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Cosmetic acupuncture or facial rejuvenation acupuncture

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Introduction : Traditional Chinese medicine (TCM) originated in ancient China and has evolved over thousands of years. 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.

Methods: 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.

Conclusion: 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.

Biography

Vaska Spaskova is working under Traditional Chinese Medicine in Macedonia

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