

# SPA Aesthetic Cosmetology | Acupuncture & Swedish Massage

## NATALIA RUDENKO



**Natalia Rudenko** is an MD by training; she spent 25 years working in cardiosurgical anesthesiology and intensive care and did scientific research in the field. Now she moved to Sri Lanka and works as a cosmetologist. She has six years of professional experience, specializing in aesthetic and medical cosmetology.

She is a holder of the 4th category Diploma of Cosmetics (the highest category in Russia), international CIDESCO diploma (Comité International d'Esthétique et de Cosmétologie), as well as certificates in mesotherapy, biorevitalization, contour gels and treading. In 1993 she obtained a certification for acupuncture and is experienced in the technique of acupuncture facelift.

**She offers the following services to the clients at Prana Lounge:**

- BASIC FACIAL CARE including make-up removal, enzyme peelings, facial massages & masks (including addressing problem areas) and finishing creams
- ULTRASONIC FACIAL CLEANSING
- DIFFERENT TYPES OF FACIAL MASKS
- VARIOUS FACE MASSAGE TECHNIQUES such as Hygienic Akhabadze massage, Jacquet Massage for oily skin, Christel Guinet relaxing Lymphodrainage Massage and others
- RELAXING SWEDISH BODY MASSAGE
- ACUPRESSURE MASSAGE
- ACUPUNCTURE FACELIFT

visiting therapist by appointment

Prana Lounge ∞ 60 Horton Place Cinnamon Garden ∞ [www.pranalounge.lk](http://www.pranalounge.lk)

+94 11 268 48 08 | +94 76 557 55 56 ∞ [pranaloungecolombo@gmail.com](mailto:pranaloungecolombo@gmail.com)