

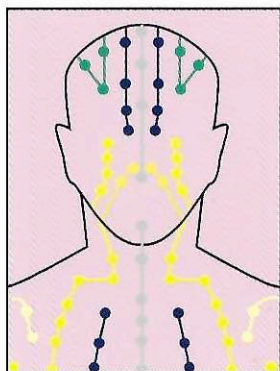
# FACIAL REJUVENATION

## How Acupuncture Helps



Acupuncture and Traditional Chinese Medicine (TCM) can provide a safe, effective, natural and drug-free approach to reducing the signs of aging. A facial rejuvenation treatment using this ancient technique can improve muscle tone of the face and neck while addressing underlying imbalances that may have contributed to the aging process.

**Why does skin sag?** According to TCM, wrinkles begin internally from a constitutional imbalance and fundamental weakness of Qi (pronounced “chee”). Qi is the energy that circulates throughout the body within a series of pathways to different organs. The body’s natural energy flow is what provides nourishment, support and energy to every cell, tissue, muscle and organ.



Meridian pathways on the face

As we get older, there are a number of factors that contribute to wrinkles, sagging skin and other signs of aging. Poor diet, digestion and circulation problems, and emotional or environmental stressors can all play a role in the aging of the skin.

### **Give your skin a lift.**

Acupuncture tightens pores, improves muscle tone and dermal contraction, while enhancing and increasing the elasticity of the skin. It

can reduce signs of aging by strengthening and stimulating the body’s energy circulation, especially those of the face. Through a succession of treatments, you will look and feel more energetic, vibrant and healthy.

Acupuncture treatments may be combined with herbal supplements, exercise and acupressure in order to maximize results.

Facial rejuvenation with acupuncture and TCM is virtually painless, and a non-surgical method to reduce the signs of aging. Before using drugs or surgery to improve appearance, consider acupuncture. It is an effective, natural, safe, drug free and painless

## Self-care techniques:

1. Herbal poultice—Thoroughly clean face. Make a poultice using equal parts of ground organic almonds, lavender and rose flowers, ground flax seeds, and oats. Add water and French clay, and stir into a thick paste. Apply to the face, avoiding the eyes, and let dry. Wash off after 15-20 minutes.
2. Stay hydrated— drink plenty of fresh spring water. This can keep the muscles and skin hydrated to prevent drying.
3. Gently massage the face.
4. Walk at least 20 minutes a day, and remember to breathe deeply.

