

General Introduction

Neijing mentions process of aging on the body as well as the face. Age 35 muscles atrophy, facial wrinkles appear, hair begins to thin and fall out. Why? Yangming channels that govern these facial muscles begin to deplete. AT the age of 42, the yang channels reaching the face are exhausted causing the face to totally wrinkle and the hair to turn to grey or white.

That said, aging is a matter of choice. Per TCM the optimal function of the body depends upon physical, mental, emotional and dietary choices. Lifestyle is responsible for over 80% of diseases. Examples are high blood pressure, high blood sugar, high cholesterol. Basically, control the mouth, control the body! The body is an interactive system with exterior and interior closely connected. As we learned in Foundations, disorders of internal organs affect the color, tone, and smoothness of the face. This theory is wholistic beauty theory.

To keep the body and skin beautiful you must keep the inside harmonized and beautiful.

Distribution of internal organs on the face

The Neijing has 2 descriptions of how internal organs reflect upon the face. Here are some examples.

As a general rule, the upper digestive tract is reflected in the upper lip area while the lower digestive area is mirrored in the lower lip area. Sexual area is the chin. The tip of the nose is the heart, middle is the stomach (channel arises from the outer side of the nose), root of the nose is the pancreas. Between the eyebrow, the Yintang area, is the Liver. Middle part of the forehead is the Small Intestine. Anterior hairline is large intestine and top of the head is the urinary bladder (where the BL channel flows). Temple is the spleen (not the gallbladder!). Left eye is spleen and pancreas. Right is liver/gallbladder. Lower eyelids and ears are the Kidneys. Both sides of the cheeks are the Lungs. Between lower eyelid and cheeks is also the Large Intestine. Upper eyebrow and upper eyelid = adrenal

Summary	
Upper Lip	Upper digestive tract/Du
Lower Lip	Lower digestive tract/Ren
Chin	Sexual area
Sides of the nasa ali	Bronchii
Corners of the mouth	Duodenum
Tip of the nose	Heart
Middle of the nose bridge	Stomach
Root of the nose	Pancreas
Between eyebrows (Yintang)	Liver
Eyebrow and upper eyelids	Adrenal glands and sexual function
Middle part of the forehead	Small Intestine
Anterior hairline	Large Intestine
Top of head	Urinary Bladder
Temple	Spleen
Left eye	Spleen/Pancreas
Right	Liver/Gallbladder

Lower eyelids and ears	Kidney
Both sides of cheeks	Lungs
Between lower eyelid/cheek	Large Intestine

How does this help? Locations of problems on the face indicate locations of problems in the body as reflected in the face. Acne for instance if located on forehead reflects a Large Intestine problem. Acne here is heat in the Large Intestine. Constipation may follow! Then bad odor in the mouth and other lower digestive problems. This patient will likely have similar acne around the mouth. Moral to the story: the location of the acne/other problems tells a lot of secrets about the internal organs. The face is the book upon which our health is written!

The Three Ting

Ting means “courtyard”. The Three Tings are areas A, B, and C, also referred to as Upper, Middle, and Lower Ting. Divide the face into these 3 areas and compare the sizes—a person with one larger than other may have strengths in the largest areas. Smaller areas may reflect weaknesses. This could also indicate possible imbalance. For instance, someone with a large upper ting might be very intelligent, but that could impact other areas negatively because they live in their heads!

Upper Ting

This is area B on the diagram. This area includes the forehead and the periphery of the forehead and includes the temples and eyebrows. This area represents the condition of the nervous system as a whole. Mental, nerve, and intelligence area.

Middle Ting

This area is area C on the diagram. This reflects the condition of the circulatory and excretory systems. These are the side facial areas including eyes, cheeks, and ears.

Lower Ting

Area A on the diagram. The conditions of the mouth, lips, tongue, mouth cavity and areas around the mouth relate to the digestive functions of the body and also partially relates to the respiratory functions, especially in the peripheral areas of this zone.

Brief History of TCM for Face Lifting

Dates back to the Tang Dynasty, the 7th Century AD. Tang Dynasty was an era of great prosperity and had the luxury of beauty. Face lifting skills have been developed to improve overall health which had the happy side effect of reducing the signs of ageing.

In 1974 the Chinese government, at the end of the Cultural Revolution, blessed the birth of Cosmetic Acupuncture. This is about 2 years after Nixon visited China. In 1989 Dr. Wu published a book along with some colleagues regarding “beautyculture” which was one of the first textbooks systematically discussing acupuncture and Chinese medicine and its effects on beauty culture. (*Practical Application of Acupuncture and Chinese Medicine for Beautyculture*, Dr. Jamie Wu, 1989.)

This weekend’s schedule:

Dr. Wu’s Facial Acupuncture Seminar – Fall 2008

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Saturday morning (start at 9:30):

Facial evaluation methods

Includes problems of the face, blemishes, sunburns, etc.

Saturday afternoon (start at 1:30):

Chinese herbs (topical/linaments/lotions) and tuina

Be aware that some herbs applied topically can cause blisters and scars.

Sunday morning (start at 9:30):

Bring a travel kit! Acupuncture techniques and demonstration, practice basic skills

What to buy for tomorrow:

- ❖ Seirin #1, 0.16mm (Japanese gauge 1, Chinese gauge 40), ½ cun or 1 cun (both best)

0.18's are too big – leaves holes and bleeding

Sunday afternoon (start at 1:30):

Practice advanced skills in a clinic like setting, quiz taking.

Part One Facial Evaluation

Facial Skin Types

Skin types are related to environment in which you live, congenital constitution (and lingering fetal toxins...common in China to give herbs to a newborn to release these fetal toxins which results in less constitution, hemorrhoids, and acne later in life). Look at the skin overall when you evaluate.

Normal facial skin - Balanced

Moist, plump, dewy. Sweating pores are small to medium and not clearly visible. No blemishes, no or few sunburns. Soft, firm, smooth and with good elasticity. This is balanced, harmonized skin.

People who live in humid environments have a better chance of having this kind of skin. Eating a lot of soy products will also help with this – natural estrogen source.

Described as “peach flower” which is light peach color coming from deep inside the face.

Oily facial skin - Overactive

Pores are more visible/noticeable than other types – coarse, medium to large sized pores. This allows the oil to come out easily. Their appearance is shiny. Skin is thicker, firmer, less sensitive than other types. Most often seen between 12 – 22 years, though some people have it throughout life. Why? Hormones are higher at this period of time. Less sensitivity to topical applications and tuina on the face. More likely to have blocked pores and blemishes such as acne. Aloe mask can help with this...more later.

A one-word description for this type would be “overactive”. Therefore, you can use stronger stimulation for this type.

Dry facial skin - Underactive

Opposite of oily skin. There are several types which may happen in combinations:

- ❖ Lack of oil – simple dry skin
Sweating pores are small and skin is thin. Oil cannot come out.
- ❖ Lack of water – dehydrated
Sweating pores are larger, skin is thick

This type is underactive and needs more tonification.

Combination Skin - Assymetrical

The “T Zone” which encompasses the forehead, nose and chin, is often oily while the cheeks and eye area are normal or dry. 95% of people fall into this category. Another 5% will have blemishes in the T zone and no problems in the other areas. Might also see T zone normal with the cheeks/eye dry.

This type is not harmonized, so you must use a balancing treatment.

Sensitive Skin - Delicate

Pay most attention to this type of skin. Overaction to external influences. This type is easily irritated by sun exposure, chemicals/cosmetics, handling, have tendency to broken capillaries. Can easily get skin allergies as well.

Other skin types can also be sensitive skin types. This is related to body constitution. Celtic descent patients are more prone to sensitive skin. Look for blue eyes, blonde or red hair, fair skin. If you needle the skin around the needle will get red quickly. This is familial/congenital related. More superficial nerve endings, capillaries, and blood vessels. Strong, quick reaction to stimulation because the Wei qi reacts quickly...they may also get better results to body needling! However, on the face, this strong reaction may result in a bruise/ hematoma. Also, topical application of herbs may cause skin burns, blisters.

Treat these patients with caution.

Aging Facial Skin - Inactive

All facial skin types can also be ... will be! ... aging as well. Visible signs of aging appear starting at the age of 30. By 40 years old the pigmentation cells and immune cells in the skin decrease. Sunshine will cause sunburn more quickly now. Expression/laugh lines deepen, aging spots appear. After 50 years old the oil gland activity significantly declines – more sensitivity to weather changes and climate changes. Lines, wrinkles and sagging due to poor elasticity begin to show.

A note about aging and wrinkles: if wrinkles on the forehead disappear with facial paralysis, then the patient is suffering from Bell's Palsy. If the wrinkles on the forehead stay with facial paralysis then it is Central Facial Paralysis. Also, eyebag on one side and not on the other indicates paralysis of either kind.

Since this skin is inactive, you tonify, moisten, nourish.

Facial Color with Skin Blemishes

Red Coloring

Red can indicate

- 1) Yang rising
- 2) Invasion of external pathogen
 - a. Wind heat comes from weather changes
 - b. Toxic heat from comes from the sun.
Toxic heat leads to cancer. For that matter, if you leave a bottle of water in your car the heat of the sun can toxify it and you shouldn't drink it. In this part of the country, avoid the sun between 9am and 3pm for least toxicity.
- 3) Retention of internal heat.

Typical facial skin problems which are more external/excess include but are not limited to:

- ❖ Acne

- ❖ Sunburns
Phytophotodermatitis is included. The nose is often affected first (the King of the Face)
- ❖ Urticaria
- ❖ Butterfly skin rash due to lupus
This “rash” is across the nose and the cheeks and is somewhat butterfly shaped across the face.
This is systemic lupus erythematosus. These patients should get less exposure to the sun as this will exacerbate the problem.
- ❖ Rosacea
- ❖ Brandy nose

Black Color

Includes aging spots, brownish or blackish. Can indicate yin or essence deficiency. Pregnancy can cause skin discolorations when the baby gets the essence and leaves the mother deficient. This also includes a bluish-dark blackish overall complexion color to the skin. Typical problems include:

- ❖ Aging spots
Blood, yin and essence has waned causing dark spots.
- ❖ Senile plaque
- ❖ Sun spots
- ❖ Darkness of eyelids
- ❖ Melasma
(dark brown symmetrical patches of pigment on face)
- ❖ Suprarenale (Addison’s disease)
- ❖ Chronic acne with blackheads
Sign of body fluid deficiency. Toxic heat to body fluid comes first, muscles erode, final step is the blackhead.

White Color

Indicates Qi and Blood deficiency. Look for a pale face. Happens post-preggers often. Can also happen to women who lose a lot of blood in menses. You might see people with a bright white complexion color.

- ❖ Vitiligo
In biomed this is the loss of melanocytes. In TCM this is loss of qi/blood and thus deficiency.
Need to reduce exposure to sunshine.
- ❖ Anemia
- ❖ Heavy menstrual bleeding
- ❖ Chronic diarrhea
- ❖ Chronic colitis
- ❖ IBS
- ❖ Post partum depression syndrome
- ❖ Miscarriage
- ❖ Abortion
- ❖ Hypotension

Yellow and Brown Color

Indicates 1) blood xu, 2) spleen xu, 3) dampness retention. Women who have profuse vaginal discharge may have damp retention and thus the yellow/brown coloring. Heavy menstruation and irregular menses might also express with this complexion. Patients with anemia/blood xu may also manifest a yellow and/or brown color.

Typical examples:

- ❖ Chloasma

This is different from normal aging spots – chloasma/melasma are larger pieces, can be symmetrically located (bilaterally), only located on the face. Aging and sunspots are smaller, never symmetrically located, can be anywhere. Look for size, location, symmetry.

- ❖ Pregnancy spots

Green Color

Caused by

- 1) Severe pain due to Liver Qi Yu
- 2) Liver Wind
- 3) Cold

Patients with seizures, PMS, dysmenorrhea, irregular menstruation, post partum depression syndrome, and severe pain may have this green coloration.

Blemishes

Warts are caused by virus – papilloma infection. Plantars warts on the bottom of the foot. If the wart has a blackhead in the center (called “chicken eyes” in TCM – look for the Chicken Eyes Paste for Plantar’s warts). Facial warts due to Qi yu may go away in 6 months if you treat the stagnation.

Hair problems

Hair problems can be due to blood disorder, blood xu, blood yu, and heat in the blood. Alopecia for instance can happen suddenly and is a result of blood disorders. Genetic alopecia is familial – male hormone declines after puberty normally, but in balding individuals the male hormone remains high. This is an excess type – clear heat and sedate the Yang. The Kidney is involved here.

Conclusion

Overall, the change of anatomical structure is most likely due to Qi disorder: sagging, paralysis, ptosis, eye bags are due to the decreased liftin function of Qi. Wrinkles can also be the result of emotional disorder such as over-worry, depression, stress or even over-laughing! This is exacerbated by aging.

Color changes are Yin/Yang disorder, blood and essence disorders.

Part Two: The Mechanism for TCM Face Lifting.

- 1) Work on the Qi
 - a. Tonify Qi – acu and OM can replenish Qi and send nutrients to nourish face.
 - b. Raise Qi – esp SP Qi to maintain normal loc of soft tiss and 5 sense organs

- 2) Work on Blood
 - a. Nourish by improving supply, improve facial tone, increase facial skin elasticity
 - b. Promote blood circ thru ch/collat
 - c. Cool blood, remove tox and clean facial skin.

- 3) Work on BF
Promo and adj water metab
 - a. ++bf circ, nour and moist fac skin for dry
 - b. –fluid retention and banish puffy eyes/edema on face
 - c. – the oily skin and maintain open pores.

- 4) Work on essence
acu and OM can nour essence which governs birth/grow/dev/develop. This delays essence, reduces sx of aging of all kinds. This is an anti-gravity technique!

- 5) Work on local soft tissues
Tuina and Anmo + topical app of herbs can relax facial skin, - wrinkles or tighten facial muscles. This combats sagging in facial/neck areas. Some tech can also scatter/dissolve scar tissue and hardness for more even/smoothe facial skin.

Previous surgical facelift can result in scarring that you can help soften with facial acu. Reduces adhesion.

- 6) Work on balance of whole body.
Harmonizes the body.

From a biomed perspective:

Stimulates production of collagen/elastin so that face muscle tone and elasticity increases. Also reduces toxins allowing new collagen fibers to form under wrinkles and erase them. This has changed the biomed facial theory as it is an internal change, not an external one. Extra benefits include overall health improvement.

Good results can last 3 – 5 years with monthly maintenance. Need 3 – 6 iterations before best results show. Combine topical application with body work. Patients may see results even after the first treatment if facial body work and topical herbs are added to formal acupuncture and herbal treatment.

Part 3: chinese herbs for face lifting

- 1) Application protocol
 - a. Topical application
 - i. Herbal masks
 - ii. Herbal steaming theory
 - iii. Herbal cosmetics
 - iv. Bath and foot care with herbs
Baths nourish whole body. Foot care includes massage, soak in herbs allowing the KI to send the Qi up and the Liv to get Qi to face.
 - b. Internal application
Drink herbs to adjust internal organ funx and vital subst.

Pay attention for topical herbs!

- 1) overall inspection
If blond/blue/fairskin uh oh
- 2) Evaluate skin type
Which type does pt have?
- 3) Check allergy hx.
- 4) Allergy testing
 - a. Test 1:
Make herbal mixture, apply it somewhere else! Somewhere it won't show to the public. Retain 30 minutes up to 24 hours. If you want to apply an herb for 30 minutes, keep the herb elsewhere 2-3 times longer than that. Send them home with it, tape it in place. Have them report back. Facial skin is very sensitive and reacts faster than other skin . This is why.
 - b. Test 2:
Scratch skin on client's forearm or back and evaluate skin reaction. Use the handle of a needle – just hard enough to make a white line. If person is very sensitive within 2-3 minutes will get red, swollen, puffy. You will see this clearly. If so, only do tonification, do not use strong herbs.

By the way, NEVER apply ginger juice to the face at all, not even diluted!
 - c. Test 3: observe the patient's reaction to the treatment.

Herbs – topical application

Do these facial treatments and body work first, then do facial acupuncture.

Pearl Powder

For face lifting, 3gm mixed with 1tsp (5ml) milk or eggwhite and applied evenly on face 1-2 x per day. Functionally this nourishes and moistens the facial skin, removes freckles, sunspots and chloasma.

This is a fine powder. Spread it on the face and do the facial manipulations. This is a microderm abrasion application.

Good for normal, dry, aged skin. If oily, don't use milk, but add aloe juice. Mix it with the pearl powder. You can also use lemon juice to cool and soothe Liver Qi. Great for excesses.

All white herbs (“bai’s”) are good for the Lung and Skin. Mixing it with milk enhances this.

Xin Ren Powder

30 grams of Xin Ren and egg white. Mix them together and put it on the face and rub, wipe, left techniques. This is very strong to treat melasma, chloasma.

Functions and indications include removing external wind and nourishing skin, eliminating freckles, chloasma and senile plague.

Traditionally, xin ren used to remove phlegm, stop cough (because it cleanses impurities), promote bowel movement. Also has an excellent cleansing function. Can even get tarnish off of metal. In facial treatment, xin ren is a seed, as is the egg. All seeds nourish essence, nourish yin and build blood. Nourishes Yin and tightens the skin/removes wrinkles. Make a mask of the mix and keep it on 30 minutes.

Freckles vs. chol/melasma: freckles are freakin’ forever, trust me. They’re with you from childhood. Also start from the center of the face and spread out evenly/equally. All unlike chloasma.

Honey/Egg White Mask

3 eggs, 1 tsp local honey. Mix honey with egg white and stir the mixture. Apply it evenly on the face and let it dry naturally. This is a very soft mask. Keep it on for about an hour and apply 1 – 2 times per day. If patient has oily skin, add lemon juice. Keep it on 30 minutes to an hour.

Honey is very moisturizing. Very good for dry skin. (Caution: raw honey is for sedation, cleansing, moistening; prepared honey has a tonification function.) This treatment is also good for improving elasticity, preventing the dryness of facial skin and removing wrinkles.

If patient has sensitive skin, steam it for 5 – 8 minutes, then mix when it cools down. This will kill any germs.

Two types of facial masks: Hard and Soft

Soft masks are good to cool and nourish. You can use fresh cucumber for a cool sensation and moistening. The honey/egg white mask above is a soft mask.

Hard masks on the other hand can be made with something like shi gao. You have to have fresh stuff or use a solid piece of shi gao you grind down then mix into a paste, mix in herbal preparations, then apply mask. Leave it on 3 – 5 minutes and it will get hard; leave it on 30 min max. Always protect the eyebrows and five sense organs when you do this!

Cautions with hard masks:

- ❖ Make sure pt is not allergic
- ❖ Make sure the herbs aren’t too strong
- ❖ Protect the 5 sense organs
- ❖ Remove immediately if pt has anxiety, fear, mental/emotional discomfort. Watch for panic attacks.

NOTE: facial acupuncture requires a LOT of needles. This can make a patient feel very panicky if they have anxiety.

Another NOTE: you add gypsum to tofu to make it hard enough to cut/fry/cook. That's why it's so freakin' cold.

Herbal Bath Prescriptions

Use raw herbs!

- ❖ 30 g Bai Sha Sheng – cnx to LU and ST
Moistens LU and stops cough, gen fluid/stop thirst, moisten exterior for dry skin. There's a south version and a north version (generates fluids better). Use the north version.
- ❖ 30 g Mai Men Dong
- ❖ 30 g Yin Hua
- ❖ 30 g Tian Hua Fen – moisten/remove heat
- ❖ 30 g Dang Gui – common for face lift, for women. Contains female hormones.
- ❖ 30 g Rose flower
- ❖ 10 g Bai Zhi for yangming superficial areas
- ❖ 5g Wu Mei – external for corns/warts, kill parasites, is antifungal. Sour and thus astringes.

Boil with a large amt water for 30 m. Add 1000 ml of cow milk or goat milk which moistens. Soak yo' body for 30 minutes.

This nourishes Yin and moistens fluids.

Herbal Foot Care

- ❖ 30 grams each of
 - Shu di huang
 - Shan yao
 - Huang jin
 - Dang gui
- ❖ 15 grams each of
 - Shan zhu yu
 - Jie gen
 - Chuang xiong
 - Bai zhi
- ❖ 2g salt

Add a large amount of water, boil for 30 minutes. Add 2 grams of salt at end. Put feet in when you can, which move the herbs into the KI channel. Soak feet as soon as it is cool enough for about 20 – 30 minutes until the heat cools.

Herbal cosmetics

- ❖ Lu Hui Shuang (Aloe)
Functions and indications include drain fire and guide out accumulation, kill parasites, clear heat and cool liver. Antifungal fx for pathogenic dermatomycoses. Fresh can be applied directly to face blemishes.
- ❖ Zhenzhu Shuang (Pearl Powder)
Smooths, nourishes, moistens facial skin, induces even tone, dewy and plump skin, prevent and

treat wrinkles and other facial problems. Do this once or twice daily after you clean the facial skin.

- ❖ **Huang Qi Shuang Paste**
Prevents invasion of external pathogens, lifts facial skin and strengthens Wei Qi. 1 – 3 times daily after cleaning the facial skin.

Examples of taking oral herbs

- ❖ **Pipaye decoction for clearing Lung heat**
Pi Pa Qin Fei Yin including 6g ren shen, 15g pi pa ye, 9g huang lian, 12 g sang bai pi, 9g huang bai, 3 g gancao. Cook as usual.
Clears heat from the LU and ST for acne and red rashes.

Always add a fresh herb as a guide herb.

Flowers are for the head, pi/peel/skin is for the skin. This is a very classic script for acne – lung and stomach heat.

- ❖ **Porridge with Red date (Da Zao) for face lifting**
Red dates (50g) + 100 g rice. Simmer rice / dates in enough water for 30 m. Eat! Tonifies Wei Qi and nourishes skin and promotes blood circulation for pale face and wrinkles.

Go to the oriental grocery for the best da zao.

Patent herbs

- ❖ **Ren Shen Yang Rong Pian**
Ginseng decoction to tone facial skin. Excellent herbal formula for beauty. Works internally to create Qi and restore blood, stim circulation, and increase production of collagen/elastin, moisturizes skin and tones the face.
- ❖ **Jia Wei Xiao Yao Pian**
Modified rambling pills dealing with emotional stress, anxiety, anger, nervousness and PMS. Treats chloasma, melasma, warts, freckles. This cultivates inner calm which leads to inner and outer beauty.
- ❖ **Da Bu Yin Pian**
Provides moisture to the body tissues and improves skin quality by stimulation of the production of collagen and elastin. Good for smokers, women in menopause who often have dull, dry thick skin and wrinkles due to LU and KI Yin xu.
- ❖ **Shou Wu Pian**
Famous Chinese herb formula for hair growth and prevention of premature graying. Can prevent hair loss due to stress, hormone irregularities or *chemotherapy*. Nourishes the source of hair: blood, bone marrow, LV, KI.
- ❖ **Qi Bao Mei Ran Dan**
for premature graying of hair or hair loss, loose teeth, darkness of eyelids d/t KI yin and LV

blood xu. Also moistens and tones facial skin, promotes collagen and elastin production. Contains: niu xi, tu si zi, gou qi zi, dan gui, bu go zhi, fu ling, he shou wu.

Part Four: Facial Bodywork for Face Lifting

Skills and techniques

Five basic techniques

Methods

❖ Pushing technique

Three sub techniques involved here

○ Straight pushing.

Use thumb pad or finger pads starting from Yintang and use straight pushing all the way up to the hairline from the eyebrow. Start at Yintang, move across the forehead. Use even, equal pressure all the way through the stroke. Alternate between left and right hands for this. Don't want to push too hard (making artificial wrinkles). You can use linament/ointment and gentle pressure. This treats esp horizontal wrinkles on the forehead.

○ Parting pushing

Start at Yintang and push out to the temple area. Same type technique as above – even/equal pressure throughout. Do both left and right sides simultaneously. Good for vertically located wrinkles – “scatters” wrinkles.

(There's a technique in Dr. Fan's class where you push from lateral hairlines to Yintang...don't do this!!!)

○ Pushing with one finger meditation

The most difficult of the 3. Use the side tip of the thumb. You leave the thumb tip in one place but you wave the hand back and forth smoothly. Make a loose fist as if you were holding a raw egg with that pressure so you don't break it!

❖ Wiping manipulation

Do this in a circular motion around a sense organ, most commonly the eyes. Much lighter than the previous ones. Use the finger pads starting at Yintang, go around the eye across the eyebrow, around the eye and up the root of the nose. You can also make arcs around the nose or mouth.

Good to remove wrinkles around the eyes and furrows.

Another one good for sagging, wipe upwards sweeps with the whole palm in the sagging area.

❖ Pressing

Use one finger and press directly into the point. Dr. Wu uses his middle finger, braced with the index finger. You can also sweep with index/middle like a walking motion and every 3 or so swipes then press the acupoints. 3 foot yangs go from head to foot. This will hold the qi in the

local areas.

- ❖ Kneading manipulation/internal rubbing
 - Kneading: circular motion but leave your fingers in place. Face lifting/sagging/eye bags. This rubs *under* the skin.
 - Rubbing: move the fingers around from one skin area to another. Microderm abrasion
- ❖ Flicking
 - Like drumming your fingers. Increases elasticity.

Can also use a tens unit at taiyang/gb 1 and st 6 or 7. You can use a tuning fork for this too.

Directions

- ❖ Circular should go clockwise.
- ❖ Stroking should go upward.

Frequency: 100-120 x per minute with mild pressure. Never switch from one technique to another quickly! 2 - 3 minutes each technique minimum.

Application of topical herbs: again, make sure no allergies/rx!

Points for attention:

- 1) Trim your nails!
- 2) Don't apply strong stimulation to the "dangerous triangle" – Yintang to LI 20's.
- 3) Do body work and application of herbs first and acupuncture last!
- 4) If acne, acute inflammation/infection, have open wound, then no body work there! Can definitely make it worse.

Tuina facial examples

Tuina for removing wrinkles around the eyes

Press and knead BL 1, ST 1, GB 1, 2-3.

<<add others from the notes>>

Slow heart rate:

Tuina to Xue Lang point (blood wave). This is a regional point, not a linear one. The point between the 2 heads of the SCM is the Xue Lang. Pushing with one finger meditation. There's a baroreceptor here. Do this unilaterally, not bilaterally! Pressing here pushes blood pressure up which triggers the body to lower the heart rate. The eyes are similar. If you use index/middle fingers to press eyeballs something similar will happen. Eyeball + Xue Lang points will greatly lower the blood pressure/heart rate. Again, UNilateral at one time for both eye and xue lang.

Soundscape for face lifting

Use tuning forks on one side of face at a time where it's really hard to needle.

Balance neck with a rolling ball

- 1) Front and back part of neck are out of balance. Front is too soft and prone to sagging while back is too tight due to reading/computer.
- 2) Roll the local area with a *jade* roller to tighten muscles and skin, remove sagginess and balance front and back. Jade is fine, smooth, cools, and tonifies. Best jade is icy cold to the touch.

Part Five: Acupuncture for Face Lifting

This is known in Chinese as Zhen Jiu (acu + moxa) Mei (beauty) Rong (culture), so “Acupuncture for Beautyculture”. The techniques are referred to in public media and described to patients as:

- ❖ Acupuncture Facelift
- ❖ Cosmetic Acupuncture
- ❖ Facial Rejuvenation Acupuncture

Seirin needles are mostly used because they are smooth and coated. Beware of needles with metal handles because the handles are heavy and the facial skin is thin and doesn't support the needle well. This can bend the needles. View facial differently than body acupuncture. Skin here is very supersensitive and nerve endings are very close to the surface. Also, facial acupuncture requires a *bunch* of needles. (Note: if you want to try the scary points – bladder 1, li 18, ren 22, etc – and the patient is willing, let Dr. Wu know and we will do this under supervision.)

Clinical Research on Cosmetic Acupuncture

IN a clinical study of 300 patients in 1996 as reported in the International Journal of Clinical Acupuncture, 90% had marked beneficial results with onely one course of treatment. That said, it is recommended that for best results multiple treatments are received. Positive results include better skin tone and color. As an added benefit, there is an overall body improvement.

Facial acupuncture (acupuncture facelift) as been featured in mainstream media in many countries, including this one, attracting a lot of attention. It's a popular Hollywood thang to do now, with one clinic charging \$2500 for a 10 course treatment. Damn! Moral to the story: it's a pretty good living!

Channel distribution on the head and face

Yang channels run superficially

All yangs meet at the head and face, the converging place of Yang. The 3 hand Yangs go to the head, but the 3 foot Yangs go to the feet...sagging and wrinkles are partially due to Qi descending too much in the 3 foot yangs.

Points on the face are located superficially because the Yang is at the surface here. Ren 24, as a matter of fact, is the only Yin point on the face! The more superficially the points are located the more quickly the results are achieved.

This is referred to as the River Theory. Water courses start small, rivulets and creeks → rivers → seas. Where the river is small the flow is faster. Where the volume is large the flow is slower. On the face the river is small and the stimulation is felt more acutely. (As compared to needling He Sea points where the body is less sensitive.)

The upshot of this regarding facial acupuncture and the stimulation of the Yang channels:

1) stimulation is stronger, 2) result is quicker.

Yin Channels run deeply, but reach the face via the Sun Luo

Bear in mind that while the Yang channels run superficially, the Yin channels run more deeply in the body (except the Liver channel which goes to the top of the head)—Qi and blood from Yin is the most

important energy to hold and support the face, but Yin points cannot be reached from the facial areas (except Ren 24). Yin channels should be tonified from distal areas, legs, feet, and abdomen. Yin channels which run deeply rise upward in the body like a fountain and then spray outward in the form of the Yang channels. This refers to the collateral channels of Yin which join with the Yang meridians via the Luo Connecting channels. The Fu Luo channels are the superficial collaterals. The Sun Luo are the “grandchildren” collaterals – branches from branches from branches. These bring the Yin energy up to the head and spread across the face.

Divergent Channels with their converging points on the head/face/neck

How do they connect? The 12 divergent channels – they converge at the superficial Yang channels. Divergent meridians all go upward mostly passing through the heart in the trunk. Remember from Foundations that the Yin divergents connect with their Yang paired channels. This is another way in which the Yin energy reaches and supports the face. This is another way in which this acupuncture is “antigravity technique.”

Note: Yin puncture for face lifting requires a different technique than traditional body acupuncture. Insert obliquely with the tip of the needle pointing to the face.

You need a local/distal point association. The distal association is done via Pattern Diagnosis, but on the face it is a local treatment to support the face in the area where attention is required. You don’t mess with deficiencies or excesses on the face. (This is kind of like auricular – you don’t do pattern diagnosis here, but just needle to support an organ and let it worry about whether it tonifies or sedates.)

(not on the quiz)

Meridians	Exit area	Converging
UB and Kidney	Neck	BL 10
GB and LIV	Outer Canthus	GB 1 remove wrinkles on the sides of the eyes
ST and SP	Mouth (small wrinkles around the mouth)	BL 1 and tongue
SI and HT	Face	UB 1
SJ and PC	Behind the ears	SJ 16 another window of sky point along with SI 16/17
LI and LU	ST 12 area	LI 18 another window of sky point on the neck.

All divergents start at big joints. The convergent points are often window of sky points. If you wish to balance the body, use the window of sky points. Window of sky points balance the head and the trunk. There is a traffic jam of Qi here because so many channels and nerves and blood vessels flow through this point. For this reason it also adjusts the emotions.

The convergent points almost all pass through the heart, so they also adjust the Shen. Another thing about the converging points is that they spread Yang Qi to superficial areas for immune enhancement.

Characteristics of channels distributed on face

Look at the Gallbladder main channel from GB 1...filled with sharp turns all over the side of the head. (Migraines can be treated by inserting on the GB turn points to unblock the stuck qi flow.) The shape of the Stomach channel on the face helps to hold the Qi – curves from ST 1 down the cheek and then up to the corner of the hairline...the negative is that it can help hold retention of external pathogens. Also, when Liver Yang rises up, these curves catch the energy and cause more Qi and blood stagnation. This same stagnation can cause wrinkles on the face.

Strategies for working on channels

- 1) Tonify yin channels from distal areas to ascend Qi and Blood.
Use oblique insertion with the tip pointing upward to do this!
- 2) Tonify points on the 3 hand yang channels
Use oblique insertion with the tip pointing upward to do this!
- 3) Tonify the converging areas of the 12 divergent channels
These bring more Qi to the face/head. This refers to the window of sky points. There is a school of thought stating that Beautyculture starts from the neck, thus the window of sky treatments. These plus the convergent points should be used with tonification.
- 4) Sedate points on the 3 foot Yang channels to stop draining.
BL 1 and ST 1 and GB 1 around the eyes. These points are for dreaming – you want less dreaming for best sleep and beauty. Sedation here does *not* refer to standard sedation techniques. You can also puncture on distal areas to help with sedation.

For best result, use local points on a given channel and a distal point on the same channel. Local points where there is a problem: don't retain needles too long or will draw too much Qi to the area and make the problem worse later. Balance with distal points to spread the energy well. This is how you unblock a channel – local and distal point association.

Acupuncture versus Other Techniques

Acupuncture is a very healthy alternative to most other techniques (botox, collagen injections, dermal fillers, microderm abrasions, chemical peels, etc.). Comparatively, acupuncture has overall improvement in the body's condition and lasts longer. Also boat loads cheaper! Does it work as fast? No. The rejuvenation is more subtle and can progressively take years off of the look of the face quite naturally while improving the patient's health.

Acupuncture is not a replacement for a surgical facelift, but is better for those who fear the effects of surgery and general anesthesia. Surgical options include an extended period of healing and recovery from swelling and bruising which is very uncomfortable. Also, post-surgical scar tissues (which are permanent) contribute to health problems by blocking free flow of vital energy in the meridians. Surgery cuts the channels, sometimes several at once, especially facial surgeries. Comparatively, there's no trauma from acupuncture treatment.

Needle Selection and Methods

Selection

1 cun to thread for several wrinkles. Dr. Wu recommends the #1 needles by Seirin. Thinner needles have less pain, but harder to control and insert. Use no needles over 0.18mm! Leaves more bleeding and holes.

Japanese gauge	Chinese gauge	MM	Handle Color
02		0.12	Dark Green
01		0.14	Lime Green
1	40	0.16	Red
2	38	0.18	Ivory
3	36	0.20	Blue

Methods

❖ Pinch insertion technique

Points on face are very superficial and you need to pinch to insert. This prevents needle going to deep and going into the membrane covering the bone...lots of pain!

- 1st step: insert perpendicularly and quickly (bypasses the nerve ending before it figures out what's happening!)
- 2nd step: change the direction to oblique or parallel/transverse direction while continuing to pinch. Why wouldn't you just insert transversely? That's where the nerve endings are! You don't want to be able to see the needle under the skin – high potential for pain and bleeding/bruising.

❖ Non-tube insertion method

Dr. Wu suggests you do not use a tube. You're going to be using a truckload of needles – you don't have room to be pokin' tubes around this area or you're going to hit previously inserted needles causing startling, facial movement, and thus the movement of all other needles already inserted.

For the body acupuncture you should insert *while twisting* but you do not do this on the face.

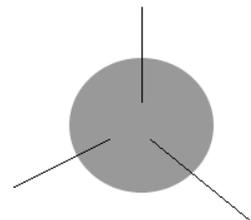
Non-tube insertion is not about finger power, but about relaxing the wrist. This will give you more power and a quicker insertion.

You will note that eyebrow areas (GB 14, Yuyao) and scar tissue areas are more difficult to insert.

❖ Plum flower needling

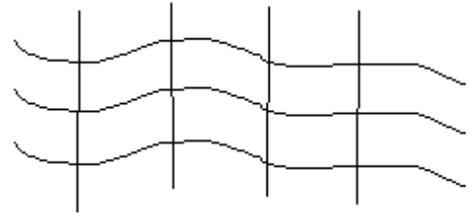
Not like the 7 star needle! This is 3, 5 or 7 needles to treat blemishes like chloasma, melasma, etc. Always use an odd number! This scatters, sedates, moves. Even numbers hold, concentrate and tonify. This is true not just on the face, but all over the body.

Hold the needle just outside of the border of the blemish, aiming under the skin to the center of the blemish. Every 120 degrees you insert a needle. This is also called peripheral insertion. For larger blemishes, use larger number of



needles spaced evenly around the blemish.

- ❖ **Threading and Row Insertion Technique**
1cun needle with normal insertion non-tube and pinching and run deeper, not from one point to another, but from one wrinkle to another. Transversely insert. Works especially well for long wrinkles like forehead and mouth area.



The wrinkles will become much more superficial and breaks it up into smaller pieces. How many to use? Use **row insertion technique**. Always use **odd** numbers. How far apart depends upon the length of the wrinkle. Can be as much as 1 inch apart for starters. One student in a previous seminar used 15 across a forehead wrinkle.

Other considerations:

Ask clients to please not use cosmetics the day they come for treatment!

- ❖ Strength of insertion should be gentle and soft stimulation.
- ❖ Depth should be 0.2 – 0.5 inch for each point.
- ❖ CNT techniques: clean the insertion site to avoid possible infection due to chemical cosmetics. Bear in mind that some people are sensitive to alcohol – if that's the case, just use water to clean the face and a towel or tissue.

NEVER use alcohol around the eyes such as BL 1!

Always ask patients if they are sensitive to alcohol on the face.

- ❖ Direction of insertion:
 - 5 – 15 degrees oblique insertion (deeper than threading) with tip upwards for facial wrinkles, sags, eye bags. This is true for body and local points.
 - Parallel insertion with needle threading through wrinkles. This is a transverse insertion working right under the blemish or wrinkles
- ❖ Duration: keep needles for 30-40 minutes after body work and herbal application
- ❖ For chronic problems such as Bell's Palsy use e-stim.

Points for attention

- ❖ Educate the patient about possible side effects such as bruises/hematoma.
- ❖ Have the patient sign a consent form! Make sure your consent form includes topical app of herbs, possible accidents, etc. **This is vitally important! Check those forms ALWAYS – if you want to help others, you have to protect yourself. This is a priority!**

- ❖ No strong stimulations – no thrusting, twisting, etc. Especially true for skin around the eyes.
- ❖ Withdraw: press a cotton ball on the point for *all* points, especially around the eyes. **Press and hold before, during, and after withdraw!** Hold for 5 – 10 seconds before you check for bleeding. Medically this is not a deal breaker, but the face is the patient's presentation to the world – bruising on the face is a huge red flag in all cultures!

This is a reputation killer for you!

- ❖ No pricking manipulation – no seven star needles on the face.
- ❖ No moxibustion on the face – aggravates the Yang too much.
- ❖ Avoid the arteries. Look before you puncture. Look on the forehead for the greenish or purplish lines. Use your fingerpads and palpate a little bit. If you needle into the blood vessel patient will bruise!

FAQ

What about the teensy needles?

These are for the wrinkles/eyebag areas and that's all. Not deep or strong enough to work. Use forceps, short ones if you got 'em. Don't click 'em shut or get the kind that don't click shut. You can use a bunch of these on the eye bags if you pinch/insert with forcep.

You also use these for the skin around the mouth for smoker's lines. Needle @ 90 degree angles against the lines to break them up. Always point upward where-ever possible.

How long does a treatment take?

1 ½ hours. Dr Wu has several rooms going at a time – up to 3 – and staggers them so that while needles are retained on one, he's needling another or removing needles.

How to needle Bladder 1?

Push the eyeball out of the way with a clean cotton ball or your finger, needle directly above inner canthus. You have to angle a little bit lateral so you don't hit the bone. Dr. Wu says you insert ½ - 0.8 cun and you can retain a little bit.

When to expect results

Depends on severity, gender, age, # and degree of blemishes. On the average 3 – 6 times to see good/visible results.

What to expect during treatment

Feeling of lifting sensation in the needled area, full sensation, tight feeling. Feel as if eyes are wider. Might also have more color in the face.

How long do the results last?

2 – 5 years with maintenance. Sometimes need another course of treatment (20 treatments). Maintenance can be once per season, once per months, etc. Depends upon the person.

Frequency and courses of treatment?

10 treatments is one course, 3 – 10 (some say 3 – 7) days apart. Thus once per week or twice in 2 weeks. Body needs time for regeneration between treatments.

Who should not have Facial Lifting?

- ❖ Easy bruisers – blood platelets below 80K. 100K-300K is normal range. Also, people taking medications such as cumidin can cause easy bleeding. If just baby aspirin, you can treat. If they are willing, give them Gui Pi Tang and/or have them eat raw peanuts for couple of months and retest.
- ❖ Previous surgical face-liftings.
Scar tissues will cause much resistance
- ❖ Diabetes
High blood sugar damages blood vessel walls, bleed easily. Too much sugar in the blood is a buffet for bacteria also.
- ❖ HIV, Cancer, Over all exhaustion
- ❖ Preggers. Treat with fewer needles

- ❖ Acne with pus and swelling.
Clean the area and use plum needle specifications listed previously.
- ❖ Acute herpes outbreaks
This can spread the disease.

What do I charge?

Some charge \$125 for 1.5 hours. You can't really treat other patients when you are doing facial acupuncture. 3 pack for \$325, 5 pack for \$525

Examples of Acu-prescriptions

- ❖ Row insert for blocking wrinkles/remove wrinkles
 - Point: areas above/below wrinkles
 - Method: hold very thin and small needles and insert the needles vertically thru the wrinkles. Retain 30-40 m

- ❖ Local/Distal point association for facelift
 - Primary/local: SJ 23, BL 2, Taiyang, ST 3, LI 20, ST 6, SJ 17
 - Secondary/distal: RN 12, LI 4, LI 11, ST 36
 - Method: Sedate main points, tonify supplementary points.
 - Indication/function: Promote blood circulation and unblock meridians, tonify Qi and blood, prevent and reduce sagging.

- ❖ Plum flower insertion for sun spots
 - Point: sun spots or chloasma
 - Plum flower needling around the spots, 3 – 5 needles in total, depending on size.
 - Function/Indication: Regulate Qi and blood, promote circulation and remove facial pigmented spots.

- ❖ Ear point pricking for chloasma
 - Point: spleen point, endocrine, stomach and subcortex/brain
 - Method: once every other day, one point each time. 15 visits is one course of treatment. When pricking, squeeze the point for one drop of blood and clean it.
 - Function: promote circulation/cool blood and remove chloasma/freckles.