



Cosmetic Acupuncture: Looking Younger...Naturally

To combat the signs of aging, many resort to an array of invasive approaches that include plastic surgery, Botox, chemical peels and a host of other procedures. Cosmetic or facial rejuvenation acupuncture is a safe, effective, and non-invasive alternative to recapturing one's youthful appearance. Without the risk of scarring or the need for down time following the treatment, it is becoming the treatment of choice for many women.

Based on the principles of traditional Chinese medicine, very fine, disposable needles are inserted into acupuncture points on the face. This superficial insertion increases local blood circulation and stimulates collagen production, which results in the smoothing out of wrinkles and providing firmer tone, for a healthier, younger complexion.

Acupuncture has been used for thousands of years to treat various health conditions. Acupuncture points are connected to pathways called meridians that conduct energy or 'qi' throughout the body. Ailments or symptoms manifest when there is an imbalance or blockage of energy within these meridians. By removing blockages, promoting the flow of energy and restoring this balance, acupuncture is able to improve one's health and prevent disease.

In 1996, the International Journal of Clinical Acupuncture reported that among 300 cases treated with cosmetic acupuncture, 90% experienced significant results following a course of 12 sessions of treatment. These effects included skin becoming more delicate, improved elasticity of facial muscles, fewer wrinkles, and overall rejuvenation.

Both practitioners and patients often notice that cosmetic acupuncture can easily take 5-10 years off one's face. In addition to eliminating fine lines on the face and diminishing larger wrinkles, it can help to tone and sculpt the face, reducing the tendency for sagging jowls. Other benefits include:

- reducing bags under the eyes
- reducing puffiness
- improving facial color
- reducing visibility of scars
- tightening of pores
- moisturizes skin by increasing blood flow.



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One of the reasons cosmetic acupuncture is so effective is that it is individualized in nature and can incorporate the whole body. Our outward appearance is often a reflection of our internal health. For example, hormones, digestion, and our ability to deal with stress can all impact one's skin. By utilizing points not only on the face but also on the trunk and extremities, cosmetic acupuncture can help to improve hormonal balance, digestion, lymphatic drainage and nervous system regulation, thereby treating the skin and reversing the aging process from the inside out.

Ann Nakajima, BSc Hons, ND, is a licensed Naturopathic Doctor. She has a family practice in Mississauga where she incorporates the modalities of nutrition, herbs, and acupuncture to provide individualized treatment for her patients. She has a special interest in women health, skin conditions, digestion, and detoxification.