



# *Facial Rejuvenation Acupuncture: Information Package*

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## What is Facial Rejuvenation Acupuncture?

Facial Rejuvenation Acupuncture is a non-surgical method of reducing the signs of the aging process. It is a rejuvenation and revitalization process designed to help the whole body look and feel younger. The treatment is based on the principles of Traditional Oriental Medicine and involves the insertion of hair-thin needles into particular areas of the face, ears, neck, hands, trunk, and legs along channels or meridians of energy called Qi. As well as focusing on particular areas of your face, the treatment will improve your overall appearance and bring out your inner radiance. Facial Rejuvenation Acupuncture specifically affects the face while simultaneously treating the underlying factors that contribute to the aging process.

## What are the effects?

Facial Rejuvenation Acupuncture may erase as many as five to fifteen years from the face, with results apparent after just a few treatments. Fine lines and "crow's feet" may be dramatically reduced and deeper wrinkles diminished. Bags under the eyes can be reduced, jowls firmed, puffiness eliminated, droopy eyelids lifted and double chins minimized. Other likely results include: moisturizing of the skin with increased local circulation of blood and lymph to the face; increased collagen production, muscle tone, and dermal contraction; reduction in superficial scars; tightening of the pores; brightening of the eyes; improving of hormonal balance to help acne; and reduction of stress evident in the face.

## Why Should I choose Facial Rejuvenation Acupuncture?

If you are concerned with looking and feeling younger and slowing down the aging process, this treatment is for you. Facial Rejuvenation Acupuncture is suitable for people with deep wrinkles, fine lines, bags under the eyes, sagging, puffiness, drooping eyelids, double chin, large pores, dry skin or acne and more. Different methods are emphasized and specific points chosen according to how the aging process is working within you. A person with excess puffiness, for example, would require a different treatment than someone with dry skin. Unlike surgical or chemical treatments - such as Botox, Dermabrasion or a Facelift - acupuncture can treat you as a whole person. It works not only on a body level, but on a mental/emotional level as well.

## How many treatments should I have?

Generally, a Facial Rejuvenation series consists of 12, one-hour treatments. While effects are often evident after the first or second treatment, they become more noticeable and lasting on or about the seventh session. Depending upon your condition and lifestyle prior to treatment, you may respond faster or slower to treatment. After the initial series, monthly maintenance sessions may prolong your results for five to ten years.

### Does it really make a difference?

Acupuncture has proven itself over the course of several thousand years, treating a wide range of conditions in billions of people. The use of Acupuncture in Cosmetology—especially in preventing and reducing wrinkles—has already attracted great attention in Japan, Hong Kong, and Sweden. Acupuncture's effectiveness is due to its direct manipulation of the body's energy system by balancing flow, removing blockages or adding energy when necessary. A 1996 report in the International Journal of Clinical Acupuncture reported that among 300 cases treated with Facial Acupuncture, 90% had marked effects with one course of treatment. The effects reported included: the skin becoming delicate and fair, improvement of the elasticity of facial muscles and reduction of wrinkles and overall rejuvenation—not confined to the face.

### Why choose Facial Rejuvenation Acupuncture over a surgical face-lift?

While not a replacement for surgery, Facial Rejuvenation Acupuncture is an excellent alternative. It is far less costly than cosmetic surgery and is safe, has little to no side effects and has no risk of disfigurement. Unlike surgery that may have an extended recovery period with swelling and discoloration, there is no lasting trauma from Facial Rejuvenation Acupuncture. While Facial Rejuvenation Acupuncture cannot reshape one's nose or chin; it is a more subtle rejuvenation that takes years off one's face—safely and naturally while improving overall health. Facial Rejuvenation Acupuncture is a holistic therapy that treats the underlying cause of why someone is aging instead of masking the outward symptoms and allowing further decline and dysfunction to continue within the body.

### Are there any contraindications?

Facial Rejuvenation Acupuncture is contraindicated for individuals with coronary heart disease, AIDS, acute hepatitis, diabetes mellitus and cancer. In addition, it should not be performed on patients with high blood pressure, bleeding disorders, epilepsy, migraine headaches, or on individuals who have a pacemaker.

Facial Rejuvenation Acupuncture should not be done during pregnancy, during a bout with a cold or flu, during an allergic attack or during an acute herpes outbreak.



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