

# Facial Rejuvenation & Cosmetic Acupuncture

An informative guide for clients  
looking to reduce facial lines  
and rejuvenate their natural  
appearance

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*How many sessions will I need?*

*This is dependent on a number of factors but we recommend the following as a guideline:*

*Age 20 -30*

*5 sessions (if required)*

*Age 30 – 40*

*5 - 10 sessions*

*Age 40 – 50*

*10 – 15 sessions*

*Age 50+*

*15+ sessions may be necessary*

*After a course of treatment has been completed, top up sessions are recommended every 6 to 8 weeks and it has been suggested that these can maintain the effect of the facial rejuvenation treatment for 5 to 10 years.*

*It is recommended that treatments take place weekly or twice weekly. This will be discussed with the client prior to the commencement of treatment.*

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## **What is Facial Rejuvenation & Cosmetic Acupuncture?**

This almost painless and very safe type of acupuncture treatment can help reduce the lines, puffiness, drooping and sagging that occur as the skin ages. It works with your body's natural abilities to bring collagen and elastin to where they are needed. Through the insertion of very fine needles, these natural substances are encouraged to develop and flow back to areas where their effect has become lessened by the aging process of the skin. In addition, lymph and oxygenated blood flow is increased in the area being treated and this results in drainage of toxins and a better supply of oxygen to the skin tissues and leaving fresher, healthier cells.

## **The Consultation Process**

Clients are made to feel welcome and comfortable and are encouraged to ask questions regarding their treatment. The consultant will work with the client to assess the best treatments in the areas that require rejuvenation. The consultant may advise that traditional Chinese acupuncture is used alongside the facial acupuncture to gain the best possible effects and this is common. Once agreed with the client, this may involve a few fine needles being inserted into areas such as the hands, feet, arms or legs. As with the facial acupuncture this is virtually painless. A full health and lifestyle assessment is made during this initial consultation and will include advice on dietary and fluid intake to ensure clients get the best out their treatment programme.

## The Treatment Process

Following the initial consultation, treatments will involve the insertion of fine acupuncture needles into areas that either require rejuvenating or into specific points known to assist and promote the rejuvenation of skin tissues.

The acupuncture needles are typically left in the skin for 20 to 30 minutes before removal and this is followed by a period of gentle massage and the application of a jade roller or “guasha” tool to cool and drain the skin of toxins.

The treatment session is very relaxing and enjoyable and the added benefit of leaving clients feeling re-energised with a sense of tranquillity makes for a truly enjoyable experience.

There are no chemicals applied or injected into the skin during the treatment session and it carries none of the surgical or drug related risks associated with facial enhancement surgery or other therapies such as Botox. The face will never appear stretched, puffy or burnt.

### What can be treated with facial acupuncture?

The following benefits can be gained through the use of facial acupuncture:

- Sagging of the facial skin
- Lymph drainage
- Dark eye circles, eye bags and eye puffiness
- Collagen production for wrinkle reduction
- Fine lines around the eyes and lips
- Deeper wrinkles lessened on the forehead, eyebrows, temples, nose, around the mouth and chin, along the jaw line and neck

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### **Are there side-effects?**

*Facial acupuncture uses fine, sterile, single use needles and there are few risks associated with the treatments.*

*Occasionally there may be small bruises at the point of needle insertion and these typically disappear with 1 to 2 days. The benefits of the treatments including the pleasurable relaxation are well known.*

### **Can everyone have facial acupuncture?**

*There are certain conditions that contraindicate facial acupuncture. These include some pituitary disorders, certain heart disorders, and diabetes mellitus. Clients with hypertension, a pacemaker and those prone to bleeding and bruising should tell their acupuncture consultant prior to treatment commencing. Facial acupuncture should not be undertaken during pregnancy and not by those suffering from the onset of an acute herpes attack.*

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