

# COSMETIC ACUPUNCTURE

*Natural Rejuvenation Rooted in Chinese Medicine*



Cosmetic acupuncture is a holistic treatment that enhances the appearance of your skin while supporting your overall well-being. Rooted in Traditional Chinese Medicine (TCM), this technique works by stimulating acupuncture points on the face and body to promote circulation, encourage collagen production, and restore energetic balance.

Rather than masking signs of aging, Cosmetic Acupuncture helps your body regenerate and heal from within. It is a powerful, natural alternative to more invasive aesthetic procedures – offering both external results and internal harmony.

## BENEFITS

- Reduce fine lines, wrinkles, and sagging skin
- Brighten complexion and improve facial tone
- Enhance skin elasticity and hydration
- Address puffiness, acne, and inflammation
- Supports stress reduction and emotional well-being
- Improve blood and Qi (energy) circulation to the face
- Complement whole-body vitality and balance

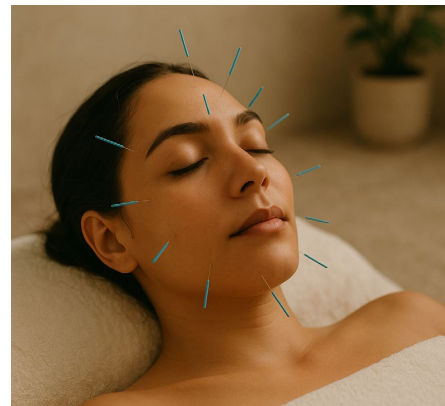
## WHAT TO EXPECT

Your first session includes a thorough intake and evaluation by your Naturopathic Doctor or Registered Acupuncturist. This assessment takes into account not just your skin concerns, but your digestion, sleep, stress, and lifestyle factors – all of which influence your skin health.

During treatment, ultra-fine needles are inserted into specific facial and body acupuncture points. Many patients find the experience deeply relaxing. Depending on your provider, additional supportive tools may be used – such as facial cupping, gua sha, LED light therapy, or the **Rejuveness Sytem** (a gentle electromagnetic wave device).

## TREATMENT COURSE & ANTECIPATED EFFECTS

- Initial results may include a brighter, more rested appearance
- Most treatment plans involve 10-12 sessions, ideally performed 1-2x per week
- Results are cumulative, with progressive lifting, toning, and smoothing
- Monthly maintenance is recommended following your initial course
- Improvements may also be noticed in sleep, digestion, and mood as a result of full-body rebalancing



## SAFETY

Cosmetic Acupuncture is extremely safe when performed by a licensed professional. The needles used are sterile, single-use, and very fine.

### Common side-effects:

Minor bruising, redness, or temporary tightness

### Not recommended for:

- Pregnancy
- Severe or uncontrolled medical conditions (e.g., high blood pressure)
- Recent facial surgery or advanced aesthetic procedures (please ask for a timeline)
- Patients with a bleeding disorder or on blood thinners (may require caution)

*\*Please Note: Individuals who smoke may require additional treatments to achieve optimal results as smoking can impact skin health and circulation.*