

Acupuncture treatment has been used since the ancient times as a primary form of medicine, serving both treatment and preventive purposes. Basic philosophies behind acupuncture treatments are yin and yang, five elements, Zang fu, and meridian theory. The meridian theory is notably the core of acupuncture treatment, which is conceptually analogous to the anatomical structure in western medicine. The theory describes networks of main meridians, collaterals, divergent meridians, muscle regions, and subcutaneous regions. Since early 1980, facial acupuncture has developed to treat and prevent facial problems or for facial rejuvenation.

The underlying philosophy of facial acupuncture treatment traces back to its oriental medical roots, where the emphasis is primarily on viewing the human body as a whole—any given part is connected to one another like a web. The face is connected with internal organs through the meridian system. To treat the face one must take into consideration the status of the internal organs. Problems with digestion, menstrual, constipation, liver, heart, kidney, etc. can all manifest in the face. Therefore, facial acupuncture aims to treat not only the problems limited to the face, but also the disharmony on the internal system so as to treat the root of the problem.

Technically, facial acupuncture involves using acupuncture needles to stimulate the meridian, which increases the blood circulation to specified areas. The blood flow allows the facial muscles to relax and grow firm, while enhancing tone and collagen and elastin production for a healthy and youthful facial appearance.

Many research papers report positive effects of facial acupuncture: smoothness of skin, improved lower eye lid bags, and other changes in neck skin, minute wrinkle, dark complexion, rosacea, acne, etc.

Recently, a special facial acupuncture technique has been developed in South Korea using the finest needles based on traditional meridian theory and modern muscle concept. Using Korean style facial acupuncture, the clinicians have devised special treatments that would enhance facial elasticity and restore resting mimetic muscle tone by inserting the finest needles into the head, face, and neck muscles.

According to the article “Effect of Facial Cosmetic Acupuncture on Facial Elasticity,” Korean style facial acupuncture shows great promise as a therapy for facial elasticity. Furthermore, Korean facial acupuncture can also be used in treatment of illnesses such as headache, migraine, Bell’s palsy, trigeminal neuralgia, eye problem like dry eyes, eye strain, TM joint pain, and stiffened face due to Parkinson’s disease.

Through Korean style facial acupuncture, one may obtain younger and healthy skin naturally, without having to undergo surgeries or filler injections. In addition to a natural rejuvenation, facial acupuncture can also treat various illnesses in the facial area, as well as treat other internal imbalances that influence facial appearances.

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