

Staying Youthful with Facial Acupuncture

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Time is chasing after all of us, and with that, comes signs of aging like fine lines, wrinkles, and rougher, less elastic skin. Our face is how we say 'hello' to the world, so why not keep it fresh and youthful for as long as possible? Regular Facial Acupuncture treatments can help you looking your best and feeling rejuvenated.

How Facial Acupuncture Works



Youthful skin has high levels of collagen, elastin, and is well fed with oxygen and nutrients. These components keep your skin even-toned, lifted, smooth, and bright. Over time, with sun exposure, dietary insufficiencies, poor circulation, and stress, we can see skin start to sag, wither, and blemish. But you can prevent these damaging aging effects. Facial Acupuncture is in your corner to help you fight from the inside-out by boosting the body's natural qualities for healthy skin so you can once again be youthful and rejuvenated.

Intradermals are extra-delicate needles used for Facial Acupuncture. They cause 'microtraumas' where the body recognizes an invasion at the skin's surface. I know this sounds like a bad thing, but it is not. This action sends a message to the body to repair the puncture site by stimulating the circulatory and lymphatic systems. These systems nourish the skin's surface by promoting collagen and elastin production and by carrying oxygen to nourish skin cells. Needling directly within the wrinkle creases stimulates existing fibroblast cells to transform into collagen fibres to plump up the area while promoting new healthy cell growth.

Facial Acupuncture can prevent the need for more invasive and expensive surgical procedures, with next to no side-effects. Another benefit of Facial Acupuncture is its natural effect of sedating the nervous system and releasing endorphins, which leads to a calming experience that reduces stress and irritability, and of course, also helps keep those worry lines at bay.

What Effects To Expect

You can expect to see many of the following results after a Facial Acupuncture treatment:

- Brighter more glowing complexion.
- Decreased visibility of fine lines and wrinkles.
- Softer, more supple skin quality.
- Improved facial muscle and skin tone.
- Decreased stress.
- Mood enhancement.
- Relaxation.



General Treatment Plan Expectations

A typical Facial Acupuncture treatment plan for improved skin quality and facial rejuvenation would include one to two sessions per week, for 10 weeks, followed by a maintenance session every 4-8 weeks. Regular Facial Acupuncture treatments in combination with healthy lifestyle changes, including drinking plenty of water, eating a balanced diet, managing stress, and exercising often, can clinically prevent signs of aging.



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