

Acupuncture Facial Rejuvenation works on the outside AND the inside

We all know someone who has gone for acupuncture treatments to relieve a headache, backache, IBS, PMS, quit smoking, lose weight or reduce stress. But did you know that a certified Facial Rejuvenation Acupuncturist can revitalize your skin while reducing your nagging body aches and chronic conditions at the same time?

This is possible due to the fact that acupuncture treats the entire person. An acupuncturist doesn't see a person as a collection of parts to be fixed like a car, she sees you as a whole person with every part depending on every other part to be nourished and to function well.

Facial Rejuvenation Acupuncture can take years off your face that is true. And those seeking an alternative to traditional western treatments such as injections, peels and lasers for more healthy looking skin will be surprised to find their stress level is significantly reduced, their arthritis doesn't flair up quite as often and their carpal tunnel isn't as bothersome as it once was.

If you are in pain due to arthritis, migraines, PMS, depression, or other symptoms this is bound to show up on your face. Frown lines are a classic example. Medications that you take to relieve symptoms can affect the function of your liver, kidneys, thyroid and other organs which are vital to sending healthy blood to your skin. Blotchy skin, melasma, broken capillaries, can all result from various medications. It makes sense that by tending to your underlying conditions, an acupuncturist will be helping your skin as well.

Our lifestyle, including everything we eat and drink affects our skin. Premature wrinkles, bags under the eyes, loose saggy skin can all result from poor diet and lifestyle. A qualified facial rejuvenation acupuncturist will also spend time with you discussing the underlying causes for the condition of your skin. Is your diet too rich in "damp" foods (dairy, sugar etc), are you getting enough sleep and water, what do you know about antioxidants and the role they play in skin cell regeneration? This information is vital in determining the best long term treatment plan for your skin.

We all look better when we are less stressed, better rested and in good physical health. Consider all the benefits of having all of you tended to...not just your face.

Not all acupuncturists have been certified in facial rejuvenation. Make certain to ask your practitioner if they are.

I have been going to Michelle for several months to fight the signs of aging. Michelle is absolutely by far the best! People keep asking me how I stay so young! I have tried several acupuncturists before but have never experienced such remarkable, extremely obvious results before Michelle. When people ask my age they think I am lying. They can't believe I'm over 50. My skin looks and feels great, wrinkles are diminished, and my energy level is unbelievable. Michelle's treatment area is very comfortable, professional and relaxing, not like most of the sterile type acupuncture environments. I highly recommend Michelle for facial rejuvenation, stress reduction, smoking cessation, and weight loss! Thanks Michelle!! You're the best..... Jenny Age 57