

Acupuncture Facial Rejuvenation

Acupuncture has been used for thousands of years to help people feel and look better. Beauty is often a reflection of inner health. It is disease that breaks down and wears out the body. Preventing or halting this wearing process results in improved health and a more youthful appearance.

Acupuncture facial rejuvenation consists of a series of twelve treatments, ideally two times a week for six weeks. You can repeat the series for additional improvement. Ultra-fine needles are inserted in the relevant acupuncture points. The muscles of the face are very small. They do not require strong sensation to tone up.

Facial rejuvenation using acupuncture is non-invasive, natural, gentle, and most importantly, effective. There is no down-time, no interference with your daily schedule. There is no surgical risk, no artificial effects, or exposure to toxins. These techniques can be used safely for a lifetime at a fraction of the out-of-pocket medical cost of surgery.

The top stressors on your skin are sunlight; dehydration; cigarette smoke--first or secondhand; poor nutrition, especially low Vitamin A, C, E, and Folic Acid; a diet high in salt and fat; excessive alcohol; stress; harsh soap; and lack of sleep.

Even with a perfect lifestyle, skin changes. It may dry out from less oil production. When the fat layer thins, the skin sags and becomes more fragile. The melanin in the skin is less efficient which results in blotchiness. There may be less collagen and elastin to make connective tissue, so the skin is not as firm. Sweat glands function less, so hot and cold regulation is reduced. A slower immune response becomes a slower ability to repair. A drop in estrogen results in thinner, more fragile skin.

What can you do? Eat enough high quality protein, e.g. fish, especially salmon. Eat foods with lots of natural color. Hydrate your skin. Drink plenty of water and use a hydrating mask. Get a hydrating facial. Avoid tanning--either on a beach or in a tanning booth. Both speed up skin aging by stimulating free-radical damage. This type of cellular damage is repaired with Vitamins A, C, E, and folic acid. You can use these anti-oxidants, both orally and topically, to improve the quality of the skin. The ester- form of Vitamin C can be absorbed through the skin, whereas the ascorbic acid form only works when swallowed.

External skin aging is primarily due to sun exposure. Compare the skin on your face and hands to the skin on your hip and upper thigh. The unexposed skin is less wrinkled and tauter than the exposed skin. Environmental stressors combined with a lowered repair rate result in aging skin. Reducing cell damage improves the skin's renewability.

Collagen is the protein that gives our skin suppleness. It is easily damaged by free radicals, which are oxygen molecules that have lost an electron. This type of damage results in "micro-scarring" which is the beginning of a wrinkle. Acupuncture stimulates the production of new collagen to fill in the wrinkle and improve tautness. Eating foods rich in anti-oxidants, and supplementing with vitamins and amino acids helps stop the micro-scarring and inflammation. Anti-oxidants like alpha-lipoic acid reverse damage by enzymatically breaking down only the damaged collagen. Collagen cannot be absorbed through the skin, so you need to work from the inside out to renew this vital protein.

Facial Exercises

1. Make a big frown. Hold it and chew in small motions. Release. Repeat 10 times. (Good for TMJ)
2. Eyebrow Exercise: Hold brows down with fingers. Attempt to lift eyebrows. Repeat 5 times. This will help you avoid new wrinkles.
3. Frown line Exercise: Pull inner corner of eyebrows outward with fingertips. Try to pull your eyebrows together. Repeat 5 times.
4. Open eyes as wide as possible. Close gently. Repeat 5 times.
5. For thick eyelids: Close eyes tightly and attempt to lift eyebrows. This will circulate dampness and increase energy. Repeat 5 times
6. Make a big pucker with your lips. Holding that, lift head to sky and kiss. Then grin and bring head back down. Repeat 10 times.

