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## Acupuncture Facial Rejuvenation

Acupuncture has been used to treat skin complaints and reduce signs of aging for centuries. In fact, facial rejuvenation acupuncture, also known as cosmetic acupuncture, has a recorded history going as far back as China's Sung Dynasty (960AD - 1270AD), when the Empress and the Emperor's concubines used it to engender beauty and good health.

Facial rejuvenation acupuncture can improve muscle tone, increase collagen production, tighten pores and boost circulation and moisture in the skin. Moreover, when acupuncture is used to create overall balance within the body, the physical, mental and emotional patterns that contribute to aging are addressed, helping you look and feel younger.



### Benefits of Acupuncture Facial Rejuvenation:

- Increases the production of collagen and elastin
- Improves muscle tone (preventing further aging and wrinkles)
- Improves local lymph and blood circulation
- Softens or erases fine lines and wrinkles
- Reduces the depth of deeper lines
- Decreases bags (puffiness) under the eyes
- Reduces or eliminates acne and rosacea
- Provides a consistently smoother and brighter face

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## Recipe: Nourishing Beauty with Sweet Rice Congee

**Sweet black rice, when cooked with longan berries (euphoria longana) and Chinese dates, becomes a congee that nourishes blood and Qi.**

In the Oriental medicine system of food cures, these three foods work together to enhance beauty and longevity.

The sweet rice promotes the flow of liver Qi, which helps keep angry feelings at bay and leads to calmness.



The Chinese dates (different from the Mediterranean variety) nourish blood and spleen, promoting restful sleep and mental clarity.

Longan fruit, a blood enhancer, was used by the ancients to add luster to the skin. From a Western perspective, we know that longans contain large amounts of Vitamin C and phenolic compounds, which may help to detoxify and protect the liver.

### **Sweet Rice Congee**

(Taken from Ancient Healing for Modern Women, by Dr. Xiolan Zhao, C.M.D.)

#### **Ingredients:**

6 cups water  
1 cup black sweet rice (wash before using)  
½ cup dried longan fruit  
10 Chinese dates  
2 tablespoons raw sugar  
½ inch piece of fresh ginger, peeled and thinly sliced

#### **Instructions:**

In a large heavy saucepan, add 6 cups of water, black sweet rice, longan fruit, dates, and raw sugar. Bring to a boil over medium heat. Reduce heat and simmer for two hours, stirring occasionally. Garnish with ginger. Makes four servings.

Note: All ingredients are available at most Asian grocery stores.

Author: Elizabeth G. Lynch