

# Acupuncture and Non-surgical Facelift (Facial Rejuvenation)

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Acupuncture and Chinese Medicine can provide a safe, effective, natural, and drug-free approach to reduce the 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 (chee), the body's life energy. Qi circulates throughout the body within a series of pathways called meridians. Flowing through these pathways, Qi provides nourishment, support, and energy to every cell, tissue, muscle and organ. As we get older, it becomes more difficult for Qi to flow upward to "lift" the face. This leads to inadequate muscle tone, and over time, wrinkles and sagging skin. A variety of factors can contribute to this – poor diet, digestion and 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.

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

