

All About Facial Cosmetic Acupuncture

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 treatment is based on the principles of Chinese Medicine and involves the insertion of hair-thin needles into particular areas of the face, ears, neck, hands, trunk, and legs along channels containing a substance called Qi. Specific points are chosen to manipulate the movement of Qi in the body according to the individual's needs. Thousands of years ago the Chinese discovered that many channels 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 affect the face while simultaneously treating the underlying factors which 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 6-7 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/hydrating of the skin with increased local circulation of blood and lymph to the face; increased collagen production, muscle tone, and dermal contraction; tightening of the pores; brightening of the eyes; improving of 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 younger and slowing down the ageing 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 ageing. A person with excess puffiness, for example, would require a different treatment than someone with dry skin. The whole person is treated and evaluated - the foundation of Holistic Medicine.

What is the course of treatment? Generally, it consists of 10 treatments. 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 treatment. Following the initial course of treatment, maintenance sessions can prolong the results for five to ten years. It is often recommended to supplement the treatment with facial self-massage and/or Acupressure, Herbal and Nutritional Supplements, 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, improvement of the elasticity of facial muscles and levelling of wrinkles, a ruddier complexion, and overall rejuvenation not just confined to the face.

Why choose Facial Rejuvenation Acupuncture over a surgical face-lift? Whilst not a replacement for surgery, Facial Rejuvenation Acupuncture is an excellent alternative. It is less costly than cosmetic surgery, is safe, virtually painless, and has no side effects or risk of disfigurement. Unlike surgery that may have an extended recovery period with swelling and discoloration, there is no trauma from Facial Revitalization 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 while improving overall health.

Are there any contraindications? It is contraindicated for some pituitary disorders, heart disorders, diabetes mellitus, individuals who have a pacemaker or who have a problem with bleeding or bruising. Facial Rejuvenation Acupuncture should not be done during pregnancy, during a bout of cold or flu, during an allergic attack, or during an acute herpes outbreak.

Who administers Facial Rejuvenation Acupuncture? The treatment should be performed by a properly qualified acupuncturist, who is registered and trained in the specialization of Facial Rejuvenation/Cosmetic Acupuncture.