

## What is Facial Rejuvenation Acupuncture?

Facial Rejuvenation Acupuncture facelift is becoming a more popular, non-surgical method for those who want not only to maintain beauty, radiance and vitality in the face, but also improve their overall health and well being. Facial Rejuvenation Acupuncture is a painless, non-surgical method of reducing the signs of the aging process. Though Facial Rejuvenation Acupuncture can sometimes be referred to as an Acupuncture Facelift, it is more than a cosmetic procedure. It is a rejuvenation and revitalization process designed to help the whole body look and feel younger. The facial Rejuvenation Acupuncture treatment is based on the principles of Oriental Medicine and involves the insertion of hair-thin needles into particular area of the face, ears, neck, hands, trunk, and legs along channels or meridians of energy called Qi (pronounced chee). Specific points are chosen to manipulate the movement of energy in the body according to the individuals needs.

What are the effects of the procedure?

Acupuncture for facial beauty is a wonderful, holistic, alternative approach to fighting the aging process : **increase the flow of energy, blood and lymph circulation improves the face's natural healthy color, diminishes wrinkles and eliminates fine lines.**

Other likely results include: moisturizing of the skin with increased local circulation of the blood and lymph to the face; increased collagen production, muscle tone, and dermal contraction; tighten of the pores; brightening of the eyes;

improving of hormonal balance to help acne; reduction of stress evident in the face.

Promoting collagen production increases muscle tone and elasticity helping to firm the skin, fill out wrinkles, and reduces bags and sagging.

**Who would benefit form Facial Rejuvenation Acupuncture?**

Anyone concerned with looking and feeling young and slowing down the aging process. Facial Rejuvenation Acupuncture is suitable for those with deep wrinkles, fine lines, bags under their eyes, sagging, puffiness, dropping eyelids, double chin, large pores, dry skin or acne. Different methods are emphasized and specific points stimulated according to how and individual is aging.

Healing physical, emotional and spiritual issues to reduce stress and improve overall health and well being. Since the body/mind/spirit are all connected, negative emotions reflect in the face and change the appearance of skin texture, color, and tension. Acupuncture can eliminate stress and bring out the innate strength, vitality, and health.

**What is the course of the treatment?**

Generally it consists of 12-15 treatments taken twice a week. The effects become most noticeable on about the 7-8 sessions. Each person responds differently, depending on his/her condition and lifestyle prior to treatment. Subsequent visits will be once in 2 or 3 weeks for 6 visits. Each treatment takes an

hour. Further treatment for maintenance care may be advised once a month to enhance the results for many years. Treatment plans may be personalized for each patient and/or combined with Chinese herbs depending on environmental and health factors that impact the skin.

**Why choose Facial Rejuvenation Acupuncture over a surgical face-lift?**

While Facial Rejuvenation acupuncture is not a replacement for surgery, it is excellent alternative approach without surgery and injection. Acupuncture is far less expensive, more natural, non-invasive and safer than plastic surgery or botox injection(s), and has no side effects, toxicity, inflammation, or recovery time. While Facial Rejuvenation Acupuncture cannot reshape one's nose or chin, it is a more subtle rejuvenation that takes years off one's face-safely and naturally while improving overall health.

**Contraindication for Facial Rejuvenation Acupuncture**

Facial Rejuvenation Acupuncture is contraindicated for some pituitary disorders, heart disorders, diabetes mellitus, and high blood pressure, individuals who have a pacemaker or who have a problem with bleeding or bruising, or who currently suffer from migraine headaches. Facial Rejuvenation Acupuncture should not be done during pregnancy, during about with a cold or flu, during an allergic attack or during an acute herpes outbreak.