



# Facial Acupuncture - What's That?

..find out what facial  
acupuncture involves and the  
many benefits that it brings.



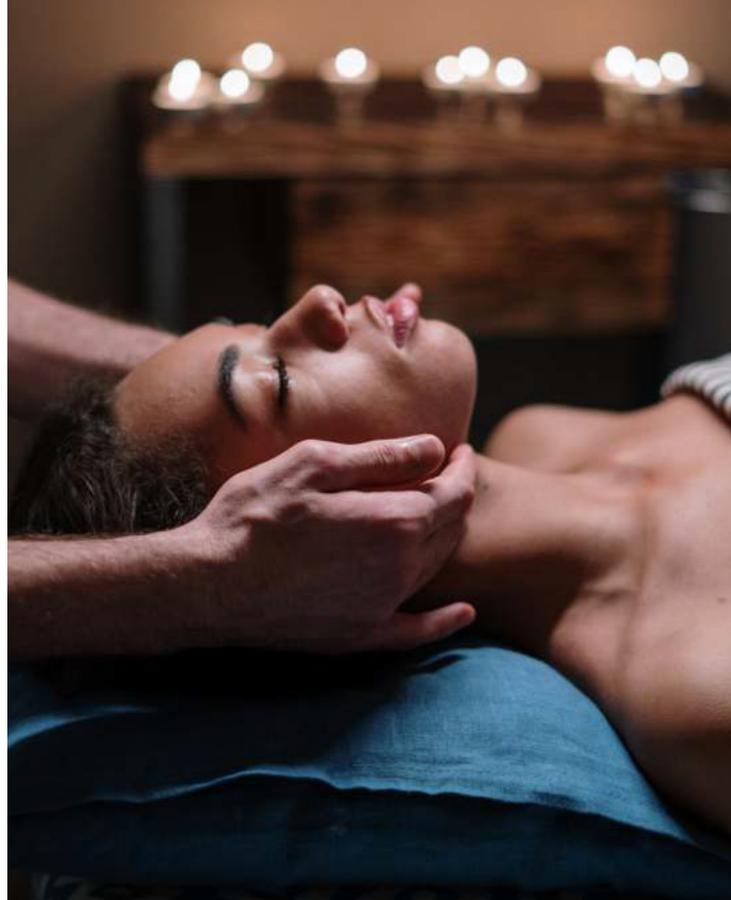
# What is Facial Acupuncture?

You may have come across a few different terms that are used to describe **facial acupuncture**.

**Cosmetic acupuncture, facial rejuvenation and facial revitalisation** are often used interchangeably. The implication of words such as "revitalisation" and "rejuvenation" is sometimes open to interpretation so, for the purposes of this ebook, We'll use the term "facial acupuncture."

In essence, a facial acupuncture treatment is not too far removed from any other acupuncture treatment.

Traditional acupuncture is a healthcare system based on ancient principles which go back nearly two thousand years. It has a very positive model of good health and function, and looks at pain and illness as signs that the body is out of balance.



The overall aim of acupuncture treatment, then, is to restore the body's **equilibrium**.

By inserting **ultra-fine** sterile needles into specific acupuncture points, a traditional acupuncturist seeks to re-establish and restore balance and trigger the body's **natural healing response**.

Although facial acupuncture has a cosmetic or beauty aspect to it, these same principles apply. As well as points on the face being used to address issues there, your acupuncturist will use body points specific to your needs.

**Two treatments in one - win-win!!**



## *How Does Facial Acupuncture Help?*

### **A COURSE OF FACIAL ACUPUNCTURE CAN HELP TO:**

- Erase **fine lines**, deeper wrinkles diminished
- Lift sagging eye lids, reduce bags/circles
- Firm **jowls** and minimise double chin
- Improve muscle tone and stimulate **collagen production**
- Eliminate puffiness by improving metabolism and eliminating excess fluids
- Improve **hormonal balance**, benefits acne
- Increase circulation of blood and lymph to the face and improves facial colour
- Moisturise the skin and **tighten pores**
- Significantly reduce the appearance of scars and age spots
- Slow the ageing process from within
- **Reduce stress** evident in the face
- Promote overall health and **well being**



# How Does It Work?

## THE FACIAL POINTS:

Your acupuncturist will use the finest quality speciality needles. These are inserted into the skin of the face, neck and head for a natural anti-ageing treatment that aims to rejuvenate overall elasticity and complexion.

The needles used on the face create a "**micro-injury**" to the skin which sets up the body's natural healing response.

This is the way the body heals tissue after the initiation of 'acute inflammation' and part of this process is known as "**collagen induction.**" The collagen is used to repair the micro-injury, although in essence there has been no injury. This collagen is what improves the appearance of the fine lines etc.

## THE BODY POINTS:

The body points that are generally serve two purposes:

- **grounding points** are used to balance the effect of having a lot of needles inserted around the head and face. These points are located on the feet/lower legs and hands/wrists and sometimes ears.
- body points are selected after your initial consultation and relate directly to your symptoms or "constitution." For example, some of us are prone to jowls, some of us are prone to puffy eyebags. Different body points will be selected to address this.





# A Typical Treatment

- The treatment begins with a gentle cleanse of the skin of the face and neck.
- The body points are placed in first and are used according to your underlying patterns.
- If appropriate, detox points are placed in the ear.
- Fine intradermal needles are used in specific areas of the face and neck, according to your needs.
- The needles are left in situ for around 30 minutes or more while you relax. You may experience an "**acunap**".
- Once the needles are removed, the skin is once more cleansed with a gentle cleanser.
- Sometimes a derma-roller may be used as well.
- Your acupuncturist may then apply a gentle organic serum, if appropriate for you.

Typically, best results are obtained after **10-12 treatments over a 3 month** period. Most practitioners recommend weekly or even twice-weekly treatments.

Your acupuncturist may also advise you to take the opportunity to make gentle changes to your **diet and lifestyle**. Our intake of fruit and vegetables, healthy fats and oils, protein, caffeine, alcohol and water can all affect the health of your skin.



# Is it the same as Botox?

The short answer is no!

It's important to understand that facial acupuncture and Botox work in opposite ways.

Botox "freezes" the muscles around the injection site, which does relax the area and the skin around it resulting in fewer wrinkles and creasing. Over time however the inactive muscles can waste away.

Botox also limits the flow of lymph, blood, and Qi to that area whereas facial acupuncture works by restoring the flow of Qi to the tissues.

Botox obviously has an almost instantaneous effect whereas acupuncture takes several sessions as it achieves a deeper change.





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fter a facial acupuncture session you may walk out in a haze of bliss. Acupuncture has a specific mellow kind of euphoria that many clients say they feel after a session.

Everybody's different. Some say they feel they look ten years younger, and not just because of the work on the skin. There is an energetic lifting of the weight of life.

All the years, days, weeks of pressure and stress are what we work to clear, because that plays into how the face looks and feels. When we address stress and pressure, facial wrinkles actually become less defined and the skin feels brighter.





## Some FAQs

### *Who is suitable for facial acupuncture?*

Generally speaking those of us around "middle age" will see the most benefits. You probably won't need it in your twenties or your nineties!

### *Does it hurt?*

Not really because the needles are ultra-fine. You may feel a scratching sensation on the face as the skin here is well supplied with sensory nerves, but nothing that persists.

### *How long does a session last?*

A facial acupuncture session lasts longer than a traditional session because it takes time to insert the fine intradermal needles around the face and neck areas. Generally 90mins to 2 hours.

### *Are there any side effects?*

Other than the floaty blissful feeling, you might occasionally get a small bruise. This is a rare occurrence, again because the needles are so fine, but it might be wise not book a session the day before your photoshoot!

### *How does it improve my wrinkles?*

The insertion of the ultrafine needles is perceived by the body as a "micro-injury." In much the same way as any injury to the skin, the natural healing process is triggered and this includes the process known as "collagen induction."

### *How many treatments will I need?*

Best results are achieved after 10-12 sessions usually over a 3 month period.





*Thank You...*

.....for taking the time to read this, We hope it has helped you to understand a little more about facial acupuncture and it's benefits.

TCM considers the Mind, Body and Spirit as a whole. No symptom is considered in isolation; we like to get to the root of the problem - it's what we do!!

*Schedule An Appointment*

Schedule online with our Acupuncture Facial Rejuvenation specialists.

