

Constitutional Facial Acupuncture: Changing the Face of Aging

By Mary Elizabeth Wakefield, LAc, Dipl. Ac., MS, MM

With the millions of baby boomers now present in our population, there is - especially now - an increasing interest in the organic process of aging. This process involves not only the body, but also the mind and spirit.

Unconventional modalities such as acupuncture offer a preventative alternative that can enhance longevity, beauty, quality of life and youthful vigor, while still honoring the accumulated wisdom that can be the reward of long life. We as acupuncturists are in a unique position to synergize ancient knowledge with modern technology, and likewise guide and educate the population about "healthy aging," constitutional facial acupuncture, acupressure and herbal support. This is a growing, comprehensive field with a captive audience, and facial acupuncture can serve as a wonderful adjunct to any standard acupuncture practice. First, however, there is a need to educate acupuncturists about this abundant modality, and then reach out to the public with knowledge, wisdom, compassion and skill.

While most acupuncture texts associate the concept of **rejuvenation** with aging and its corresponding treatment with facial acupuncture, we feel that the idea of **renewal** is more in keeping with the spirit of this new millennium. In these new times of uncertainty, fear and posttraumatic stress, **renewing** oneself implies embarking upon a journey that is not simply dedicated to the re-attainment of youth, but embodies much more.

In such a journey, there exists a kernel of possibility for transformative change. This revolution originates from within and manifests itself outwardly in the radiance of our *shen*, reflecting tolerance, compassion, beauty and peaceful balance.

In future columns in this series, we will discuss issues that are relevant to "healthy aging," beauty and longevity, both on esoteric and practical levels. Our ongoing exploration of this new, transformative

approach to aging will include discussions of:

- Constitutional facial acupuncture;
- Acupressure and herbal therapies;
- Five Element hand and face analysis;
- Five Element wrinkle analysis;
- Contraindications and benefits;
- *Qigong* isometric facial exercises;
- Tuning fork "tune-ups";
- Magnets;
- *Feng shui* facials;
- Non-needle modalities (facial microcurrent machines, neuromuscular stimulators, Acu-liftú light-emitting diode machines, microcurrent devices that employ light);
- Colors and gems;
- Skin syndromes such as hyperpigmentation, dark circles, etc.;
- Specific acupuncture points and protocols for constitutional support;
- Essential oils;
- Facial poultices;
- Flower remedies for psycho-spiritual support; and other relevant topics.

We look forward to establishing our connection with you in this new field of "healthy aging."

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