A long-term study on the clinical effectiveness of Aesthetic and Regimental treatment

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Abstract

Background:

A long-term study on the clinical effectiveness of Aesthetic Regimental Therapies (ART) is essential to comprehensively understand the efficacy and safety of these treatments over time. Such investigations encompass various aesthetic interventions, including procedures, cosmetic procedures, and non-invasive treatments.

Methods:

This study involved 100 randomly selected participants aged between 50 and 80 years. The participants underwent a regimen comprising Facial Acupuncture performed daily for one month, Hijama (cupping therapy) administered five times within the same period, PRP (Platelet-Rich Plasma) therapy and Cavitations conducted twice a month. Additionally, participants were instructed to regularly apply natural skincare ointments and oils prepared from ingredients such as Aloe vera, Saffron, Calendula, Berberis Aqui folium, Hydro cotyle, Turmeric, Coconut oil, and Almond oil.

Results:

Results of the 100 patients, approximately 90 (90%) experienced a significant reduction in aesthetic concerns following the ART regimen. Furthermore, after one month of treatment, 85 (85%) patients reported satisfaction with their aesthetic outcomes and did not necessitate further skincare interventions.

Conclusion:

The findings of this study suggest that the integration of various aesthetic regimental therapies, including Facial Acupuncture, Hijama, PRP, Cavitations, and natural skincare products, yields promising results in addressing aesthetic concerns among older adults. Further long-term studies are warranted to validate these findings and elucidate the sustained effectiveness and safety of such interventions.

Saffron



Aloe Vera



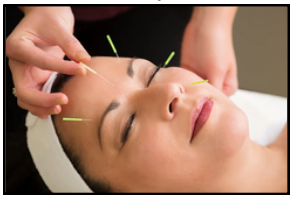
Ginger



Calendula



Facial Acupuncture



Facial Cupping / Hijama



Facial PRP



Facial Cavitation
Vacuum, Photon & RF

