

# POSTGRADUATE COURSE IN ACUPUNCTURE

ENERGIMED, October 26th - 28th 2018 Barcelona

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## Course in Cosmetic Acupuncture & Dermatological Diseases

Dra. Radha Thambirajah, Dra. Isabel Giralt

Beauty comes from within, but it can also be enhanced by many artificial and invasive methods from outside. However, lasting beauty can only be a manifestation of good health and a tranquil mind. Acupuncture can help both body and mind, and make it possible that, with a good diet, rest and exercise, this inner health and outer youthful appearance can be maintained long after the treatment ends. The course aims to discuss the theory and practice of balancing energetic states of the body and mind, in order to treat problems of skin, the connective tissue that adhere the skin firmly to the muscle, muscle sagging and postural problems relating to ageing – and how to correct them. Needling practice, patient demonstrations and techniques of face lifting, wrinkle smoothing, plum blossom needling are highlights of the course. Our aim is that each participant should be able to start practicing these methods the day after the course.

### LEVEL I

- face lifting, sagging skin
- wrinkle treatment, cellulite treatment
- treatment of depigmentation of skin
- acne, warts
- excessive sweating
- eczema, psoriasis and many more.
- Local needling techniques and energy balancing methods, Gua Sha and plum blossom, cupping techniques will be discussed.
- Acupuncture Points, special needle techniques and extra-ordinary therapies used in the treatment of dermatological problems

- General points, Special points
- Special treatment techniques including bleeding technique
- Extra ordinary therapies – local needling, moxibustion, plum-blossom tapping, electrical needle stimulation

## **LEVEL II**

- The breast lifting
- Deep wrinkle treatment
- 13 point protocol for weight reduction
- The Triple warmer and the face
- The Five Element face types
- Perfecting needle techniques and Guasha techniques
- Going deep in local needling techniques and energy balancing methods

### **Dates and Schedules**

**Level I:** Friday Oct 26th 10am-14pm and 15pm - 18pm

Saturday Oct 27th 9am - 13pm

**Level II:** Saturday Oct 27th 15pm - 19pm

Sunday 2 Oct 28th 9am - 13pm and 14pm - 17 pm

### **Inscription prices**

**Level I** 330 € - **Level II** 330 €

**Level I and Level II** 570 €

### **Requirements**

Course reserved for physicians, physiotherapists and nursing graduates.  
Maximum 25 students by rigorous order of registration with payment fee.

\*\* Level I should have been completed to have access to Level II

### **Registration**

**ENERGIMED**, Gran Via Corts Catalanes 620 4<sup>o</sup>2<sup>a</sup> Barcelona 08007 ph +34 93 458 29 75

To apply for registration, please fill in attached form and send by e-mail to:

**isagiralt@gmail.com** or **info@energimed.cat** together with wire transfer payment

## Professors

**Dr. Radha Thambirajah** graduated from Shanghai Medical College in 1970, where she studied medicine and specialized in acupuncture. Pioneer in acupuncture in Sri Lanka, where she founded the Academy of Chinese Acupuncture. Since 1984 Dr. Radha Thambirajah is living in UK working in her practice and teaching Acupuncture. She is also currently teaching in other countries in Europe and in Brazil for different organizations, universities and acupuncture societies. Dr. Radha is the author of two books: Energetic Acupuncture and Cosmetic Acupuncture . Her clinical acupuncture practice is located in Sutton Coldfield, West Midlands, United Kingdom.

**Dr. Isabel Giralt** graduated in medicine and master's degree in acupuncture from University of Barcelona. She started studying acupuncture in 1978, but her most profound and useful studies in acupuncture began in 1985 with Dr. Radha Thambirajah. Dr. Isabel Giralt is currently director of the master's degree in acupuncture at the Universitat de Lleida. Associate Editor of the "International Journal of Acupuncture" Elsevier publishing house. Co-author of the book "Chinese Medicine at Home" Director of ENERGIMED Clinics, founded in 1986 and coordinator of the Acupuncture unit in Salut de la Dona Dexeus in Barcelona. In this course Dr. Isabel Giralt translates, organizes, accompanies and complements Dr. Radha explanations and treatments with volunteer patients.