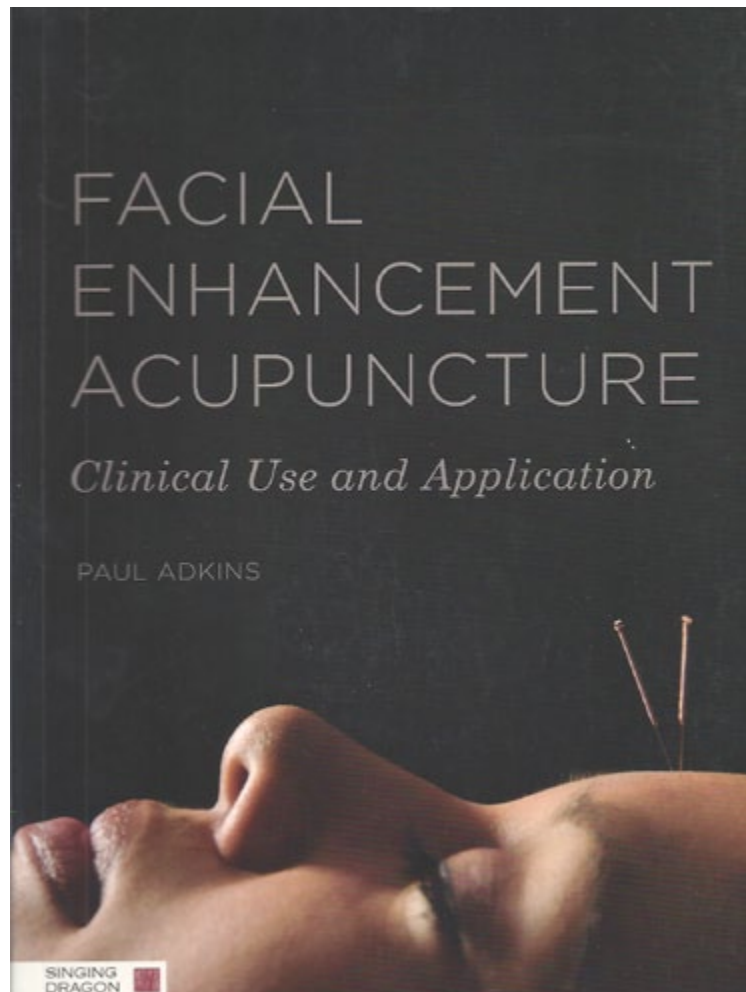




Paul Adkins

Facial enhancement Acupuncture



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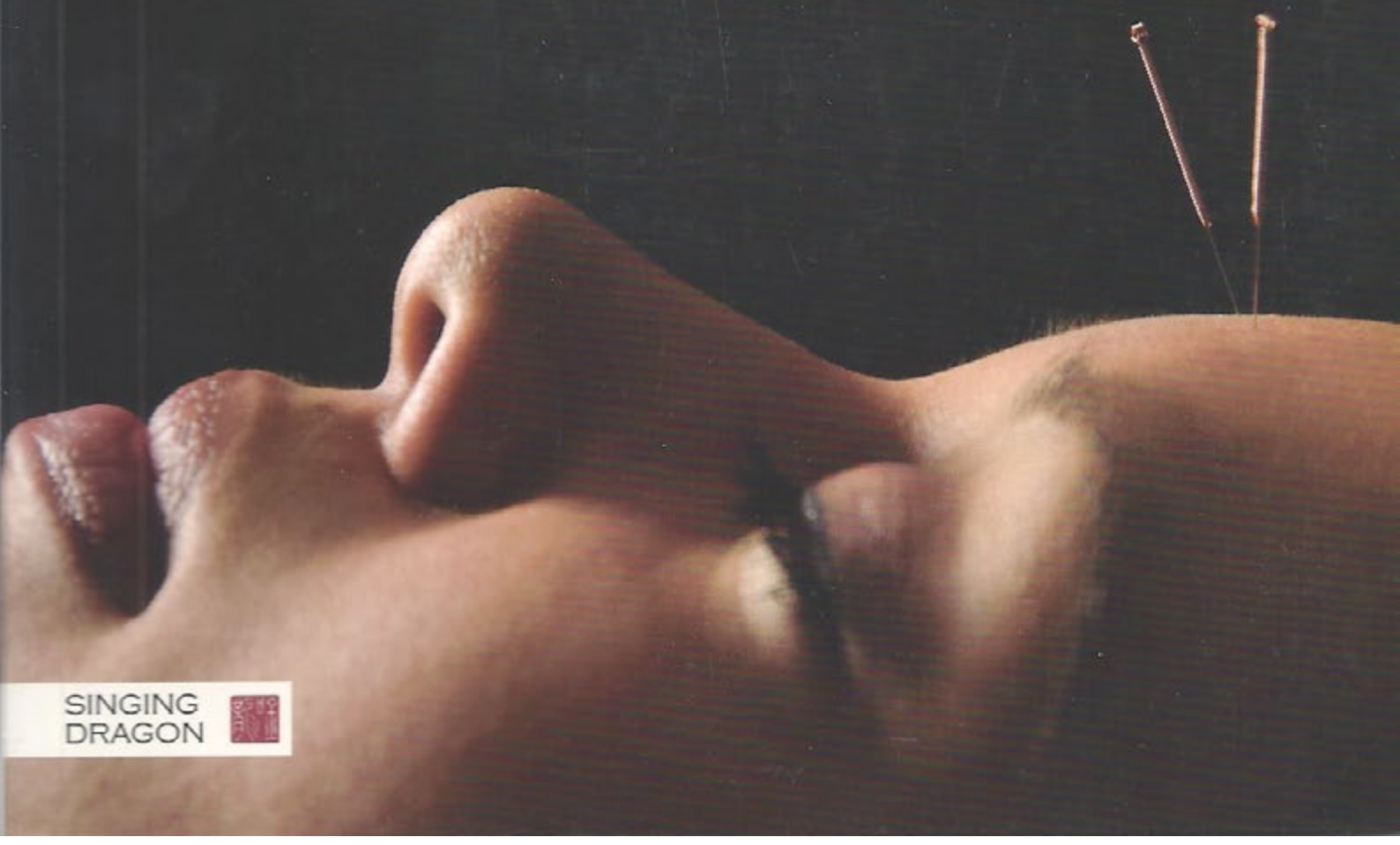
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FACIAL ENHANCEMENT ACUPUNCTURE

Clinical Use and Application

PAUL ADKINS



SINGING
DRAGON



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now include various body points and auricular points that I have included in my protocol over the years. These additional points, although not situated on the face, can have a profound effect on your patient's appearance. The treatment plan is always evolving and I am continually looking at new points or techniques that will improve the overall Facial Enhancement Acupuncture treatment experience.

Facial Enhancement Acupuncture has grown rapidly and to date I have trained acupuncturists in over 30 countries worldwide and this is still growing year on year. It is a very simple concept and, aside from its holistic benefits, works on two main areas: the muscles of the face and the lines and wrinkles of the skin.

1.4.1 THE MUSCLES OF THE FACE

To begin, we will look at the muscles of the face. We can divide this into five simple muscle groups. With each of these sections, the technique is the same; we are stimulating these muscles by using our acupuncture needles. Think of the facial muscles going to the gym; we are giving each muscle a work-out by stimulating it with our needle.

These muscle groups are easy to remember: Eyes, Nose, Mouth, Jaw, and Neck. If we take a look at these five groups, we can see the muscles in relation to the face and visualise our point locations accordingly.

Eye Muscles

- *Corrugator supercilli*: Pulls the eyebrows together in a frown and is often paralysed with botulinum toxin (Botox®) to prevent development of wrinkles.
- *Frontalis*: Raises the eyebrows.
- *Orbicularis oculi*: Narrows the eyes to a squint.
- *Procerus*: Pulls the eyebrows down and together.

See Figure 1.1.

Nose Muscles

- *Depressor septi*: Depresses the nostrils.
- *Levator labii superioris alaeque nasi*: Flares the nostrils.

See Figure 1.1.

Mouth Muscles

- *Buccinator*: Helps form the cheeks to blow a kiss.
- *Depressor anguli oris*: Makes the lips grimace.
- *Depressor labii inferioris*: Makes the lips pout.
- *Levator labii superioris*: Opens the lips.
- *Mentalis*: Wrinkles the chin.
- *Orbicularis oris*: Helps the lips form a shape to whistle.
- *Platysma*: Pulls the corners of the mouth together.
- *Risorius*: Helps the mouth form a grin.
- *Zygomaticus major and zygomaticus minor*: Lift the mouth to smile.

See Figure 1.1.

Jaw Muscles

- *Masseter*: Clenches the teeth together.
- *Temporalis*: Raises the lower jaw when chewing.

See Figure 1.1.

Neck Muscles

- *Sternocleidomastoid*: A pair of muscles running down either side of the neck, which help to lift and rotate the head.

See Figure 1.1.

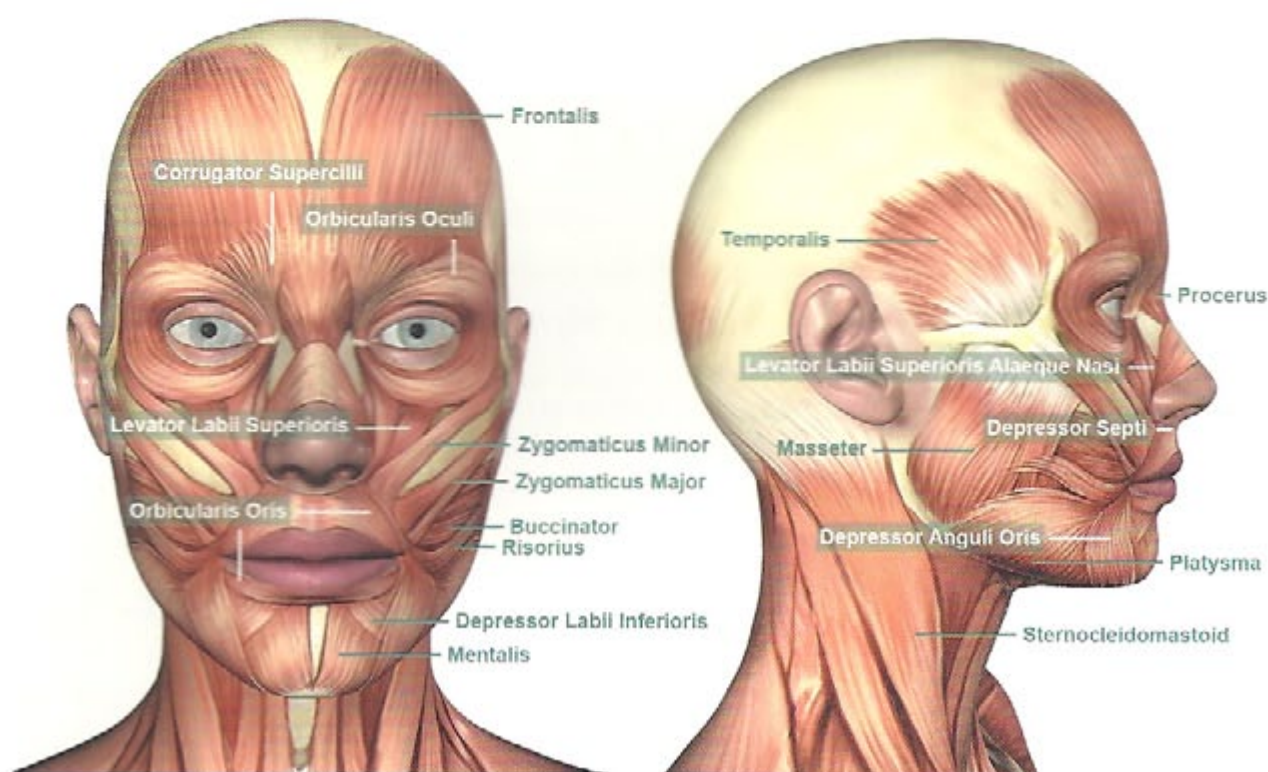


FIGURE 1.1 THE FACE AND NECK MUSCLES

We will cover the points used in a Facial Enhancement Acupuncture treatment in Chapter 3. For now, it is important to recognise that, by stimulating the acupuncture points on and near to these muscles, we will be affecting the overall appearance and tightness of the face.

1.4.2 LINES AND WRINKLES

The second main part of a Facial Enhancement Acupuncture treatment addresses the problems of fine lines and wrinkles. These become evident in most areas of the face as we get older, but can also be caused by excess sun and environmental conditions.

The technique we use for dealing with these areas is to use acupuncture needles directly into the line or wrinkle; this action creates a very small wound to the face which the body then endeavours to repair. As it does this, the body produces natural collagen and wound-healing properties which fill out the line, and with continued treatment the line or wrinkle should gradually fade. This same technique can also be successfully employed on age spots and old acne scars; in fact, any area of the face that requires

ACUPUNCTURE POINTS USED IN THE MAIN PROTOCOL

3.1 THE AGGRESSIVE ENERGY TREATMENT (AE DRAIN)

The AE Drain, as taught by J.R. Worsley, is a treatment protocol that is used in Five Element Acupuncture to clear an accumulation of unhealthy Qi energy from a patient's system. This build-up of Aggressive Energy (AE) can have an external or internal cause and the Yin organs usually trap the heat from this resulting stagnation. In many of the ancient texts, it is thought that a build-up of Aggressive Energy can be extremely debilitating or even life-threatening.

The lineage of Five Element is thought to be an oral tradition dating back to the practitioner Liu Wan-Su (AD 1110–1200) and preserved in Taiwan. As Peter Eckman describes in *The Footsteps of the Yellow Emperor*, the concept of AE was brought to Europe by French acupuncturist Jacques Lavier from Taiwan, where he studied with Wu Wei-p'ing in the 1950s: 'whose treatment protocol calls for draining the AEP's (Back Shu Points) of the Zang Organs involved, prior to energetic balancing' (Eckman 1996, pp.147–150). This point is further elaborated:

Li Dong-yuan, during the same epoch as Liu Wan-su, recommended a similar protocol – treating the Back Shu Points of the Zang Organs for any condition resulting from the penetration of environmental Evil Qi secondary to a deficiency of central Qi. (Yang and Li 1993 in Eckman 1996, p.150)

I like to use this protocol each time I see a new patient in the clinic and before we embark on a course of treatment. One AE Drain is usually sufficient to begin with, but sometimes we may have to go back and repeat the procedure later in the patient's course of treatment if problems do not appear to be clearing.

The following Back Shu points are used for clearing Aggressive Energy:

- BL13 Lung Shu
- BL14 Pericardium Shu
- BL15 Heart Shu
- BL18 Liver Shu
- BL20 Spleen Shu
- BL23 Kidney Shu.

Also, we need to use a couple of test needles that are inserted level with, or just outside of, the Bladder meridian. If Aggressive Energy is present, you will see redness around the base of the needles; this redness is also called erythema. The colour that emerges around the Back Shu points should be a darker red than at the test needles. This will confirm that your needle positions for the Back Shu points are correct. See Section 4.1 for the full AE Drain protocol.

3.2 ACUPUNCTURE POINTS ON THE FEET AND LEGS

LIVER 3 TAI CHONG (SUPREME RUSHING)

Location: Between the first and second metatarsals on the dorsum of the foot.

Element: Wood.

Functions: Spreads Liver Qi and Blood, also relieves pain. Subdues Liver Yang and calms anger.

Applications: Headaches, hypertension, eye problems, genital and gynaecological problems.



FIGURE 3.4 THE LOCATION OF THE POINTS USED ON THE FRONT OF THE FACE

STEP-BY-STEP GUIDE TO THE FACIAL ENHANCEMENT ACUPUNCTURE PROTOCOL

4.1 CONTRAINDICATIONS

The training acupuncturists are given ensures that we take a thorough patient history before we commence treatment. This is also crucial when conducting a cosmetic acupuncture treatment and I provide a free 15-minute initial consultation to determine whether someone is able to undergo the procedure and to describe what they can expect from a course of Facial Enhancement Acupuncture.

The first thing to consider would be whether the patient has recently had more invasive cosmetic treatments such as microdermabrasion, laser resurfacing or a surgical facelift. I would also check to see if they have had recent Botox® or fillers. It would be possible to work on areas that have not been injected; however, I like to wait at least three months before carrying out Facial Enhancement Acupuncture in these cases.

From a health perspective, I would refrain from performing a cosmetic acupuncture treatment if a person suffers from chronic migraines, uncontrolled high blood pressure or diabetes, has cancer, is actively trying for a baby, pregnant or breast-feeding, has had a pacemaker fitted, during a cold or flu, during an allergic reaction or if someone has a problem with excessive bleeding or bruising.

Sometimes it is possible to treat the patient's current health problems and then re-evaluate them at a later date to establish if they are now able to receive Facial Enhancement Acupuncture.

As with any Five Element Acupuncture treatment, I am always conscious to look out for any indications that may need me to refer the patient to a medical practitioner and the same applies with my facial procedure. If at any time I am aware of the symptoms or conditions of an illness that cause me any concern, then I will always refer the patient to a medical consultant.

4.2 PREPARATION

Before you start your Facial Enhancement Acupuncture treatment, and even prior to your patient arriving at the clinic, make sure that you are well prepared and have your supplies ready. You will need cotton wool and cotton buds and also some cleanser to remove any make-up or just to cleanse your patient's face before you start the facial treatment. We will go into more depth in Step 4.3.4 of the treatment protocol, but it is recommended to have some skin-numbing cream and arnica on hand. Tweezers are also necessary for insertion of the intradermal needles.

Like any traditional acupuncture treatment, you will need to be able to access your patient's feet, legs, hands and arms, so that you can use the constitutional acupuncture points before you start working on the face. These points will be used to ground and relax the patient in order to make the treatment as pleasurable as possible.

The amount of time that you set aside for FEA treatment is entirely up to you and you will get this down to a fine art once you have carried out a few sessions. Personally, I like to allow at least two hours for my first treatment, as we will need to carry out an in-depth initial consultation and we will be adding in a clearing or detox protocol. Subsequently, my sessions are 75 minutes, but I allow an hour and a half, so that the patient has time to relax and not feel rushed following the treatment.

4.3 STEP-BY-STEP GUIDE TO FACIAL ENHANCEMENT ACUPUNCTURE

4.3.1 INITIAL GROUNDING TREATMENT

How we start a treatment is very much down to the preferences of the practitioner. Before we embark on a series of treatments it is important that

Yin Tang

Use gentle stimulation upon insertion.

Needle size: 15mm (length) × 0,20mm (thickness)/36 (gauge).

Technique: Tonification.

Angle: Posterior, at approximately 75 degrees.

See Figure 4.1.



FIGURE 4.1 DEMONSTRATING NEEDLING AT YIN TANG

BL6

Needle size: 25mm (length) × 0,20mm (thickness)/40 (gauge).

Technique: This point is needled as you pull back on the patient's forehead. Pull the skin gently towards the rear of the head and then insert the needle. You are effectively pinning back the scalp using this method. Needle bilaterally, using evens technique.

Angle: Posterior, at approximately a 45-degree angle to the scalp.

See Figure 4.2.

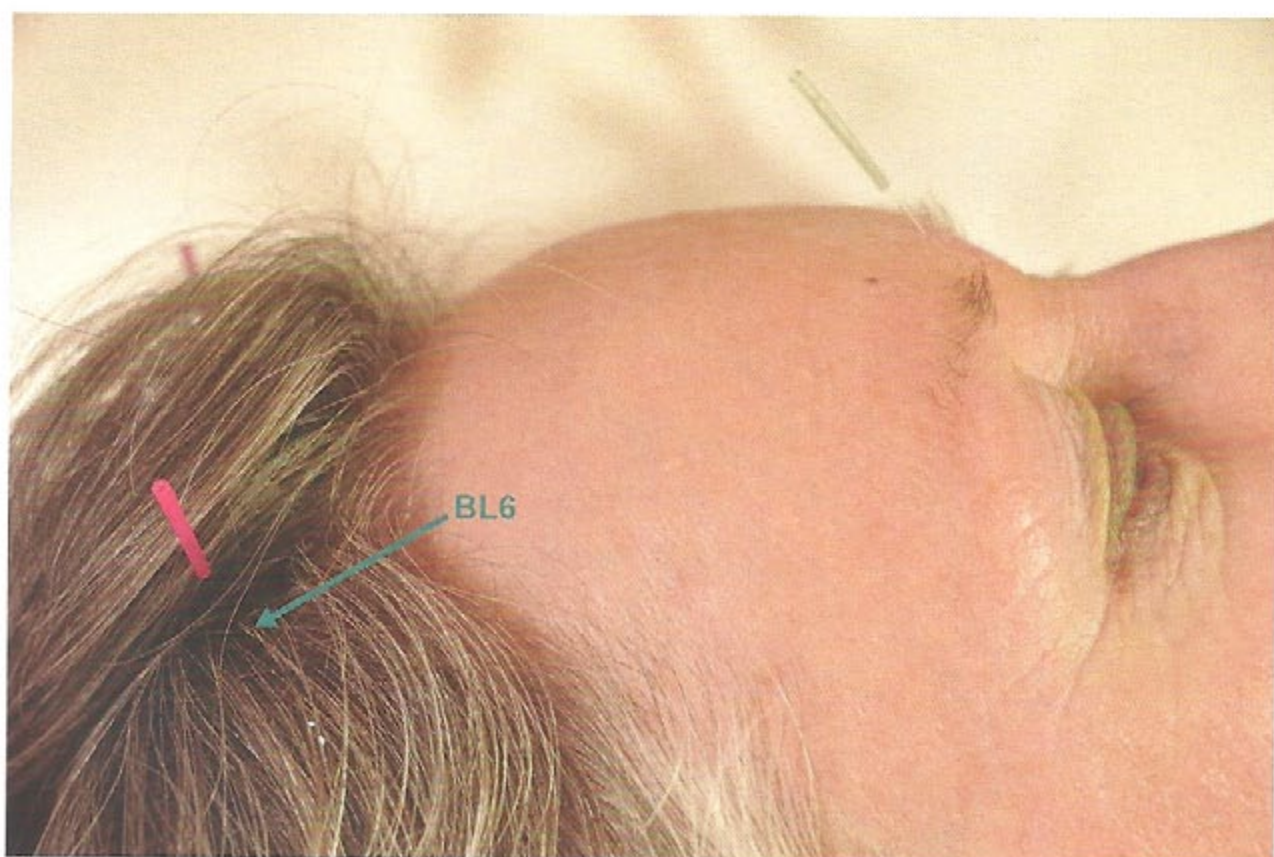


FIGURE 4.2 DEMONSTRATING NEEDLING IN THE HAIRLINE AT BL6

ADVANCED FACIAL ENHANCEMENT TECHNIQUES

5.1 JADE GUA SHA

5.1.1 ABOUT GUA SHA

Gua Sha is an East Asian treatment which generally uses quite a vigorous rubbing/scraping technique. It is mainly used in China on the patient's back, for detoxification purposes or for various sprains and injuries throughout the body. Gua means 'to scrape or scratch' and Sha is the resulting redness or rash (Nielsen 1995, p.43).

We are going to be using a Chinese jade Gua Sha stone to massage our patient's face and to help our serums and creams penetrate the skin more deeply. The first thing to mention is that, to be accurate, my technique is not considered a true Gua Sha technique, in the sense of those practised for thousands of years. The original Gua Sha method uses much more intense stimulation along the acupuncture meridians and clears areas of stagnation on a patient's body. This treatment is fairly strong and creates the redness on the patient's skin that we have described. Obviously, we do not want to use this type of technique on the face, which would be too sensitive for authentic Gua Sha. The facial version that we use requires extreme care, as the skin on the face is far more delicate. Used in this way, it is a lovely, relaxing part of the treatment that can again be used across the cheeks, around the eyes, on the forehead, the nasal labial fold and the fine lines around the mouth.

When working on the face, I use a jade Gua Sha stone, mainly because of its cooling properties. My stone of choice is a beautiful, smooth piece of

5.1.2 THE GUA SHA FACIAL MASSAGE

If you opt to include Gua Sha in your treatment, I would recommend adding it in before the facial massage outlined in Section 4.4. First, apply a liberal amount of your serum of choice (for instance, hyaluronic acid) to the areas of the face that you intend to massage. Allow this to sink in and then apply some massage cream to the same areas; this cream is what will allow the Gua Sha stone to move freely over the face (see Section 4.4 for further information about massage cream).

Use the large smooth edge of the stone in long sweeping strokes to massage from the neck right up to just below the ears. See Figure 5.1.



FIGURE 5.1 USING GENTLE PRESSURE TO SWEEP THE JADE GUA SHA STONE FROM THE NECK TO THE EAR

7.3 SAMPLE CASE STUDIES

I have included a selection of short case studies based on a typical initial Facial Enhancement Acupuncture treatment. These are general outlines and even patients exhibiting the same facial issues will often vary in the type of treatment carried out and the expected results. Every individual is different and we must always bear this in mind when forming our treatment plan. These studies are here to provide a basic guideline as to how you can successfully tailor your treatments centred upon your patient's unique requirements.

PATIENT 1

Treatment focus: Forehead and mouth.

Techniques used: First, I used the grounding and anaesthesia points and followed with those on the cheek and jaw; the patient had pointed out that they wanted particular attention paid to the mouth area. I achieved a nice pulling and tucking effect with the use of point ST4 and the Extra points under the mandible bone. I then moved on to the points on the front of the face to include ST3 and SI18. Next, I used the 'Surrounding the Dragon' technique on the forehead around some age spots and areas of discolouration. The whole treatment was finished with a facial massage, paying particular attention to the forehead by using the Chinese Gua Sha technique

Expected results: Using the 'Surrounding the Dragon' technique on a regular basis should result in a distinct improvement in age spots.

PATIENT 2

Treatment focus: Vertical lines between the eyebrows and horizontal lines across the forehead. Moderately dry skin.

Techniques used: The treatment started with the grounding, as well as the anaesthesia, points. The patient complained of tension in her neck, so I included the points ST13 and GB21. The skin felt very taut when I needled the Cheek and Jaw points and I was able to get a good lift on the eyebrow area. All Face and Cheek points were inserted comfortably. I

'Paul Adkins' latest excellent offering has provided a practical, clear and welcome addition to the field of facial enhancement acupuncture. Novices and experienced practitioners alike will find it useful and easy to use – a clinical gem.'

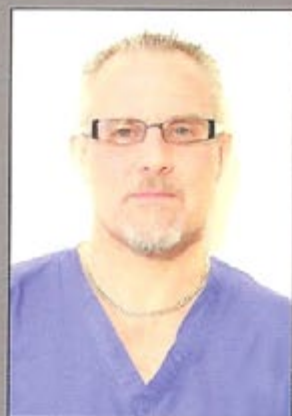
- CELIA TUDOR-EVANS, AC.M., M.B.AC.C., F.A.M.I., ACUPUNCTURE
CONSULTANT AND EDUCATOR

'My passion for Five Element Acupuncture grows increasingly as I see the transformation it can achieve within people of all ages. Facial Enhancement Acupuncture is a wonderful experience not only physically, aiding relaxation, but also spiritually and emotionally, helping to lead a person onto the next level of their changing life journey.'

- DEAN SIMPOLE CLARKE, FIVE ELEMENT ACUPUNCTURIST AND FOOD WRITER

Facial Enhancement Acupuncture improves the elasticity of the skin and general overall appearance, as well as addressing constitutional points on the legs, arms and body to balance and harmonise the inner elements. The acupuncture points, techniques and equipment used are detailed in this fully illustrated guide for acupuncturists. The author clearly explains the rationale (based on Five Element theory) behind the needling of each face and neck point, the advantages of acupuncture over surgical intervention in dealing with wrinkles and sagging jaw lines, and describes best practice for follow-up and after care.

Author photo: Bekkie Graham



PAUL ADKINS is a qualified acupuncturist who trained at the CTA Leamington College of Five-Element Acupuncture. He established The Mitchell Hill Clinic in the south west of England and has been practising acupuncture there since 2004. He is a member of the British Acupuncture Council and has trained acupuncturists in over 30 countries to perform this natural, anti-ageing treatment. As well as lecturing on facial acupuncture both in the UK and worldwide, Paul became a Zita West Affiliated Fertility Acupuncturist in 2008.



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