



Facial Enhancement Acupuncture: Clinical Use and Application

By Paul Adkins

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Based on Five Elements theory, this practical, fully illustrated guide to performing facial enhancement acupuncture (also known as cosmetic acupuncture, facial revitalisation or facial rejuvenation acupuncture) shows in detail the acupuncture points, techniques and equipment used in this procedure. Facial enhancement acupuncture targets points and muscles of the face in order to improve the elasticity of the skin and general overall appearance, as well as addressing constitutional points on the legs, arms and body to balance and harmonise the inner elements. The author clearly explains the rationale behind the needling of each face and neck point, which are shown in colour illustrations. He also discusses the advantages of acupuncture over surgical intervention in dealing with wrinkles and sagging jaw lines, and a chapter is included on discussing treatment with prospective patients, follow up and after care.

As well as significantly improving the cosmetic appearance, facial acupuncture also has a strong whole body effect on the health and wellbeing of the person treated, and has a long and distinguished history in Chinese medicine. The book is the perfect introduction for acupuncturists and acupuncture students who want to learn how to incorporate this alternative to surgical procedures into their practice.

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Editorial Review

Review

Based on Five Elements theory, this practical, fully illustrated guide to performing facial enhancement acupuncture... shows in detail the acupuncture points, techniques and equipment used in this procedure... The book is the perfect introduction for acupuncturists and acupuncture students who want to learn how to incorporate this alternative to surgical procedures into their practice. -- Universal Magazine My passion for Five Element Acupuncture grows increasingly as I see the transformation it gives and can achieve within people of all ages. Facial Enhancement Acupuncture is a wonderful experience not only physically, aiding relaxation, but also spiritually and emotionally, helping to lead a person onto the next level of their changing life journey. -- Dean Simpole Clarke, Five Element Acupuncturist and Food Writer Paul Adkins' latest excellent offering has provided a practical, clear and welcome addition to the field of Facial Enhancement Acupuncture. Novices and experienced practitioners alike will find it useful and easy to use - a clinical gem. -- Celia Tudor-Evans, Ac.M., M.B.Ac.C., F.A.M.I., Acupuncture Consultant and Educator

Review

Based on Five Elements theory, this practical, fully illustrated guide to performing facial enhancement acupuncture... shows in detail the acupuncture points, techniques and equipment used in this procedure... The book is the perfect introduction for acupuncturists and acupuncture students who want to learn how to incorporate this alternative to surgical procedures into their practice. (Universal Magazine)

My passion for Five Element Acupuncture grows increasingly as I see the transformation it gives and can achieve within people of all ages. Facial Enhancement Acupuncture is a wonderful experience not only physically, aiding relaxation, but also spiritually and emotionally, helping to lead a person onto the next level of their changing life journey. (Dean Simpole Clarke, Five Element Acupuncturist and Food Writer)

Paul Adkins' latest excellent offering has provided a practical, clear and welcome addition to the field of Facial Enhancement Acupuncture.

Novices and experienced practitioners alike will find it useful and easy to use - a clinical gem.

(Celia Tudor-Evans, Ac.M., M.B.Ac.C., F.A.M.I., Acupuncture Consultant and Educator)

About the Author

Paul Adkins is a qualified acupuncturist who trained at the CTA Leamington College of Five-Element Acupuncture. He established The Mitchell Hill Clinic in the south west of England and has been practising acupuncture there for over eight years. He is a member of the British Acupuncture Council and has trained acupuncturists in over 30 countries to perform this natural, anti-ageing treatment. As well as lecturing on facial acupuncture both in the UK and worldwide, Paul became a Zita West Affiliated Fertility Acupuncturist in 2008.

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