

Safe, Effective, Natural & Drug-free

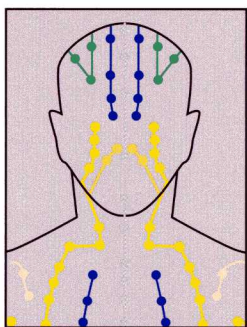
facial rejuvenation



Acupuncture and Chinese medicine can provide a safe, effective, natural, and drug-free approach to reduce signs of aging. A facial rejuvenation using this ancient technique can improve muscle tone of the face and neck while addressing underlying imbalances that may have contributed to the aging process.

Why does skin sag?

According to Chinese medicine, wrinkles begin internally from a weakness and imbalance of Qi (pronounced "chee"). Qi circulates within a series of pathways called *Meridians*. These pathways travel throughout the body, including the face. Qi flows within the meridians and provides



Meridian pathways

nourishment, support, and energy to every cell, tissue, muscle, and organ.

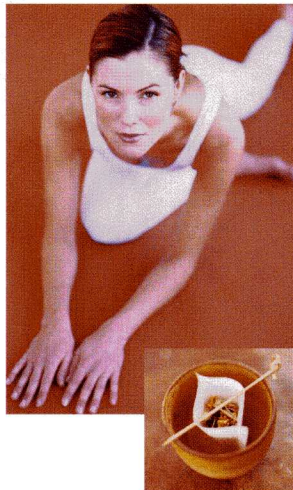
As we get older, it becomes more difficult for Qi to flow upwards to "lift" the face. This leads to inadequate muscle tone, and over time, wrinkles and sagging skin.

There are a variety of things that can contribute to this - poor diet,

digestion, circulation, or emotional and environmental stresses.

Give your skin a lift.

A facial rejuvenation using acupuncture improves overall skin and muscle tone while enhancing and increasing the elasticity of the skin. Acupuncture can reduce signs of aging by strengthening and stimulating the circulation of Qi within the meridian pathways, especially those of the face. You will look and feel more energetic, calm, vibrant, and healthy.



Acupuncture treatments may be combined with herbal supplements, exercise, and acupressure in order to maximize results.

Before using drugs or surgery to improve appearance, consider acupuncture. It is a safe, effective, natural, and drug-free alternative, that is painless, and risk-free.

Self-care techniques:

- 1) Herbal poultice - Thoroughly clean face. Make a poultice using equal parts of ground organic almonds, lavender and rose flowers, ground flax seeds, and oats. Add water and French clay, and stir into a thick paste. Put on face and let it dry. Wash off after 15-20 minutes. Avoid the eyes.
- 2) Stay hydrated - drink plenty of fresh spring water. This can keep the muscles and skin hydrated to prevent drying.
- 3) Gently massage the face.
- 4) Go for a daily 20 minute walk and breathe deeply.