

# Graceful Aging

By Yana Symonenko, LAc, Dipl.Ac, MSAC

In the past decade, we have witnessed growth in evidence-based medicine and clinical sciences like never before. The anti-aging and skincare markets are expected to continue to grow exponentially each year. Facial services such as Botox, fillers, and plastic surgery are in high demand and becoming the most popular treatments for facial lines and wrinkles. However, there is another option, an effective one, that addresses these issues: facial cosmetic acupuncture.

## What Is Facial Cosmetic Acupuncture?

There is a growing demand to decrease signs of aging using holistic, natural processes that involve treatment of the physical body while recognizing the mind-spirit connection to healing. Cosmetic facial acupuncture—used in traditional Chinese medicine for thousands of years—has been a fantastic tool to link inner beauty and radiance with outer physical balance.

Within the acupuncture profession, it is currently the third most popular specialty. This unique modality empowers and encourages people to reconsider how they think about beauty and aging, broadens self-awareness and self-acceptance, and jumpstarts inner and outer healing and transformation. As a preventative and healing treatment, it offers an alternative to cosmetic surgery and other invasive procedures (like botulinum toxin injections), takes an integrative approach to health, and addresses the individual's totality to enhance both beauty and longevity while simultaneously promoting quality of life and youthful vigor.

Facial cosmetic acupuncture considers the disharmonies of Qi (lifeforce energy), organs, blood, and meridians to be the root causes of cosmetic-related complaints. As a result, those disharmonies are

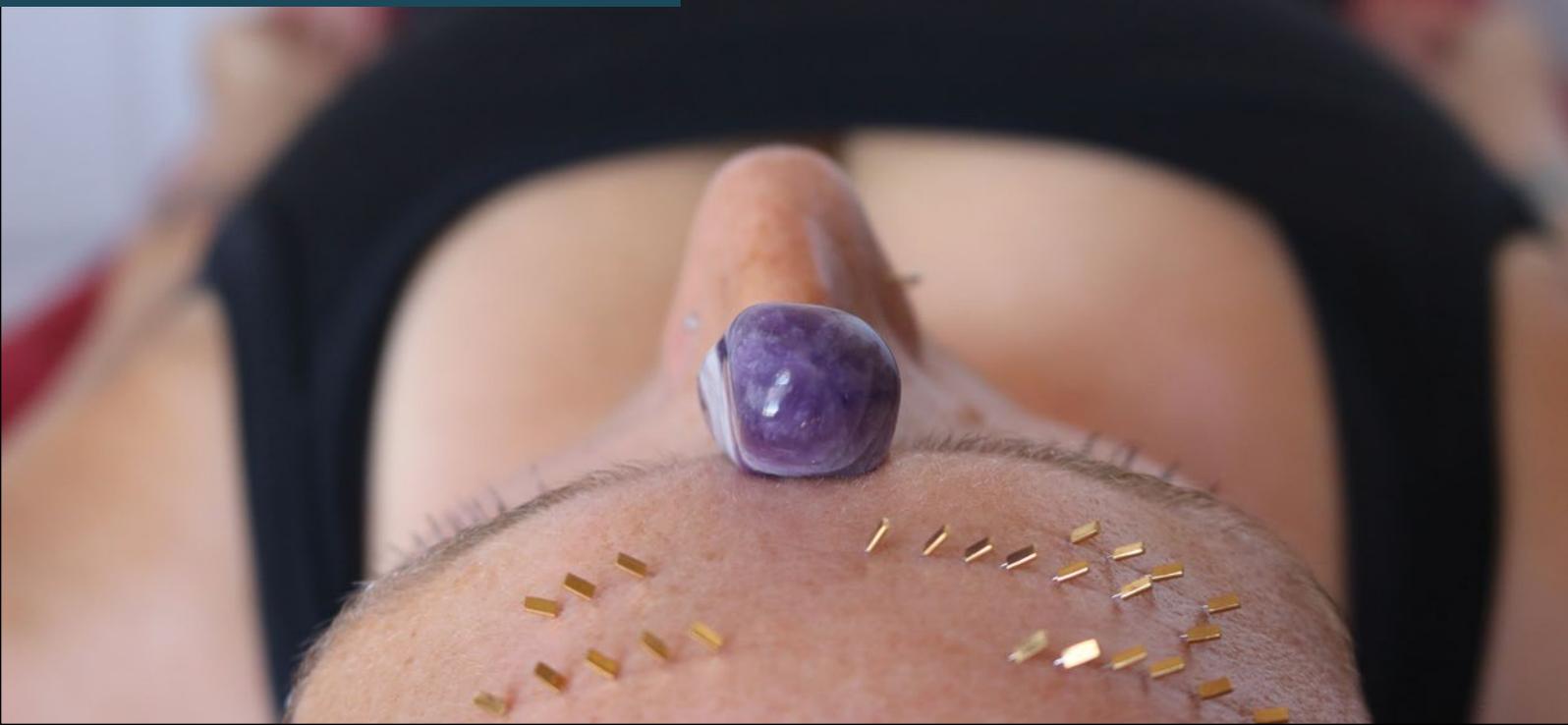


reflected on the face and neck with the presentation of wrinkles, sagging skin, puffiness under the eyes, dark circles, loss of muscle tone, decreased skin elasticity, hyperpigmentation, skin dryness, dullness, acne, or rosacea.

When the face is needled with incredibly fine acupuncture needles, blood and Qi flow to the area, transporting nutrients to the cells and creating a positive microtrauma that activates the body's wound healing response. This stimulates fibroblasts and promotes increased collagen/elastin production; improves facial color, muscle tone, and oxygen supply to the skin; and reduces or eliminates fine lines and wrinkles. It has the opposite action of Botox, which is to "freeze" the muscle; cosmetic facial acupuncture brings "life" back to the muscles, helps rejuvenate skin appearance, and delays signs of aging. Who doesn't want to see a brighter, plumper, and more "alive" skin complexion?



# with Cosmetic Facial Acupuncture



The acupuncture appointment is also different from your typical doctor's visit. It is usually one and a half hours of one-on-one time with a licensed acupuncturist. Time with your acupuncturist will include a full holistic assessment along with a facial and body acupuncture treatment.

An old Japanese saying suggests that "the face is a mirror of the heart." You will likely see on your face the emotional reflection of your heart's challenges: grief, anxiety, fear, and sadness. Points on the body will treat underlying patterns of disharmony, promoting emotional and spiritual healing, while local points on the face, head, and neck will address acute and chronic facial symptoms.

The treatment may also include gua sha (Chinese medicine practice of scraping the skin with a special tool), facial cupping, moxibustion (Chinese medicine practice of burning mugwort leaves), acupressure, lymphatic facial massage, LED light therapy, the use of a microcurrent device, and exfoliators as well as a consultation on nutrition, herbs/supplements, and lifestyle recommendations.

Many patients initially seek cosmetic facial acupuncture treatments for a superficial makeover. They want to iron out wrinkles while improving muscle tone, elasticity, and rapidly aging skin. Well-educated Chinese medicine practitioners help their patients to focus not only on their external appearance but also on the root causes of disharmony within their bodies and come up with precise treatment plans and lifestyle modifications and recommendations.

Unlike the quick fix of Botox and other chemical anti-wrinkle treatments, cosmetic facial acupuncture will require a series of treatments once or twice a week. During these treatments, most patients are pleasantly surprised to see not only facial rejuvenation but also improved sleep, regulated digestion and bowel movements, balanced emotional and hormonal state, reduced environmental allergic reactions, less physical pain, and happier mood.



## About the Author

*Yana Symonenko, LAc, the owner of AcupunctureRocks in Santa Clara, has a Master of Science in Acupuncture and holds an advanced cosmetic facial*

*acupuncture mentorship and training certificate from the Academy of Advanced Cosmetic Facial Acupuncture. She is thrilled to continue her education and obtain her Transitional Doctorate for Acupuncture in December 2022.*

*Following the vision of an "East meets West" environment, she applies the best of traditional Chinese medicine to a firm foundation in allopathic medicine. She has a passion for helping others restore balance to their health, and with the help of acupuncture needles, touches their consciousness.*

*In her free time, Yana loves to practice yoga and breathing techniques, attend kirtan, hike with her pups, study human anatomy and physiology, and dive deeper into understanding the relationships between Eastern and Western Medicine.*