

## Acupuncture Facial Rejuvenation for Acne, Dark Spots and Redness

As we age our skin goes through many changes. Some of these changes have to do with fluctuations in our hormones which can cause acne or dark spots or patches (melasma). For many women in their 40's and 50's. Adult acne can appear along with wrinkles, which causes a double whammy! Even if you did not have acne as a teen, the surge of estrogen which occurs right before menopause, or the hormonal changes that occur in your child bearing years can cause acne or dark or red areas on the face and neck.

Acupuncture is uniquely suited to addressing these concerns due to the fact that it treats the underlying causes of issues with the skin. An acupuncturist diagnoses your body's imbalances based on a much different paradigm than western medicine. Chinese medicine dates back over 5000 years and is the oldest form of medicine currently practiced in the world. Complete with its own theory, diagnosis and treatment, it is a standalone healing system. After feeling your pulses and looking at your tongue, an acupuncturist will evaluate whether your skin condition is due to what is referred to in Chinese medicine as stagnation, deficiency or excess in the Liver, Kidney, Heart, Spleen or Lung Qi (pronounced 'chee'). Acupuncture points are then used to balance the hormones, and treat any excesses or deficiencies.

In addition to correcting any imbalances in your hormones or organ systems, Acupuncture induces a deep state of relaxation. Stress can cause chemicals called neuropeptides to flood your skin and wreak havoc. They increase inflammation, widen blood vessels, increase skin permeability and generate excessive moisture. Stress hormones such as cortisol can cause outbreaks of acne, while the overproduction of melanocyte-stimulating hormone (MSH), caused by stress can cause outbreaks of melasma.

The results of acupuncture facial rejuvenation are: more even toned healthy, youthful looking skin, a clearer complexion, and a more peaceful state of mind. There are no scars, down time or side effects (other than a more tranquil state of being).

Here is what my patients are saying:

"Since I started facial rejuvenation, the lines on my forehead have become noticeably smoother. The color and tone of my skin has improved. But best of all, the brown spots on my face, which I have had for years, are fading and breaking up! I am not sure which I am happiest about--the improved texture of my skin or the lighter brown spots!" - Anita

"I began suffering from hormonal acne in my mid-thirties, after traditional treatment options (prescription creams, antibiotics, and other medications) didn't work, I sought an alternative treatment. I read about acupuncture and decided to give it a try. I began seeing Michelle Gellis in March and in a little over two months my skin is clear. I am so amazed that this actually worked! I am a believer in acupuncture and happily continue to get treatment." - Donna