Facial Rejuvenation Options

Facial rejuvenation is a cosmetic treatment that addresses aspects of the aging process, with the goal of restoring a youthful appearance to the face. It can be achieved through non-surgical and/or surgical options. At Colorado Acupuncture and Wellness, only non-surgical facial rejuvenation options are offered.

Cupping

Cupping creates a partial vacuum to intentionally create therapeutic petechiae (tiny red, flat spots) and ecchymosis (bruising) in the dermis. It is used to relieve tension and pain, improve blood flow, help eliminate toxins, and to help with many physical issues. Facial cupping is an extension of this practice. As an anti-aging beauty technique, smaller cups are placed on the face to create a light suction, triggering an inflammatory response, which aids in skin rejuvenation. Unlike body cupping, the intention of facial cupping is to not create intentional petechiae for pain relief, but rather to promote better circulation. Techniques are employed to minimize skin discoloration, yet some individuals may experience minor redness afterward; this is normal and should subside within a few hours.

Benefits of facial cupping

- ~ Stimulates collagen production
- ~ Softens wrinkles and fine lines
- ~ Relaxes muscle tension
- ~ Aids in lymphatic drainage and detoxification
- ~ Reduces puffiness
- ~ Improves skin tone
- ~ No downtime

Gua sha

Gua sha (pronounced gwah-shah) is a traditional East Asian healing technique where a smooth-edged, flat stone is lightly scraped over the skin in short strokes. It is used to improve blood and Qi circulation, relieve wind, cold, heat, and pain. Facial gua sha is an extension of that practice. As an anti-aging beauty technique, the scraping of the face lightly aggravates the skin to stimulate collagen production, aiding in skin rejuvenation, without changing the appearance of skin.

Benefits of facial gua sha

- ~ Stimulates collagen production
- ~ Softens wrinkles and fine lines
- ~ Aids in lymphatic drainage and detoxification
- ~ Relaxes muscle tension in face, head and neck
- ~ Reduces puffiness
- ~ Improves skin tone
- ~ No downtime

Microneedling

Microneedling, also known as collagen induction therapy, involves the use of a motorized oscillating pen with a needle tip that contains extremely tiny needles that create micro-channels in the dermal layer of the skin. These micro-channels trigger the bodies natural healing process to fill these micro wounds by producing new collagen, up to 3000%, and elastin in the papillary dermis. Microneedling does not "burn" your skin like peels or more invasive lasers.

Treatments may be done only monthly, with a series of 3-6 treatments recommended for best results. Results have been shown to last 3-5 years.

Benefits of microneedling

- ~ Stimulates collagen production
- ~ Improves deep wrinkles
- ~ Improves acne scars
- ~ Improves stretch marks
- ~ Improves hair and eyebrow loss
- ~ Diminishes hyperpigmentation and age spots
- ~ Diminishes blackheads
- ~ Allows the skin to better absorb topical products
- ~ Minimal downtime, usually 8-24 hours

Nanoneedling

Nanoneedling uses the same motorized oscillating pen as microneedling, but the needle tip is made up of microscopic cones that separate the cells within the upper 0.15mm of the epidermis layer, allowing topical products to be absorbed up to 97% into the skin. This treatment approach is best for thinner skin types, mature skin, on sensitive areas such as around the eyes and forehead, or people sensitive to microneedling.

This treatment can be done weekly.

Benefits of nanoneedling

- ~ Allows the skin to better absorb topical products
- ~ Stimulates collagen production
- ~ Improves fine lines and wrinkle
- ~ Improves hair and eyebrow loss
- ~ No downtime

Please Note:

~ Facial rejuvenation services are NOT administered over Botox, fillers, injections, broken or inflamed skin. This includes active acne, breakouts, rashes, sores, local infections, warts, eczema, psoriasis, or keloidal scars.

~ Individuals must wait at least *2 weeks after* Botox, fillers, chemical peels or injections before receiving facial rejuvenation services.

~ If you are on anticoagulant therapy, chemotherapy, radiotherapy or are pregnant, then microneedling is not allowed.