

About the Author

Michelle O’Shaughnessy was born in Florida. During her formative years, she lived in Bogota, Colombia, where she became fluent in Spanish. She began her academia in Florida, then continued at the Sorbonne Universite in Paris, where she had her first facial and fell in love with skin care. She earned her Bachelors degree from the University of Central Florida in anthropology and Latin American studies. She is now a Doctor of Oriental Medicine who graduated cum laude with a Masters in Oriental Medicine from the Florida College of Integrative Medicine in Orlando, Florida. Additionally, she has received several advanced certifications in acupuncture facelifts and cosmetic acupuncture.

O’Shaughnessy is the proud owner of an Aesthetic Acupuncture Clinic in Orlando. Her clinic specializes in acupuncture facelifts and is among the first to incorporate facials, Chinese herbs, acupuncture and skin care to help improve skin care concerns including acne, rosacea, anti-aging, rashes, psoriasis as well as women’s general health. In addition to owning her clinic, she is also an Account Executive for “Chi Infusion,” a skincare line based on Chinese herbs.

O’Shaughnessy has a strong passion for studying traditional Chinese medicine and herbal remedies for the skin. She completed an internship in China at the “Chinese PLA General Hospital,” the largest military hospital in Beijing. She is a board member of the Guatemala Acupuncture and Medical Aid Project (G.U.A.M.A.P.), which is a non-profit organization that teaches acupuncture to the Mayan Indians in the Peten region of Guatemala.

Michelle has been an esthetician for over twelve years. She has worked for Sothys-USA as a national trainer as well as for Babor as an account executive.

Acknowledgment

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The other person I want to acknowledge is my mother. She is the person that I admire and try to emulate in my life. She got her Masters and PhD in Nutrition. While I was in high school, she experimented on her three daughters with different health concoctions and taught the benefits of alternative health and nutrition that we have practiced our entire lives. She was also the person who read every chapter as it was written, gave me her feedback and helped me with all my rewrites to make sure that my ideas flowed smoothly.

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THANK YOU!

Preface

Why do we need a book on traditional Chinese medicine for the esthetician?

In studying the resources that are available in this discipline, I have found that what little material is available is broken down into various segments and does not give a complete picture of the benefits this great branch of medicine offers. There are few resources that explain how we can benefit from understanding the meridians that run up, down and across the face, or how Chinese herbal remedies and single herbs can help solve many skin concerns without using prescription drugs, harsh peels or plastic surgery. Chinese herbs help solve the imbalances internally so that the skin glows on the outside because it is healthy on the inside.

I wrote this book because I felt that there was something missing when I was doing facials. I was helping my clients with their particular skin issues; however, I didn't feel that I was solving the root cause of their problems.

I felt like I was putting a Band-aid on a symptom but I hadn't addressed where the problem originated inside the body. Chinese medicine helps bring your clients' skin back to its healthy state and helps their skin remain looking young because their bodies are working at optimal level from the inside out.

I enjoyed doing facials and making people feel good, but I wanted to bring them beauty from the inside out. I wanted their skin to radiate, so I needed to address the core issues with their skin. If they had acne, I wanted to address the hormonal issue; if they were experiencing dry skin and the beginning of fine lines and wrinkles, I wanted to heal their skin from the inside out. I tried recommending basic vitamins like A, C and E along with zinc and alpha lipolic acid with no dramatic change to the skin. I even followed many of the skin gurus out there who say that they have to maintain healthy

skin. I do recommend vitamins, Omega oils, DMAE, alpha lipolic acid and probiotics for maintaining the health of the skin, but nutrients were not the complete answer. I wasn't able to find the "missing link" until I studied traditional Chinese medicine. Then I found the answers and remedies, and how to give my patients health, vitality, beauty and well-being without the use of drugs or unnecessary surgeries. I am so passionate about what I have learned that I want to share my knowledge with other estheticians and assist them in giving their clients beautiful skin from the inside out.

This book is written differently than most books on traditional Chinese medicine. This one is written for the esthetician, and shows how this healing art can help you and your clients feel and look their best.

As estheticians, we are not permitted to diagnose skin conditions, but we can use traditional Chinese medicine to study the eight meridians that flow across the face; we then can suggest a classic herbal remedy for a specific condition. In this book I also will discuss some foods that will benefit your clients' skin, along with a whole chapter on soups that addresses certain skin issues and incorporates the theory of the five elements. I will also introduce an ancient exercise technique that will benefit the qi of the body; this exercise will also benefit the skin. The last item will be an acupuncture massage technique that your clients can do at home to help tone their skin and soften their fine lines and wrinkles.

I hope this book will spark your interest in this amazing healing art, and some of you will read more on this fascinating subject. Furthermore, I hope some will become Doctors of Oriental Medicine and experience the power and awe of this incredible discipline that has been used so effectively for more than 5,000 years.