

## Cosmetic Acupuncture or Facial Rejuvenation Acupuncture

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**Introduction**

The skin is a mirror of our health. In her appearance we can come to many conclusions that are related to our health. Many diseases are primarily associated with changes that are detected on the appearance of our skin.

The skin is the largest organ in the human body. She is exposed to countless external influences on a daily basis and is a body barrier to the outside world. Countless factors, both physically and chemically, the impact of climate change factors that are constantly changing leave traces on our skin and thus contribute to its premature aging. An unhealthy way of life, insufficient rest, too much alcohol, smoking cigarettes, excessive exposure to UV rays are just one of the causes of premature aging of the skin. The skin is made of three layers that are of varying thickness and perform a different role. Epidermis, dermis and hypodermis.

Epidermis is protective outer layer of human skin; comprised of five layers: stratum basale, stratum spinosum, stratum granulosum, stratum lucidum and stratum corneum. Keratinocytes are cells that contain the fibrous protein called keratin. The topmost layer is built of keratinocytes that constantly fall off and thus permit constant renewal. These cells originate from the deepest epidermal layer of the skin, ie the basal layer.

The skin as a body's physical barrier also participates in the innate immunity of humans. The epidermis protects against the penetration of microbes, chemical irritants, toxins, absorbs and blocks solar energy and ionizing radiation and also prevents loss of water from the body.

There are four basic types of skin: Normal, dry, oily and combined.

- Normal is used as a term for well-balanced skin, not very dry or very slim. Such skin is still called eidermic skin.
- Dry skin contains less sebum than needed to perform its protective functions.
- Contrary to dry oily skin produces a greater amount of sebum.
- Combined skin is a combination of many types of skin.

The normal skin have fine pores, good blood circulation, velvety soft and smooth texture, fresh roses tint and uniform transparency, lipps on pips and is not sensitive.

Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years [1]. TCM practitioners use herbal medicines and various mind and body practices, such as *acupuncture* and *tai chi*, to treat or prevent health problems. The term "acupuncture" describes a family of procedures involving the stimulation of points on the body using a variety of techniques. The acupuncture technique that has been most often studied scientifically involves penetrating the skin with thin, solid, metallic needles that are manipulated by the hands or by electrical stimulation.

**What are the benefits of cosmetic acupuncture?**

Signs of aging

Our skin type develops in our lives. Oily skin through puberty sometimes becomes dry then, and normal skin may become dry as the age develops.

When aging, all skin types lose volume and density; fine lines and wrinkles appear and changes in pigmentation occur. Understanding and measuring these signs of aging helps us determine the condition of the skin [2].

Some of the benefits that you can obtain from cosmetic acupuncture treatments include:

- Reduction or elimination of puffy eyes
- Reduction or elimination of frown lines
- Improved blood circulation to the face
- Increased collagen production
- Tightening of pores
- Raising of drooping eyelids
- Reduction or elimination of fine lines & wrinkles
- Lifting of sagging skin
- Reduction of the appearance of a double chin
- Reduction/elimination of dark circles under the eyes

Once the needles have been inserted into specific acupuncture points on the face, there is a significant increase of blood circulation to the areas around the needles. This increase in blood flow helps to nourish, oxygenate, and moisturize the skin – resulting in a healthier, more youthful complexion. Another benefit of increased circulation to the face is that it causes the body to produce more collagen. Collagen is the protein that helps to improve the skin's elasticity.

### How many sessions are required?

In order to achieve maximum results, ten to twelve one-hour sessions are recommended. Two treatments per week over the course of six weeks is ideal; however, one treatment per week for twelve weeks will produce the same results, but at a slower rate. Visible results are typically seen by the 7th visit, although most clients notice subjective improvements after the very first session. Once the twelve-week course of treatment has been completed, occasional sessions (once every four to eight weeks) will help to maintain the benefits.

Acupuncture is a very safe and natural procedure that does not have the risks associated with cosmetic surgery. Side effects are rare and when they do occur, they are very minor. Potential side effects include bruising, minor bleeding, minimal skin irritation, and mild muscle discomfort [3].



### References

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2. Feili Huang , Rebecca Parker, Hai Cui (2011) Cosmetology in Chinese Medicine, PMPH-USA 20: p676.
3. Radha Thambirajah (2015) Cosmetic Acupuncture, Second Edition, p244.

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