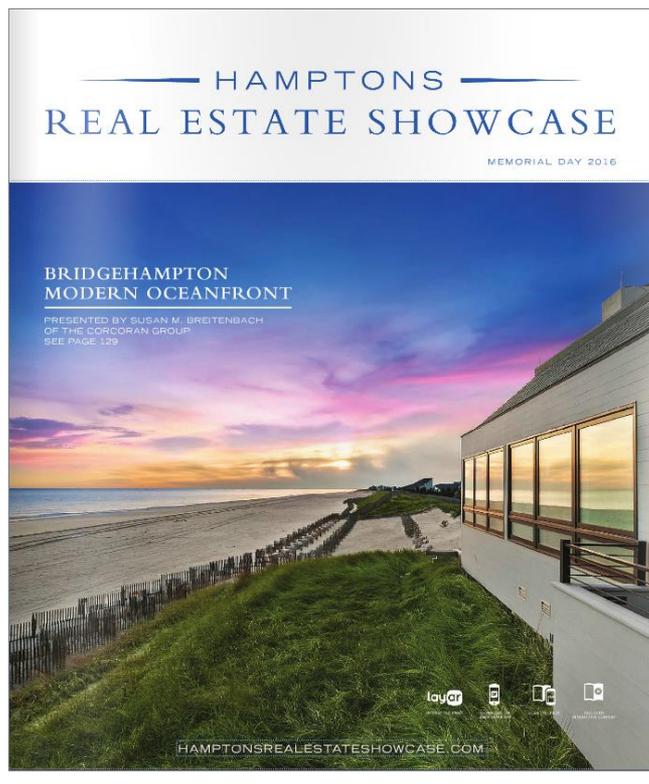


Article about Susan's treatments from the Hamptons Real Estate Showcase Memorial Day 2016



FACING SUMMER

By Grace Alexander

It all started with an empress in the Sung Dynasty. “Acupuncture has been used to treat skin complaints and reduce signs of aging for centuries,” says Susan Krieger at her modern Water Mill home where she treats patients. (She also makes house calls and has a Manhattan office.) Krieger has spent years developing her own version of the “acupuncture facelift,” which she calls Facial Rejuvenation Acupuncture.

Krieger is an internationally recognized practitioner and teacher of Chinese Medicine, Acupuncture, and Ki-Shiatsu-Asian Bodywork. Her nonsurgical treatment, she says, can improve muscle tone, increase collagen production, and tighten pores, while improving circulation and moisture. It can also diminish lines and lift sagging.

On my face she applies a “special lotion” to increase oxygen and blood flow. She gently and painlessly inserts hair-thin needles into my head, face, and hands. I feel a wave of relaxation wash over me. “People love the treatment,” she says. “It’s their time to decompress and be taken care of.”

Her process is a double whammy. While the needles are doing their thing to the face, she employs acupressure to your “core,” her healing hands stimulating the body’s meridians “to enhance your face and strengthen your individual health concerns.” This work is customized, based on answers to her questionnaire.

When she’s done I look in the mirror. While there is no change in lines after only one treatment, my skin looks noticeably brighter and more radiant, the color more even. “People get this before a gala,” she says, “for more glowing skin.” As benefits are cumulative, she recommends a series of between seven and 10, depending on skin type and damage. By the end “you’re holding the facelift. Then you need to only come in for maintenance every month or so.”

“Susan Krieger’s ability to make such a difference in reducing my facial puffiness and lines is extraordinary,” says one of her Southampton patients. Contact her at susankriegerhealth.com or 917-678-2484