

Facial Rejuvenation Acupuncture, Acupressure, and Massage

What is it?

Facial rejuvenation acupuncture, acupressure, and massage is a treatment rooted in traditional East Asian medicine that will reduce the signs of aging. It is not limited to those that are older; younger individuals with acne or hormone-related skin conditions can also benefit. A treatment session consists mainly of acupuncture, with thin needles inserted into the face, scalp, ears, neck, and body, and may be followed by a short facial massage. As the meridians (pathways of Qi, or energy) in East Asian medicine flow from head to toe and back, a facial acupuncture session treats the whole person—mentally, emotionally, and physically—and is not solely restricted to cosmetic improvements. Each individual has their own health concerns, and as a result, each treatment is customized to suit the needs that are presented.

Benefits of a Facial Rejuvenation Acupuncture Series

- Helps to reduce and eliminate eye bags
- Helps to eliminate fine lines and diminishes the size of larger wrinkles
- Balances sebaceous secretions to treat dry skin, oily skin, and/or acne
- Reduces or eliminates double chins
- Helps to eliminate puffiness of the face
- Improves muscle tone and dermal contraction (i.e. tightness of the skin)
- Increases collagen production and has an effect on its dispersal
- Decreases the tendency toward sagging and jowls
- Promotes skin rejuvenation by increasing blood flow, oxygen, and nutrients to the face
- Improves hormonal balance and hormone-based skin conditions
- Improves facial colour by the increase of peripheral circulation
- Tightens pores
- Brightens the eyes
- Helps lift drooping eyelids
- Promotes overall health and well-being
- Reduces stress that is visible in the face
- Brings out a person's innate beauty and radiance
- Slows the aging process from within
- Delays the hair turning grey and the loss of hair associated with aging
- Benefits the eyes, ears, sinuses, thyroid, and brain
- Eases temporomandibular joint (TMJ) problems in the jaw

Contraindications of Facial Rejuvenation Acupuncture

If you have the following conditions, you cannot receive facial rejuvenation acupuncture:

- Problems with bleeding
- Tendency to bruise excessively
- Pituitary tumours
- High blood pressure
- Migraines
- Diabetes mellitus
- Serious health conditions, e.g. cancer, AIDS, acute hepatitis, and coronary disease
- Ulcerated, irritated, or bruised areas; warts; pigmented moles
- Seizures and epilepsy
- Dizziness

- Tinnitus
- Pregnancy
- Flus and colds
- Acute herpes outbreaks
- Acute allergic reactions
- Sunburn

Cautions

- Former cosmetic surgery
- Asthmatics
- Lymphedema, especially of the face

Duration and Number of Treatments

- A 120-minute initial consultation is required to gather medical history and to perform the first facial rejuvenation session.
- Generally, 11 treatments after the consultation are required, either 1-2 times per week.
- Each treatment session is 90 minutes (with the exception of the initial consultation).
- Changes may be visible after the first treatment but are more obvious and lasting around the seventh treatment.
- Effects may last up to 2-5 years, depending on age, lifestyle, diet, exercise, etc.
- Maintenance sessions may be booked monthly or seasonally, if the individual desires this.

Warning

- Possibility of bruising after a treatment session – do not schedule an appointment if you have a public event the next day.

Cost

- 120-minute initial consultation and facial rejuvenation acupuncture treatment: \$220.00
- 90-minute facial rejuvenation acupuncture treatment: \$160.00
- As this is a new service, the prices above will be offered for six months. Prices will increase in January 2019.