



ENHANCE YOUR HEALTH AND BEAUTY AT VIKRIST ACUPUNCTURE CLINIC

Vikrist Acupuncture Clinic offers acupuncture treatments for a wide range of health and beauty benefits.

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JAKARTA, INDONESIA: Do you suffer from back pain, headaches or a lack of energy? If you are among the many who answered 'yes' you may benefit from acupuncture. Acupuncture is a time-honored branch of Traditional Chinese Medicine (TCM) dating back at least 2000 years. It is an effective, natural and increasingly popular form of health care that can be used as both a preventive medicine and clinical treatment for a wide variety of health conditions.

Acupuncture is based on the ancient principle of 'qi' (pronounced 'chee') or 'life energy' which runs through the body in twelve channels or 'meridians'. The acupuncturist's art is to assess a patient's health and determine which of these meridians requires stimulation to restore balance to the body's 'qi'.

This is achieved by the insertion of fine, sterile needles into specific sites or points along the body's meridians. 'The more skilled and experienced the practitioner is, the less needles they will need to use to treat the condition' explained Lilis Christine Lesmana, the owner and sole practitioner at Vikrist Clinic.

Christine learned the fine art of acupuncture from her mother, Juliana Tjandra, one of Indonesia's leading acupuncturists, President of the National Acupuncture Union of Indonesia, and Director of the Tseng Kai Acupuncture Education Institute; a training academy for acupuncture practitioners. Juliana, in turn, learnt the profession from her father, a doctor of Chinese medicine who graduated from Zhongshan University and emigrated from China to Indonesia in the 1930s. After achieving recognition in the field, he later went on to become one of a team of doctors who treated Indonesia's founding president, Soekarno, and his wife Fatmawati.

While acupuncture has become well-known for treating common health conditions such as back pain and migraines, what many do not know is that there are a startling array of other conditions that can benefit from a course of acupuncture.

As Christine explained, 'acupuncture can be beneficial for people who suffer from a lack of energy. It can stabilise and balance the hormones, blood circulation and blood pressure. It can help with conditions such as insomnia, vertigo and allergies.' As Christine also pointed out, it can even be used to treat patients who have suffered light strokes - a condition known as Bell's Palsy - where an asymmetry of the facial muscles may occur. 'This condition can be fully cured in patients after a series of one to three treatments,' said Christine.

For married couples, acupuncture may be used to increase both fertility and libido. 'It can also be used to *decrease* libido' said Christine 'but this is relatively rarely requested' she hastened to add.

Among acupuncture's other surprising uses is its ability to sculpt and firm parts of the body. For those who seek a slimmer, firmer body, a course of acupuncture may help. Christine points out that she has several models, actors and actresses as clients who often want to sculpt and firm their bodies. 'They want to make their facial features sharper, less chubby' she says 'and facial acupuncture can help achieve that'. Acne, bags under the eyes, dandruff, smile lines, double chins and freckles are all among the 'aesthetic' conditions which may be beneficially treated by acupuncture.

For those with an aversion to needles, Christine points out that acupuncture needles are very different from needles used for injections. They are far finer, barely more than the width of a human hair, and there is usually no pain during insertion. 'It is important that people relax their muscles during the treatment and there will be virtually no pain when the needle is inserted' Christine said. The needles are usually inserted about half a centimetre into the skin. There is no blood and no visible hole where the needles are inserted. A normal course of treatment may require between one to ten visits, with insertions of needles at four to six locations; depending on the condition to be treated. At each treatment session the needles remain inserted for 20 minutes and patients are encouraged to fully relax during that time - some even drift off to sleep.

As acupuncture is a holistic medicine, it can be used in combination with other treatments to achieve greater effects. Medical conditions such as glaucoma, tinnitus (ringing in the ears), diabetes, high cholesterol, hypertension, gastritis, Alzheimer's and Parkinson's disease are among such conditions.

Jakarta is home to a number of acupuncture clinics but they are not all equal. 'Be sure to find a clinic with an experienced practitioner' advises Christine. At some clinics, assistants who are not fully qualified are entrusted with inserting and removing the needles. This is unethical and against professional standards. 'At my clinic I am the only practitioner and I treat all my patients personally. There is a subtle skill to inserting the needles with the correct pressure, depth and rotation that can only be learnt with years of training and experience'. Having treated patients numbering in the thousands since she began practising in 2002, Christine's

reputation has built up over many years, and the high number of regular clients are testament to the benefits of her treatments.

Vikrist Clinic offers a range of package treatments. For further details, enquire about the packages which include: Weight Loss and Cellulite, Body Sculpting, Hair, Acupuncture 'Face Lift', Acne and a Bridal package, among others. The packages offer a course of treatment for one discounted price. The clinic also offers acupressure, a treatment to refresh and brighten the face using a facial massage technique.

Christine is an accredited acupuncture practitioner, and is subject to regular compliance checks and reaccreditation. Indonesia's Department of Health has listed acupuncture as a legal and regulated form of traditional medicine subject to stringent testing and accreditation processes for practitioners.

Make an appointment today to discuss how acupuncture may help improve your health and bring out your inner beauty.

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Klinik Vikrist
Rasuna Office Park 3rd Floor
Rasuna Epicentrum Complex
Jl. HR. Rasuna Said
Kuningan, Jakarta 12960

Phone: +62 21 982 99 624
Mobile: +62 811 163 631

Clinic Opening Hours:
Mon, Wed, Thu, Fri: 10:00 – 18:00
Sat: 09:00 – 13:00
Sun: 15:00 – 19:00
Tuesdays and Public Holidays: closed

For more information see: www.klinikvikrist.com

For further information and high-resolution photography, please contact:

Christine Lesmana
e-mail: clesmana@hotmail.com
Phone: +62 811163631