

The Acupuncture Face Lift

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Baby Boomers are changing the face of old age, by refusing to accept the mores of the past. It is well known that 60 is now 50 and that 50 is now 40. I breathe with a sigh of relief that that this is so. I am a baby boomer. I think about our parents who didn't have the opportunities available today. Now women (and increasingly more men) have a variety of choices to help them look younger, healthier and more vibrant to match their energetic lifestyles.



One of the treatments available today is the acupuncture face lift. Acupuncture is an ancient method of healing which directs the flow of energy or (Qi) in the body to maintain or regain health and balance. It nourishes what is deficient (blood or energy), cools what is too hot, warms what is too cold and is effective for many ailments. The acupuncture face lift has been used for centuries in China especially by the Emperors and the wealthy. Before needles were developed, women massaged their thyroid glands to firm their skin and make it glow. When needles became available, they would have used acupuncture to tone, lift and rejuvenate their face just as we do today.

I remember 30 years ago when acupuncture was considered "different" in the West, which was a nice way of saying "weird". Today it is accepted as a very effective method with which to reach and maintain health. The acupuncture face lift went through a period of being considered "different" as well. I mean, how can needles change the way the face looks? Actually they can and do. Starting off in Hollywood, it is now catching on fast in Canada. In 1996 the International Journal of Clinical Acupuncture did an 8-year study of 300 people who had been treated with one course of acupuncture on the face. The study showed a marked improvement of 90% in elasticity of the face muscles, a lessening of wrinkles, better complexion and an overall feeling of rejuvenation.

Poor digestion, insomnia, fatigue, stress, anaemia and pain are going to be reflected in the skin in a pallid complexion, dark circles under the eyes, blotches and sagging or dry skin. Treatment for these problems is included in the session. Treatment for the face is a specialized technique. Collagen production is stimulated by means of tiny needles that attract Qi and blood to the area. This tones, rejuvenates, promotes muscle elasticity and enlivens the skin. It tightens the muscles and softens or reduces lines and dark circles under the eyes. The treatment usually lasts one and a half hours, and needs to be repeated several times within a short space of time for the best results.

Someone wrote "life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming 'WOOO HOOO what a ride!' I agree with living life to the fullest, but why not arrive looking good!

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