

Cosmetic Acupuncture

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Our culture thrives on beauty, so it's no wonder many people are going to great lengths in a quest to look younger. Canadians spend an increasing number of dollars every year on invasive and unsafe procedures such as cosmetic surgery, collagen injections, and botox.

As an alternative, many people (including celebrities such as Cher) are turning to traditional Chinese medicine for cosmetic acupuncture. An "acupuncture facelift" is a noninvasive process that can even improve overall health.

Cosmetic acupuncture involves inserting thin needles into the face and body in order to increase the blood circulation and collagen production within the skin. It improves the complexion, elasticity, and youthfulness of the skin while reducing its fine lines, sagging, dark circles, and puffiness under the eyes.

More Than Skin Deep

Cosmetic acupuncture also treats underlying imbalances in the body and improves overall health. Digestive problems, stress, insomnia, menopausal symptoms, and irregular menstruation are among the conditions treated in cosmetic acupuncture sessions.

According to Dr. Rassouli of the Cosmetic Acupuncture Clinic of Toronto, "This procedure is just one stage before botox in terms of effectiveness. It is an excellent alternative to cosmetic surgery, 100-percent natural, and free of side effects."

The procedure may help prevent the skin from showing the effects of aging, as it helps maintain collagen production, blood circulation, and energy flow within the layers of the skin. Maintaining blood and energy flow throughout particular meridians (energy pathways) running into the face keep it clear, glowing, and healthy.

Although the cost of cosmetic acupuncture is slightly higher than medical acupuncture, it is still only a fraction of the cost of surgery or botox. The course of treatment involves

ten sessions to be completed within five to ten weeks. Each session is one hour long and generally costs about \$100.

Are the needles painful? The answer is no. However, some patients may feel slight sensations such as pressure, tingling, and tightness.

Traditional Chinese medicine stresses the importance of diet and lifestyle for maintaining a healthy, youthful complexion. The following are among the skin care tips I give my patients:

Moisturize the skin after washing to protect it from dryness, pollution, and wind.

Exfoliate the skin no more than one to two times per week; excessive exfoliation is too abrasive and can damage the skin.

Apply vitamin E to the face overnight only if you have dry skin; this may cause breakouts in people with oily skin.

Add vitamin C to your daily cream for antioxidant purposes.

For acne-prone skin, splash the face with diluted apple cider vinegar a few times per week.

Maintain a healthy diet, drink plenty of water, and be active.

Most importantly, apply sunscreen!

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