

Facial Aesthetic Cosmetic Enhancement Acupuncture Advice Sheet

During facial acupuncture the insertion of small, very fine needles into the skin creates microtrauma to the localised tissue, which triggers an inflammatory response. Inflammation is the body's generic response to any form of trauma. The purpose of inflammation is to eliminate the initial cause of cell injury and to remove the damaged tissue and dead cell debris. It also exists to initiate repair of the damaged tissues and promote the healing process.

General indications

- Facial rejuvenation
- Cosmetic enhancement
- Headaches
- Migraines
- Relaxation: Promotes sleep
- Stress
- Facial palsy
- Facial muscle paralysis
- Facial oedema
- Dental pain
- TMJ pain
- Nasopharyngeal problems
- Sinuses
- Allergies: Hay fever

Intended benefits of facial acupuncture for cosmetic enhancement

- Helps circulation and detox
- Natural alternative to Botox therefore good for pregnant women
- Smoother skin
- Restore and maintain Yin/Yang balance (homeostasis)
- Work by targeting pressure points with the needles to release energy and endorphins.
- Improve blood flow, stimulate cell regrowth and encourage the production of collagen – the protein that helps keep the skin youthful and elastic.
- Can be used in areas you can't botox – de puff around the eye area

Clear Up Acne

Acupuncture's rebalancing effect has a way of calming breakouts, whether chronic or caused by monthly hormonal fluctuations. "We look at acne as a reflection of internal heat, and the digestive system," Goldstein explains. "We can adjust premenstrual breakouts through acupuncture as well by treating the heat that arises" in the body during certain times of the month.

Calm Rosacea

"Similar to acne, it's about adjusting that internal balance within," Goldstein says. "Rosacea in Chinese medicine is often about digestion by clearing up the internal digestive issues, it really helps to minimize redness and irritation in the skin tissue."

Brighten Dull Skin

Acupuncture can boost a lackluster complexion both directly by triggering local healing processes in the face and indirectly, by recalibrating bodily systems. "Simply by putting a needle in the skin, you're stimulating skin circulation, lymphatic drainage, and collagen production," Goldstein says. But also, "dullness can often be a lack of energy flowing through the body properly. We work to raise your energy and balance what's going on."

Tighten and Tone

Whether your concern is the gravitational pull on your legs or slack facial skin, according to Goldstein, a few needle pricks can help to firm things up. Acupuncture is "absolutely amazing for muscle tone and deeper tissue tone in the body," she says. "It will help to relax the deeper tissue muscles that are too tight and tighten the ones that are [loose]. It's really good for lifting and sculpting the cheeks and jawline, and even for lifting eyebrows."

Sagging skin

By restoring blood flow and helping to increase collagen production at recognized and carefully selected points, the result is a tightening of the overall appearance of the skin.

Contraindications

- Pacemaker or other electric implants
- Anti-coagulant medication
- Fear of needles
- Tendency to faint
- immunosuppressive diseases
- Peripheral vascular disease or impaired sensation
- Hepatitis
- Frail or anxious patient
- Strong previous reaction to acupuncture
- Hyper/ hypotension
- Known metal allergy, especially stainless steel or nickel
- Previous seizure induced by an invasive steel or nickel
- Infected, thin or fragile skin
- Valvular heart disease
- Spontaneous bleeding or bruising
- Poorly controlled diabetes
- Poorly controlled epilepsy
- Acute haemorrhagic stroke

Clients who have received the following treatments must wait the following prescribed periods of time before having facial acupuncture treatments:

Botox injections: 2 weeks

Laser resurfacing: 3 weeks, minimum

Microdermabrasion: 1 week, minimum

Aftercare Advice

Please note the advice is not medical advice but merely guidance to help you obtain the best potential outcome from your treatment.

- Avoid wearing make-up immediately after FACE acupuncture.
- Do not undertake any other facial skincare treatments within 48 hours of FACE acupuncture.
- Avoid sun-bathing for up to 12 hours.
- Avoid direct heat (intense sunlight & sunbeds) and indirect heat (sauna, hot bath, shower) for 48 hours after treatment.
- Do not apply perfume or perfumed products to the treated area within 48 hours.
- Do not apply any exfoliating skincare products for 72 hours after facial.
- Always cleanse, tone and moisturise your face; to prevent loss of moisture, protect the skin from make-up and to keep the skin soft and supple.
- Drink plenty of water.
- Avoid intense exercise or physical activity for immediately after treatment.
- Do not reuse dermal needling rollers due to the heightened risk of infection.
- Do not needle yourself. Safe effective needling of the face requires a good knowledge and understanding of the underlying anatomical structures of the face.