Nonsurgical Approach to Youth & Well-Being

Imagine having exercises you can do in just minutes a day that give you a youthful, radiant complexion, reduce wrinkles, and rejuvenate your entire being from the inside out. The natural skin care program described in the enclosed advanced reading copy of *Ancient Secrets of Facial Rejuvenation* (New World Library, November 15, 2006) offers just that.

Chinese Medicine tells us there are acupressure points on the face that open meridian pathways throughout the body. Simply by touching and holding these points, you stimulate your lymphatic system, which is akin to draining waste, bacteria, and toxins from your tissues. This makes your skin glow and become more elastic. It also improves circulation throughout your face and body and greatly enhances your energy level and overall sense of well-being.

Derived from massage, aromatherapy, acupressure, and traditional Chinese healing arts, the gentle techniques in *Ancient Secrets of Facial Rejuvenation* take just minutes to do and are easy to include in morning routines like putting on makeup or shaving. As you touch your face and throat, you are also giving your body an important message of self-love and pampering. Taking time for yourself in this way sets a positive tone not only for your day, but your entire life.

Throughout her book, author and certified acupuncturist Victoria Mogilner describes the skin’s function as one of the body’s major organs. She reminds us that our faces show what our bodies feel. As she describes each acupressure point, she explains what meridian is affected and how it impacts our day-to-day lives. She also includes breathing exercises, routines for specific problems, and affirmations that further rid the body and mind of toxins.

About the Author

Victoria J. Mogilner, a certified acupuncturist, has maintained a private practice of acupuncture, acupressure, herbal medicine, massage therapy, and counseling for more than 20 years. She received clinical training in Tibetan medicine under the direct tutelage of the Dalai Lama’s personal physician, Dr. Dolma and studied at the Gestalt Institute for three years. Victoria regularly offers facial rejuvenations and health-oriented workshops. Her website is www.ewrejuvenationcenter.com.

Ancient Secrets of Facial Rejuvenation by Victoria Mogilner
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