

Cosmetic Acupuncture Renewal



Chinese medicine and acupuncture has long promoted longevity and vitality by observing the "shen," or inner reflection as seen on the face. Acupuncture Renewal is an avant garde technique that is based in this healing tradition. The benefits of facial acupuncture have been described in USA Today, Elle magazine and on The Dr. Oz Show and in a study published in the International Journal of acupuncture 270 (90%) of 300 patients treated reported noticeable improvement after just one course of treatment.

This innovative system uniquely addresses the muscles of the face, causing a tightening and toning action that results in a "lifted" appearance. During a treatment session, emphasis is placed on the face; however your body is often concurrently addressed to correct imbalances, restoring health while creating a relaxed, vibrant, and rejuvenated appearance.

At Integrative, Cosmetic Acupuncture Renewal involves the selection of acupuncture points on the ears, face, neck and body that improve facial tone, colour and diminish the appearance of wrinkles. We follow your acupuncture treatment with the Rejuveness System which is a safe machine using gentle electromagnetic waves to stimulate collagen, promote circulation and restore healthy cell function.

The Rejuveness System is the signature treatment in our Integrative Aesthetics Centre and pairing it with cosmetic acupuncture sets us apart from others who offer facial acupuncture alone.

The purpose of Cosmetic Facial Acupuncture Renewal is to not only address the physical appearance of the face, but to also empower the emotional well-being of your entire person.

Benefits

- Diminish fine lines and wrinkles
- Reduce appearance of under eye bags, double chin, droopy eyes and sagging
- Improve facial tone
- Tighten pores and brighten eyes
- Improve facial color or splotchy skin
- Increase collagen production
- Decrease severity of conditions like Bell's Palsy and acne

What to Expect

Your initial visit includes a comprehensive evaluation focused on developing an individualized treatment plan. Factors such as stress, diet, lifestyle, concurrent health concerns, emotional balance, age and genetic predispositions are all considered.

This plan will target specific cosmetic problem areas and also develop an overall health and lifestyle plan to enhance your desired outcome. Our outer beauty often mirrors our internal health and so adjunctive recommendations like Chinese herbal medicines, homeopathy, and nutrition changes will be used to further enhance your treatment.

Treatment Course and Anticipated Effects

Optimally after your initial assessment you will undergo one course of treatment consisting of 10 one-hour sessions ideally spaced twice a week. Following this course of treatment, ongoing monthly maintenance is recommended to enhance and maintain the positive effects. Results may vary substantially for smokers and those with poor health, nutrition and lifestyle habits.

It should be noted that age is not as crucial as might be assumed; an older patient with a healthy lifestyle may in fact have a better outcome than a younger person who is prone to poor lifestyle choices.

After the first treatment you may notice an increased glow in your complexion as the flow of blood and qi to your face increases. Wrinkles begin to lessen, the skin becomes more toned and your eyes seem brighter. Midway through your treatment series significant changes can occur with lifting of the jowls and neck and improved skin colour and tone.

At the conclusion of your treatment series you will likely be left with a vibrant, toned and lifted appearance with diminished wrinkles and a luminous relaxed glow. During your treatments you may also notice constitutional improvements in digestion or other aspects of your health as these sessions are more than just skin deep.

