

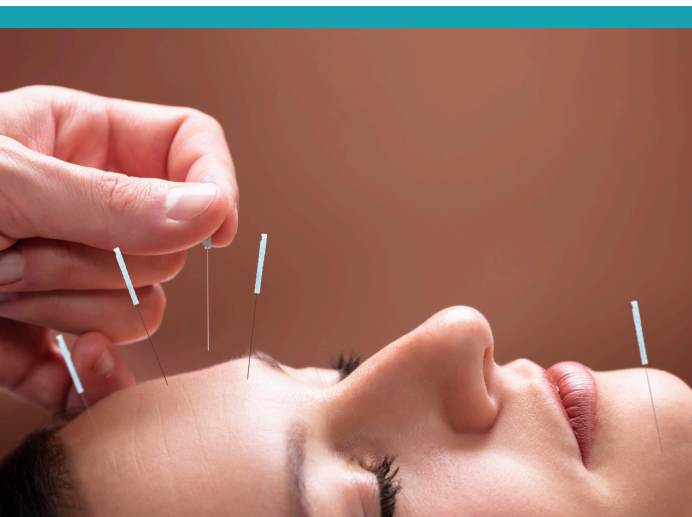
# HOW ACUPUNCTURE SUPPORTS SKIN HEALTH

Acupuncture helps support skin health by:

- Improving circulation to the skin
- Reducing inflammatory responses
- Supporting immune balance
- Regulating hormonal fluctuations
- Calming the nervous system
- Supporting digestive and gut health

In Traditional Chinese Medicine, skin health reflects the balance of the body's systems, including those traditionally referred to as the Lung, Liver, and Spleen, as well as others, all working together to support circulation, detoxification, and nourishment.

When these systems are balanced, the skin can function more optimally.



## TCM Approach

Our acupuncture treatments are rooted in Traditional Chinese Medicine (TCM) and designed to support the body's natural healing processes.

By addressing underlying patterns such as inflammation, circulation, hormonal imbalance, and stress, acupuncture may help improve overall skin health. We often work alongside dermatological care as part of a collaborative, integrative approach to wellness.

## Treatments May Include

- Body acupuncture
- Facial acupuncture
- Lifestyle and wellness guidance
- Stress and nervous system support

## BOOK ONLINE



[WWW.CAYMANMASSAGE.KY](http://WWW.CAYMANMASSAGE.KY)

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## ACUPUNCTURE FOR SKIN HEALTH

A Natural Approach to supporting skin balance, inflammation, and healthy aging.



**Cayman Massage & Wellness**

**Integrative Wellness**

Traditional Chinese Medicine views the skin as a reflection of internal health. Acupuncture works by supporting circulation, calming inflammation, and restoring balance within the body.

# ACNE

Acupuncture may help reduce inflammation and regulate hormonal triggers that contribute to breakouts. Patients may experience:

- Reduced frequency of breakouts
- Less redness and swelling
- Improved healing of acne lesions



# ECZEMA

Eczema is often influenced by immune sensitivity and stress.

Acupuncture may help:

- Reduce itching and irritation
- Support immune balance
- Improve skin comfort during flare-ups

# Cosmetic Acupuncture

Natural Facial Rejuvenation

Cosmetic acupuncture supports healthy skin through improved circulation and collagen stimulation.

Benefits may include:

- Improved skin tone and elasticity
- Reduction in fine lines
- Enhanced natural glow
- Relaxation of facial tension

Results are gradual and natural, focusing on healthy, vibrant skin.

# PSORIASIS

Psoriasis is a chronic inflammatory skin condition.

Acupuncture may help support:

- Reduced inflammation and scaling
- Stress regulation
- Improved overall skin comfort

# HYPERPIGMENTATION & MELASMA

Hormonal changes and circulation patterns can influence pigmentation.

Acupuncture may support:

- Improved circulation to the skin
- Gradual improvement in skin tone
- Hormonal balance support

## What to Expect

Treatments begin with a consultation to understand your health history and skin concerns. Treatment plans are individualized and may include a series of sessions for best results.

Acupuncture is often used as a complement to dermatological care, supporting overall skin health and wellness.

# ROSECA

Rosacea involves vascular sensitivity and skin inflammation.

Acupuncture may support:

- Reduced facial redness
- Fewer flushing episodes
- Improved circulation regulation

