

What is Facial Rejuvenation Acupuncture?

Facial Rejuvenation Acupuncture is a 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 areas 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 individual's needs. Thousands of years ago the Chinese discovered that many meridians either begin or end on the face while some have internal branches that go to the face. Thus, practitioners of Facial Rejuvenation Acupuncture know how to specifically effect the face while simultaneously treating the underlying factors that contribute to the aging process.

What are the effects?

Facial Rejuvenation Acupuncture may erase as many as five to fifteen years from the face, with results apparent after just a few treatments. Fine lines may be entirely eliminated and deeper wrinkles diminished. Bags under the eyes can be reduced, jowls firmed, puffiness eliminated, droopy eyelids lifted and double chins minimized. Other likely results include: moisturizing of the skin with increased local circulation of blood to the face, increased collagen production, firmer skin and muscle tone, tightening of enlarged pores, brightening of the eyes, improved hormonal balance to help acne, reduction of stress evident in the face – bringing out the innate beauty and radiance of an individual.

Who would benefit from Facial Rejuvenation Acupuncture?

Anyone concerned with looking and feeling young and slowing down the aging process. The decision to begin treatment may be professionally or personally inspired or a combination of both. Facial Rejuvenation Acupuncture is suitable for those with deep wrinkles, fine lines, bags under the eyes, sagging, puffiness, drooping eyelids, double chin, large pores, dry skin or acne. Different methods are emphasized and specific points stimulated according to how an individual is aging. A person with excess puffiness, for example, would require a different treatment than someone with dry skin. The whole person is treated and evaluated on the body-mind continuum—the foundation of holistic medicine.

What is the course of treatment?

Generally, a course of treatment consists of 12 sessions. The effects become most noticeable and lasting on or about the seventh session. Each person responds differently, depending on his or her condition and lifestyle prior to and during the treatment series. Following the initial course of treatment, maintenance sessions can prolong the results for five to ten years. It is often recommended to supplement the Facial Rejuvenation program with facial self-massage and/or Acupressure, Facial exercises, herbal and nutritional supplements, pure and authentic aromatherapy blends for the skin, and a healthy diet.

Does it really make a difference?

Many sources indicate that acupuncture has been used for almost 5,000 years to treat a wide range of conditions. Having proven itself with literally billions of people, acupuncture has survived the test of time. The use of acupuncture in cosmetology—especially in preventing and reducing wrinkles—has already attracted great attention in Japan, Hong Kong, and Sweden. The effectiveness of Acupuncture is due to its direct manipulation of the body's energy system—balancing, removing blockages or adding energy when necessary. A 1996 report in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Facial Acupuncture, 90% had marked effects with one course of treatment. The effects included: the skin becoming delicate and fair, greater elasticity of the facial muscles, diminished wrinkles, better facial coloring, and overall rejuvenation—not confined to the face.

Is Facial Rejuvenation Acupuncture a new and trendy technique?

Hardly. For thousands of years, the Chinese have known that beauty comes from the inside. At least as early as the Sung Dynasty (960AD-1270AD) acupuncture rejuvenation practices were administered to the Empress and the Emperor's concubines. The Chinese discovered and utilized ways to change the energy flow within the body to initiate the healing process for rejuvenation. According to a famous Chinese axiom, "Where qi goes, blood flows." Even for those unfamiliar with the principles of Chinese Medicine, it is known that increased circulation helps the body to look and feel better. Common sense would tell us that treating the underlying cause of why someone is aging is preferable to masking the outward symptoms and allowing further decline and dysfunction to continue within the body.

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

While not a replacement for surgery, Acupuncture Facial Rejuvenation is an excellent alternative. It is far less costly than cosmetic surgery and is safe, virtually painless, has no side effects or risk of disfigurement when performed properly. Unlike surgery that may have an extended recovery period with swelling and discoloration, there is no need to hide after Facial Rejuvenation Acupuncture. 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, most importantly while improving overall health.

Are there any contraindications?

Facial Rejuvenation Acupuncture is contraindicated for some pituitary disorders, heart disorders, diabetes mellitus, high blood pressure, for individuals who have a problem with bleeding or bruising, or who currently suffer from migraine headaches. Facial Rejuvenation Acupuncture should not be administered during pregnancy, or during a bout of a cold, flu, acute allergy, or if experiencing an acute herpes outbreak.