

Annual Meeting on  
**NATUROPATHIC PHYSICIANS &  
ACUPUNCTURISTS**

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**An overview: Emerging evidence to illustrate cosmetic acupuncture (also known as facial rejuvenation) as the future for anti-aging therapy**

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There is some documented historic evidence of acupuncture's use aesthetically over the centuries but its value today can be seen clinically. Recent research and studies from modern cosmetic techniques now gives us a better insight of how cosmetic acupuncture works at a local level on facial tissue. The author will give an overview of this evidence as well as the limitations of such treatments. She will explain her hypothesis of the important links between facial and constitutional acupuncture based on data from her recent collaborations and research. In particular, she will discuss the relationship with fascia and body fluid. To conclude she will also explain how this has informed development of her techniques including the creation of her specialist intradermal needles, branded thrive. She will also illustrate the theory behind her use of adjunct therapies such as LED light therapy to produce reliably effective clinical outcomes. Clinical examples of the techniques will be demonstrated live or with slides. Scenarios covered includes: Facial sagging, wrinkle reduction, tightening of neck and décolleté, reduction of atrophic acne scarring and post-surgical facial swelling.

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