

Essence Of Facial Beauty

By Dagmar Kern, Esthetician
Longevity Wellness Center & Spa

What is it that makes some people just “glow” with energy and good looks? DNA? Exercise? Healthy food? Sure, all of the above, but for those of us whose DNA is less than perfect, and whose lifestyles believe in “no pain, no gain” and health foods, there are ways to

look radiant... and it doesn't have to hurt or deprive.

“The purpose of this kind of massage... is to increase the capacity of the muscular system thereby reactivating blood circulation, and eventually, strengthening shrinking muscles.”

Manual lifting massage, a method that helps to reduce or eliminate wrinkles in a natural way, is a technique by which physiological knowledge, anatomy and acupuncture meridians and points are taken into consideration.

According to that knowledge, muscles are ready for contraction after a stretching impulse but ready for relaxation after a contraction



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impulse. The purpose of this kind of massage, already used in sports medicine, is to increase the capacity of the muscular system thereby reactivating blood circulation, and eventually, strengthening shrinking muscles.

I suggest two of these intensive massages per week for three months, then once a month with regular skin treatments for “tune-up” and then once a year. The results can amaze you (and your friends). Recapture your own “glow of youth” by understanding how physiological knowledge, anatomy and acupuncture meridians and points, can be used to improve your health.

STOP AGING START LIVING

The typical 65-year-old with arthritis, an ulcer, and heart disease goes to see three different doctors; a rheumatologist, a gastroenterologist, and a cardiologist. And he may walk out with three different treatment plans. What's missing is a unified voice offering patients practical advice to address the underlying causes of aging-related diseases before they burn out of control. That's where the Longevity Wellness Centers approach comes in. Our patients achieve maximum results because we address root causes. Patricia Petitt, D.O., M.P.H. the founder of Longevity Wellness Centers, provides this type of in-depth, comprehensive evaluation of a patient's personal aging and offers expert guidance to replenish youthful vitality and attain optimum health.



We Offer:

- Hormone Optimization
- Weight Loss
- Body Fat Analysis
- Breast Cancer Risk Assessment
- Botox®
- Dermal Fillers
- Latisse
- Medical Spa
- Longevity Organics

“Thank you very much for your care! I feel sooo much better! I really do feel like thirty or twenty something again, incredible, now I feel just about like I did when I had my prostate. Matter of fact I just hit my best bench press in over 12 years over the last two weeks. I am so happy, I feel like a new person thanks to you. Thank you so much for everything. KC - Northern VA”

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Noted Esthetician Dagmar Kern is a graduate of the Akademie für Kosmetikerinnen (Academy of Cosmetology) in Frankfurt, Germany. Board certified and licensed in both the United States and Germany, Dagmar employs the Vodder method of lymph drainage, Ingram method of reflexology, and the Prof. H. Baum method of Manual Lifting Massage. Dagmar is also an expert in the field of paramedical camouflage make-up and instructs in advanced esthetics. Since moving to the United States in 1973, Dagmar has shared her knowledge by inventing the Derma Peel Procedure which has been met with phenomenal success and is distributed world-wide to doctors as well as licensed estheticians. She also invented the electronic face lifting machine and a technique called the Electro-Cosme-Lift. Additionally, Dagmar invented the Footvergnügen which is the new revolutionary tool that truly removes rough and calloused skin without prior soaking or cutting. (See our website for You-tube Video).