

Acupuncture also takes care of entire body's health conditions. It can improve the skin condition by treating internal health problems such like high cholesterol, diabetes, constipation, diarrhea, insomnia, stress and anemia. It works for absorbing nutrition in food, cleaning the toxic in systems as well as treating pain and blockage in the body.

Facial herbal- aroma-a massage is a traditional beauty care technique based on ancient wisdom from Tang Dynasty secret formulas to increase blood flow and circulation, reduce facial tension and fluid retention, and smooth and firm skin tone, thus giving way to a brighter, healthier complexion. The herbal cream is usually comprised of Dang Gui (Angelica Sinensis Radix), Ginseng, Aloe, Wild Mushroom, Pearl Powder, and seasonal flower extracts. Facial massages have also proven therapeutic value in the relief of stress and are utilized in areas extending from the neck to the head and to relax the veins in the neck and whenever interruptions in blood flow occur. Herbs are prescribed by TCM practitioners to restore the ailing skin and are chosen for optimum effect during the changing seasons.

Herbal therapy is on the TCM classic record for creating and maintaining "healthy youth" by improving body's circulation, cleaning and polishing skin surface, tightening, brightening, and smoothing skin. Pearl powder is used for cleaning away heat and toxic, nourishing and shining skin to heal the black spots and aging mark. Semen Benincacae – (Dong Gua Ren) and Pericarpium Citri Reticulatae (Ju Pi) can help the lymphatic circulation to treat water retention of skin. Fructus Lycii (gou Qi Zi) and Radix Polygoni Multiflori (He Shou Wu) is the most effective herb for anti aging skin care. Cosmetic serum made from peach flowers (Flos Persicae) is one of the famous formula results face a "peach blossom looking

Some herbs are used to bring skin more elasticity, flexibility, moisturizing and strengthening such like: Radix Angelicae Dahuricae (Bai Zhi), Rhizoma Typhonii (Bai Fu Zi), Rhizoma Polygonati Odorati (Yu Zhu), Fructus Lycii (Guo Qi Zi), Semen Armeniacae Amarum (Xing Ren), Semen Persicae (Tao Ren), Semen Sesami (Hei Zhi Ma), Radix Ledebouriiellae (Fang Feng), Pancreas Suis (Zhu Yi), Flos Persicae (Tao Hua), and Flos Magnoliae (Xin Yi) etc.

Beauty Diet Menu guides us taking care of our skin through daily diet. Sesame, honey, Xianggu mushroom, human milk, milk, goat's milk, sea cucumber, pumpkin seed, lotus root, wax gourd, cherry and wheat are the foods that not only make the face tender, white, ruddy, moist and lustrous, but also prolong life. They are mainly used for the treatment of acne, loose skin, freckles, pigmentation, dry skin, puffiness, hair loss, wrinkles, and baggy eyes.

Seasonal Facial and Skin Care is a specific TCM beauty therapy which follows change of the seasons and applying treatment accordingly. Spring is the season when the skin breathes and pores open to accept cleansing. It is a good time to nourish the skin. During the summer, the skin perspires due to heat and/or waste moving outward. This is a good time to cleanse. Autumn is when the pores close and the skin becomes dry. The skin should be moisturized because creams absorb well at this time of the year. During winter, skin pulls in and stores energy from tonic herbs for the cold season. This is the best time to preserve the skin and body. Natural facial treatments are recommended for women who are between 40 and 50 years old once a month for maintenance. If you are interested in treating acne, birthmarks, age spots, eye bags, and cellulite, treatments should be once a week.



- Face-lift and wrinkles care
- Puffiness eye bags and chin
- Acne, sensitive and dry skin
- Cellulite and hair loss

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1. Natural Skin Care in TCM History

According to Chinese texts written 2,000 years ago on bamboo and found on cave walls, a healthy and beauty skin is related with body's system of circulation, digestion and hormone as well as mental condition. There are deferent "Palace Secret Formula" from Tang Dynasty used for the Empress and concubines, which often combined with acupuncture, herbal facial acupressure and special diet (ginseng, bird's nest, pearl powder, honey, egg white, wild mushroom, cucumber and aloe juice). Seasonal flowers were used for moisturizing and nourishing skin. Outdoor morning meditation under a canopy of trees is regarded as the best way to release stress and absorb the natural dew. Bathing in spring water is a common method to help the skin stay smooth.

Natural skin care technique has become scientific and modern since TCM has been evolving over time. It helps people stay healthier and younger through stimulating self-healing power and maintaining the system balance. It also works for treating and preventing skin allergy or skin degenerated change from overuse of chemical cosmetics. People could be appreciated that the inherent beauty and vitality of their skin are meant to recognize their true reflections in the mirror. This is important for the heart and the spirit to retain a sense of the real self.

Our Skin

Skin is a large and complex organ and is continually "open to inspection by others." It might be a frequent source of complaints by patients of all ages. This organ is the focus of considerable attention in TCM, as it is connected with various meridians. Skin care is connected to whole body's circulation, hormone, digestion and nervous system.



Facial skin could present internal health condition. Face observation use to be a special diagnostic method as well as the pause and tongue. Forehead shows the health of the digestive system, nose reflects the function of the lungs, eye region belongs to the liver meridian, and puffy bags under the eyes and flabby chins imply water retention due to slow lymphatic circulation. A proper holistic healthcare therapy can result the best skin condition and beauty looking by taking care of the physical organs and systems balance.

Skin condition and sexual hormone is closely related, which present the deferent skin type from children to reach puberty. Testosterone growing makes skin tend to thicker and stronger and estrogen and progesterone developing also influence appearance in women with a bright, soft and smooth skin.

Hormone changing or imbalance can cause many skin problems such as pimples, acne, birthmarks, aging marks and various other skin breakouts. During pregnancy, high levels of progesterone make skin a puffy and rich looking. It could be a reason that birthmark and fatty, stretched skin developed. Somehow a baby's sex affects a pregnancy woman's skin tone, for example, a baby girl results in moister skin for the mother more than a baby boy. Acne break out is often happened at PMS, Long term use of birth control pills could cause a oily, rough skin and menopause patients seems more suffering from dry and irritated skin as well as developing a aging mark.

Metabolism of the body is playing a very important role for maintaining the skin in good condition. It works for fat burning and digestion to keep body away from fatty accumulating and cellulite. Acupuncture can help to increase metabolism, balance hormones and to reduce dimpling in areas of the cellulite while combining acupressure with fat-burning herbal cream. Cellulite treatments can also help women for lifting and tightening their skin after giving birth or during breast-feeding.

Blood circulation and mental condition is also considering as a part of skin care. A good heart and lung function effects body's oxygen and nutrition supplying and promotes our skin youth and healthy. The blood circulation in neck and up back region is critical because there are major veins carrying the blood pass through there to the head, which brings our face and hair in good condition of the nourishment, elasticity and complexion. Stress and nervous often cause the tension and tightness in the neck and back, which bring our skin a negative looking.

Digestive function effects body's nutrition absorbing and supplying. It is also related with clearing toxins of the body and improving the water flow. Many skin problems are the results of the abnormal digestion such like constipation, diarrhea and IBS. It could be also a side effect of using alcohol, nicotine, drugs or other chemical products.

2. How does TCM work for skin care?

Following seasonal changes and individual physical health conditions we arrive at your customized facial and skin care plan and offer individual professionally designed treatment packages. The treatments combine the time-tested techniques of acupuncture, acupressure, herbal remedies and daily diet. It works for increasing circulation of the head, balancing hormone, regulating digestion and relieving tension stress by applying a necessary properly therapy after evaluating the individual health condition.

Acupuncture facial rejuvenation is a special therapeutic face lift technique used to stimulate collagen production, improve muscle tone and soften wrinkles to benefit the skin's health and appearance. It is a traditional beauty therapy based on TCM diagnosis and treatment for helping restore essential energy, improve anti-aging ability, strengthen immunity, expel toxins and hydrate skin. The fine needles is inserted on the face, body and ears for treating and preventing the skin condition of allergic, sensitive, oiliness, dryness, age spots, wrinkles, dullness, puffiness, drooping, chapping, double chins, under eye bags as well as hair lose and dandruff.