

# health talk



## Cosmetic Acupuncture

*The Latest Face-lift Requires Only The Use Of 'Pins'!*

By Christopher Chmiel, Physiotherapist/Acupuncture Provider

No cutting. No injecting. No scars. The latest face-lift requires only the use of 'pins'.

It's hard to believe that a technique more than 5,000 years old is quickly becoming the latest trend for natural cosmetic enhancement. Cosmetic Acupuncture, also referred to as a "non-surgical facelift", is a treatment which promises to take 5-10 years off your face, by tightening skin, decreasing fine lines and wrinkles, eliminating dark under-eye circles and giving one a healthier, glowing and more radiant complexion. Apparently, celebrities like Madonna, Cher and Gwyneth Paltrow agree.

Cosmetic Acupuncture has been performed for thousands of years in China. As early as the Sung Dynasty (960AD-1270AD) Cosmetic Acupuncture was performed on the Empress and Emperor's concubines. For centuries, the Chinese have known that beauty radiates from the inside out. If the internal body is nourished and the energy and blood are flowing smoothly, the external body will reveal this radiance.

A study in 1996 in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Cosmetic 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 leveling of wrinkles, a ruddier complexion, and overall rejuvenation.

Cosmetic Acupuncture is an effective, non-surgical treatment to reduce the signs of aging. It is based on the principles of Chinese medicine, and involves the insertion of very thin disposable needles into acupuncture points on the face & body where needed. As well as enhancing appearance, Facial Rejuvenation Acupuncture has the added benefit of improving overall health.

The benefits of Cosmetic Acupuncture may take 5-10 years off of your face. It helps to eliminate fine lines and makes the deeper lines look softer. It can also help to minimize dark circles, puffy eyes, double chin, sagging skin, and drooping eyelids.

While not a replacement for surgery, acupuncture is an excellent alternative. It is far less expensive than cosmetic surgery and is safe, virtually painless, and has no side effects or risk of disfigurement (slight bruising can occasionally occur). This is unlike surgery, which may take an extended recovery period with swelling and discoloration. There is no trauma from Facial Rejuvenation Acupuncture and if it does not suit you, it can be stopped with no ill effects.

The course of treatment is between 10-15 sessions. Ideally, these should be done 1-2 times per week for best results. Each individual will respond differently to the treatment, depending on their age and lifestyle. Visible results will be noticeable after 6-7 sessions. Maintenance may be needed once every 4-6 weeks. Each

treatment lasts approximately 30 minutes.

Some patients are not candidates for facial rejuvenation, including persons with pacemakers, heart conditions, uncontrolled high blood pressure, diabetes mellitus, migraine headaches, bleeding disorders, pregnancy and some pituitary disorders.

For more information about cosmetic acupuncture please contact our health care providers. To book an initial appointment and consult, contact us at Form & Function and we would be delighted to see you.



### OTHER GREAT BENEFITS OF COSMETIC ACUPUNCTURE

- Improves muscle tone
- Increases circulation
- Oxygenates the skin
- Tightens pores
- Helps keep acne under control
- Nourishes the skin, resulting in glowing, younger-looking skin
- Helps minimize or eliminate fine lines
- Helps reduce a double chin
- Helps reduce frown lines
- Helps lift sagging skin, puffy or droopy eyelids
- Increases collagen production
- Softens scars
- Increases blood, energy and lymph circulation

Leaves You Feeling Refreshed, Relaxed & Rejuvenated!

