

## Facial Rejuvenation Acupuncture

Facial rejuvenation acupuncture (also known as cosmetic acupuncture or acupuncture facelift) is a painless, non-surgical method of reducing the signs of aging process. It is a procedure not only for cosmetic purpose, but also for overall health and well-being.

Facial rejuvenation acupuncture treatment is based on the principles of TCM and involves the insertion of tiny acupuncture needles into particular areas of the face, ears, neck, hands, feet, and legs in order to increase blood and lymph circulation to the skin as well as to simultaneously address the underlying factors that contribute to the aging process.

Began in the Song Dynasty (960-1279 AD), the secrets of rejuvenation, longevity and beauty were highly sought after by members of the imperial royal court and the wealthy elite of ancient China. Facial Rejuvenation Acupuncture is currently gaining more attention in the West as a complementary facial treatment which holistically addresses the causes of aging skin, rather than changing the appearance without correcting the underlying imbalances like plastic surgery or Botox injections.

### Benefits

- Eliminate fine lines and diminish wrinkles, and improves facial color and radiance by increasing the flow of Qi (vital energy), blood and lymph circulation.
- Firm the skin, tighten the pores, eliminate sagging jowls or double chin, and lift drooping eyelids by promoting collagen production which increases facial muscle tone, elasticity, and dermal contraction
- Eliminate puffiness and edema by eliminating excess fluids and improving metabolism.
- Improve skin texture and moisture by stimulating the formation of body fluids.
- Reduce stress and improve overall health and well-being. Acupuncture can eliminate stress and bring out the innate strength, vitality and health. In addition to enhancing skin appearance, most people are pleased to find that their sinus problems, headaches, digestive issues, PMS and menopause have either disappeared or their symptoms are distinctly improved.

The advantage of our facial rejuvenation program lies on its natural, holistic and safer approach that addresses the actual causes of skin aging as opposed to procedures like plastic surgery which masks without correcting the underlying imbalances. Unlike cosmetic surgery that may have an extended recovery period with swelling and discoloration, there is no trauma from facial rejuvenation acupuncture. Also, acupuncture treatments have no possibility of drug interaction while injections can react adversely to common medications including antibiotics, heart medications, anti-inflammatory medications, vitamin E, and multivitamins.

The results from facial rejuvenation acupuncture are more subtle and natural looking. Although facial rejuvenation acupuncture does not create drastic effect like plastic surgery or Botox injections, it is a more subtle rejuvenation that takes years off one's face safely and naturally, while improving overall health..

## Procedure

Each treatment involves an acupuncture treatment on the body and face as well as facial massage. In general, the treatments are very relaxing and take about 1 ½ hours.

On your first visit, we will discuss overall health history, including any physical, mental or emotional issues, in order to determine the underlying cause of your condition and to evaluate what changes you would like to see in your face and skin. Upon acupuncture treatment, tiny acupuncture needles will be inserted into the specific areas of the face, ears, neck, hands, feet, and legs to affect changes in the face as well as the whole body. Once the needles are in, you relax for 20-30 minutes.

Following the acupuncture treatment, you will receive a 15-20 minutes facial massage to enhance the effect of acupuncture treatment. As the last step, a cooling facial mask will be applied on your face for 10-15 minutes after the gentle facial massage.

In addition to Facial Rejuvenation Acupuncture and massage, Chinese herbs may be recommended to address the health factors impacting the skin. Herbal formulas will be created specifically for each patient depending on the constitutional diagnosis. Chinese herbs help to restore balance on a daily basis and to continue the effects of the acupuncture between treatments.

In order to attain desired effects, a series of 10 to 12 weekly Facial Rejuvenation Acupuncture treatments are generally required. Although each person responds differently, most patients start to notice improvements after 6 to 8 treatments. After completing a course of treatment, maintenance sessions can prolong the results. Maintenance sessions usually occur monthly for 2 to 3 months and then seasonally for as long as you wish to maintain results.

## Caution / Contraindication

Bruising is the most common side effect of Facial Rejuvenation Acupuncture. Rarely, patient may have allergic reaction to acupuncture needles or massage oils. If you have known allergy to metal or certain type of massage oil, you should inform us before the procedure.

Although Facial Rejuvenation Acupuncture is gentle and safe procedure, it is not for everyone. Pregnant women, people with severe migraines or severe hypertension, and anticoagulants (Coumadin or daily aspirin) users should avoid Facial Rejuvenation Acupuncture. If you are experiencing acute allergic reactions, herpes outbreaks, or colds/flu, you should wait until these conditions have passed. People who received recent laser resurfacing or microdermabrasion should allow at least 2 months for the face to heal before trying facial acupuncture.