Cosmetic acupuncture or facial rejuvenation acupuncture

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Introduction

Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM practitioners use herbal medicines and various mind and body practices, such as acupuncture and tai chi, to treat or prevent health problems. The term “acupuncture” describes a family of procedures involving the stimulation of points on the body using a variety of techniques. The acupuncture technique that has been most often studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical

What are the benefits of cosmetic acupuncture?

Some of the benefits that you can obtain from cosmetic acupuncture treatments include:

- reduction or elimination of puffy eyes
- reduction or elimination of frown lines
- improved blood circulation to the face
- increased collagen production
- tightening of pores
- raising of drooping eyelids
- reduction or elimination of fine lines & wrinkles
- lifting of sagging skin
- reduction of the appearance of a double chin
- reduction/elimination of dark circles under the eyestimulation.

Methods

Once the needles have been inserted into specific acupuncture points on the face, there is a significant increase of blood circulation to the areas around the needles. This increase in blood flow helps to nourish, oxygenate, and moisturize the skin – resulting in a healthier, more youthful complexion. Another benefit of increased circulation to the face is that it causes the body to produce more collagen. Collagen is the protein that helps to improve the skin’s elasticity.

How many sessions are required?

In order to achieve maximum results, ten to twelve one-hour sessions are recommended. Two treatments per week over the course of six weeks is ideal; however, one treatment per week for twelve weeks will produce the same results, but at a slower rate. Visible results are typically seen by the 7th visit, although most clients notice subjective improvements after the very first session. Once the twelve-week course of treatment has been completed, occasional sessions (once every four to eight weeks) will help to maintain the benefits.







Conclusion

Acupuncture is a very safe and natural procedure that does not have the risks associated with cosmetic surgery.
Side effects are rare and when they do occur, they are very minor. Potential side effects include bruising, minor bleeding, minimal skin irritation, and mild muscle discomfort.

References

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