

16th European Dermatology Congress

June 07-08, 2017 Milan, Italy

Facial cosmetic acupuncture: New interpretation of ancient secrets and effective protocols in different cases/review

Elvan Sarac

Florida College of Integrative Medicine, USA

Facial cosmetic acupuncture (FCA) is the use of acupuncture on the face, head, and neck for cosmetic purposes. It can be traced back as far as 2000 years ago, as documented in the Yellow Emperor's Inner Classic. Several different types of FCA are practiced. Each one is based on a channel system specifically to promote the free flow of qi and blood. It is used to regulate Yin and Yang, and to regulate excess and deficiency. These unbalanced conditions can cause facial aging, bags under the eyes, wrinkles and dark circles around the eyes, and can be improved with the correct application of acupuncture techniques. The treatments can be adjusted depending on the type of needle techniques used and point prescription chosen. Besides needling, cupping, auricular points, moxa and herbal prescriptions can also enhance the results. Utilizing the correct special channels and points for each different indication is the key of facial enhancement. For example; specific points of Ren, bladder and/or kidney channels could be the best option for facial swelling and puffiness. Gallbladder channels and points are best for wrinkles around eyes and Crow's feet. Recent studies showed promising results as a therapy for improving facial elasticity, aging of the neck. FCA can also be helpful adjunct; to go along with more conventional forms of facial cosmetic procedures like plastic surgery, fillings and mesotherapy injections. Protocols vary according to patient conditions. However 10 combined treatments are typically adapted. FCA, as a part of Integrative Medicine, focuses on the integration of traditional methods with conventional. It encompasses a broader understanding of nature of facial aging, and addresses the physical as well as emotional and spiritual needs. In spite of widespread use of FCA, scientific evidence of its effectiveness is still limited hence, better designed research is needed.

Biography

Elvan Sarac is working as Assistant Profesor of Family Medicine at Yeditepe University Faculty of Medicine, Istanbul. She has a Master Degree on Traditional Chinese Medicine from Florida College of Integrative Medicine

elvanmd@yahoo.com

Notes: