Facial Wrinkles

Facial Wrinkles are an inevitable part of the natural aging process. Our skinôs ability to produce **elastin** and **collagen** slows over time**. Collagen** and **elastin** are key in helping to keep skin smooth and resilient. As these fibers breakdown, the skin begins to lose its strength and elasticity, and fine lines and even deep wrinkles may begin to appear.

Wrinkles are creases, folds or ridges in the skin. Most commonly, wrinkles appear as we get older. But they may develop after our skin has been immersed in water for a long time. The first wrinkles to appear on our face tend to occur as a result of facial expressions. Sun damage, smoking, dehydration, some medications, as well as a number of other factors may also cause wrinkles to develop.

Causes of facial wrinkles:

Smoking

- Smoker much ease and younger to have facial wrinkles than others, which is due to a reduced blood supply to the skin.

Light skin

- People with light skin tend to experience a higher level of sun damage, which usually accelerates the development of wrinkles.

Genetic factors

- If your parents developed wrinkles earlier than other people, your chances of also doing so are significantly higher than somebody whose parents developed wrinkles later than others.

Hair

- Some hairstyles provide more shade for the face than others.

Clothes

- People who tend to wear hats and long sleeves usually develop wrinkles later in life compared to other people of the same skin type.

Some jobs

- Peopleôs jobs expose them to more sunlight tend to become wrinkly earlier than others.

Exposure to UV (ultraviolet light)

- People whom have the jobs that expose them to more sunlight, people who spend considerable time out in the sun during their leisure hours are more likely to develop wrinkles earlier.

Facial expressions

- People who repeatedly smile. Frown, or squint will develop fine lines and wrinkles earlier than who do not do these facial expressions so often. When you are young the skin spring back, but as it gets older and loses its flexibility springing back becomes harder and less frequent, resulting in more permanent grooves.

The cause factors of Chinese medicine theory:

Facial wrinkles are the common clinical symptom. Based on the theory of the channels and collaterals, the three yang channels of hand and foot along with Du vessel reaches the faces, bring qi and blood up to nourish the faces. The essence of the five zang organs and

clear yang also reaches the faces to nourish the channels. If the channels and collaterals obstructed or the essences of five zang (especially kidney essence) were deficiency, it results of facial wrinkles.

Two types of facial wrinkles

- **Temp. facial wrinkles**
- **Permanent facial wrinkles**

Acupuncture is one of the most effective treatments for facial wrinkles:

The most treatable facial wrinkles for acupuncture were temp facial wrinkles, permanent facial wrinkles general needs more time to treat it. Acupuncture could help to reduce the depth of the wrinkles, to short the length of wrinkles, even make the wrinkles disappear, and sometime could help to left up the faces too. Suggestion: visiting for twice a week about four to five weeks, if it gains the significantly result, then once a week for maintenance the result.