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a community space for  
yoga & the healing arts



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## Frequently Asked Questions

### **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 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 (pronounced chee). As your practitioner, I will choose specific points to move energy in your body according to your individual needs. 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 may be entirely eliminated 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; tightening of the pores; brightening of the eyes; improving of hormonal balance to help acne; and reduction of stress evident in the face. It allows your inner beauty to shine out through you.

### **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, two-hour treatments. While effects are 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, maintenance sessions can 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 included: the skin becoming delicate and fair, improvement of the elasticity of facial muscles and leveling of wrinkles, a ruddier complexion, and overall rejuvenation—not confined to the face.

### **Is this just a new fad?**

No. As early as the Sung Dynasty (960AD-1270AD) Acupuncture Rejuvenation practices were employed for the Empress and the Emperor's concubines. Acupuncturists discovered and utilized ways to change the energy flow within the body to initiate the healing process for rejuvenation.

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

While not a replacement for surgery, Acupuncture Facial Rejuvenation is an excellent alternative. It is far less costly than cosmetic surgery and is safe, has no side effects or risk of disfigurement. Unlike surgery that may have an extended recovery period with swelling and discoloration, there is no 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 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. It allows your own beauty to come from within.

### **Are there any contraindications?**

Facial Rejuvenation Acupuncture is contraindicated for some pituitary disorders, heart disorders, diabetes mellitus, high blood pressure, individuals who have a pacemaker or who have a problem with bleeding or bruising, or who currently suffer from migraine headaches. 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. If you do not meet the qualifications at this time, regular acupuncture treatments can be administered to address your current health conditions. At a later date I will re-evaluate whether you are a suitable candidate for the Facial Rejuvenation Treatment.