

## WHAT IS CONSTITUTIONAL FACIAL ACUPUNCTURE RENEWAL?

---

Constitutional Facial Acupuncture Renewal, also known as Facial Rejuvenation Acupuncture is the application of acupuncture needles into the facial tissue to help improve skin tone, tighten facial muscles and reduce the appearance of fine lines.



Before



After

**CALL TODAY  
FOR A YOUNGER-  
LOOKING YOU ...  
760-635-0581!**

### **ABOUT KAREN SULGER, L.A.C., Q.M.E.**

Karen Sulger, L.Ac., Q.M.E. is a California licensed acupuncturist and Qualified Medical Evaluator. In addition to specialized training in the area of Facial Rejuvenation, Karen has over 10 years experience. In fact, Karen was first introduced to acupuncture by having Facial Rejuvenation treatments when she was only 22! Karen graduated magna cum laude from Pacific College of Oriental Medicine, earning a Masters in Oriental Medicine. Karen loves her practice, including a full staff and two additional acupuncturists. Together, they continue to expand their knowledge to bring new techniques to their clients.



#### **Acupuncture Continuum**

Karen Sulger, L.Ac., Q.M.E.

317 N. El Camino Real, Suite 401

Encinitas, CA 92024

Phone: 760-635-0581

E-mail: [www.acupuncturecontinuum.com](http://www.acupuncturecontinuum.com)



#### **Acupuncture Continuum**

YOUNGER-LOOKING SKIN  
THROUGH  
CONSTITUTIONAL  
FACIAL ACUPUNCTURE  
RENEWAL



TEL: 760-635-0581

# YOUNGER-LOOKING SKIN THROUGH FACIAL REJUVENATION

## IS CONSTITUTIONAL FACIAL ACUPUNCTURE RENEWAL FOR YOU?

Anyone at any age who is interested in looking and feeling his or her best and desires to reduce the signs of aging can benefit from Constitutional Facial Acupuncture Renewal. Different methods are used based on how each individual is aging. Best results have been seen in women through age 65. And, although helpful for women of all ages, the more wrinkles a woman has, the more results she will see.

## DO THE NEEDLES HURT?

Not usually. A very gentle needling technique is used and the sensation experienced from an acupuncture needle is nothing like that of a hypodermic needle. In fact, acupuncture needles are one-tenth the thickness of a hypodermic needle. Most patients do not mind the needles and love coming in for their treatments. The needles are 100% sterile and are disposed of after the first use.

## ARE THERE ANY CONTRAINDICATIONS?

This type of acupuncture is contraindicated for some pituitary disorders, heart disorders, diabetes mellitus, high blood pressure, and for individuals who have a pacemaker, have a problem with bleeding or bruising or have some types of migraine headaches.

## BENEFITS

After Facial Rejuvenation Acupuncture patients report looking years younger. Some of the most common effects of facial rejuvenation include:

- Reduction of the appearance of fine lines
- Eyelids appear less droopy
- Jowls look firmer
- Reduce the look of bags under the eyes
- Increases blood circulation and lymph to the face can increase collagen production
- Increased collagen production
- Improved muscle tone
- Tightening of the pores
- Brightening the eye area
- Improving hormonal balance to help acne
- Reducing evidence of stress from the face



Lucinda at age 51, benefits from acupuncture.

## WHAT CAN I EXPECT?

At the Acupuncture Continuum, we recommend 14 treatments at intervals of two times per week as one course of treatment.

At every treatment you will enjoy the wonderful experience of a Chinese facial mask, acupuncture on your face and body, and an invigorating facial massage.

## HOW LONG DO THE RESULTS LAST?

The results can last years, depending on the age and the condition of your skin. Completing Facial Rejuvenation treatments before your skin has too much damage, can greatly enhance the results of your treatments. Supplementing with a facial self-massage, aromatherapy and diet can also prolong results. For best results we recommend you repeat the treatments annually.

---

**CALL TODAY  
FOR A YOUNGER-  
LOOKING YOU ...  
760-635-0581!**