

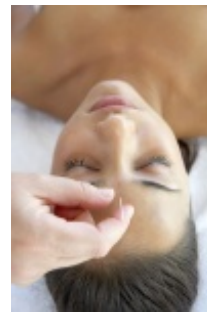


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Acupuncture for Facial Rejuvenation

Acupuncture has been used to treat skin complaints and reduce signs of aging for centuries. In fact, facial rejuvenation acupuncture, also known as cosmetic acupuncture, has a recorded history going as far back as China's Sung Dynasty (960AD – 1270AD), when the Empress and the Emperor's concubines used it to engender beauty and good health.



Facial rejuvenation acupuncture can improve muscle tone, increase collagen production, tighten pores and boost circulation and moisture in the skin. Moreover, when acupuncture is used to create overall balance within the body, the physical, mental and emotional patterns that contribute to aging are addressed, helping you look and feel younger.

The theory behind facial acupuncture is that hair-thin needles inserted along wrinkles and frown lines stimulate energy and relax the muscles. This leads to a tightening of the facial muscles, which decreases sagging of the facial skin, and an increase in the production of collagen, filling in fine lines and wrinkles.

Benefits of Facial Rejuvenation Acupuncture

- Increases the production of collagen and elastin
- Improves muscle tone (preventing further aging and wrinkles)
- Improves local lymph and blood circulation
- Softens or erases fine lines and wrinkles
- Reduces the depth of deeper lines
- Decreases bags (puffiness) under the eyes
- Reduces or eliminates acne and rosacea
- Provides a consistently smoother and brighter face

To look and feel years younger, facial rejuvenation acupuncture offers less risk, expense and recovery time than medical alternatives. While this procedure cannot reshape facial features, it is a more subtle rejuvenation that can take years off one's face safely and naturally while improving overall health.

Treatments are personalized for each patient. If you would like to learn more about facial rejuvenation acupuncture, please call for a consultation today!

The 5-Minute Acupressure Face Lift

Here is a 5-Minute Acupressure Face Lift to smooth wrinkles and firm up the face.

To draining the lymph system and smooth the skin

- Begin at the center of the forehead using the thumbs, and stroke across the eyebrows. Repeat 3 times.
- With the pads of the thumb, move from the outside edge of the eyebrows to the hollow in front of the ear (Fig 1).

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Recipe for Nourishing Beauty - Sweet Rice Congee



Sweet black rice, when cooked with longan berries (euphoria longana) and Chinese dates, becomes a congee that nourishes blood and Qi.

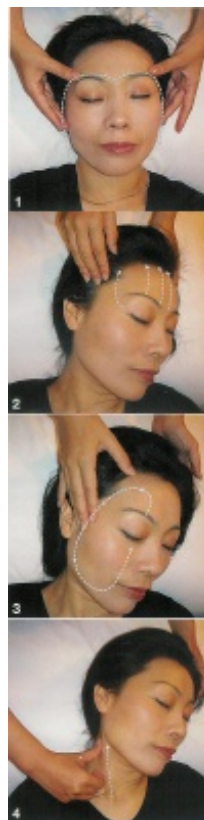
In the Oriental medicine system of food cures, these three foods work together to enhance beauty and longevity.

- The sweet rice promotes the flow of liver Qi, which helps keep angry feelings at bay and leads to calmness.
- The Chinese dates (different from the Mediterranean variety) nourish blood and spleen, promoting restful sleep and mental clarity.
- Longan fruit, a blood enhancer, was used by the ancients to add

- Using 3 inner fingers of both hands to massage the back of the neck from middle towards outside for 30 seconds with circular motion.

To lift and tone the face, chin and neck

- Stroke upward in lines from the eyebrows into the hairline. Repeat 3 to 5 times (Fig 2).
- Press on DU20 (the point on the very top of the head) to bring energy upward. Repeat 3 to 5 times.
- Using the pads of the thumbs, stroke in a circular motion from the eyebrow to temple to jawline and to the points below the eye. Repeat 9 to 12 times (See Fig 3).
- For neck wrinkles: Stroke upward from the collar bone to the jawline. Repeat 3–5 times (See Fig 4).



luster to the skin. From a Western perspective, we know that longans contain large amounts of Vitamin C and phenolic compounds, which may help to detoxify and protect the liver.

Sweet Rice Congee

(Taken from Ancient Healing for Modern Women, by Dr. Xiolan Zhao, C.M.D.)

Ingredients:

6 cups water
1 cup black sweet rice (wash before using)
½ cup dried longan fruit
10 Chinese dates
2 tablespoons raw sugar
½ inch piece of fresh ginger, peeled and thinly sliced

Instructions:

In a large heavy saucepan, add 6 cups of water, black sweet rice, longan fruit, dates, and raw sugar. Bring to a boil over medium heat. Reduce heat and simmer for two hours, stirring occasionally. Garnish with ginger. Makes four servings.

Note: All ingredients are available at most Asian grocery stores.

Author: Elizabeth G. Lynch