

## ABOUT US

Sage Wellness Center has expanded to Half Moon Bay. We are happy to announce our coastal office, Dandelion. Our vision is to provide Natural Health Care for the entire family. Our team of acupuncturists have a wealth of clinical experience, with specialty in Womens Health, Pre and Post Natal Care, Pediatrics and Pain Management to name a few.

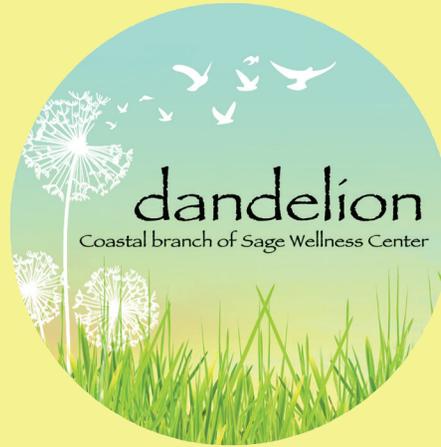
## STEPHANIE SMITH, L.AC.

Dr. Stephanie Smith is our Facial Acupuncture specialist. Her expertise in Mei Zen Facial acupuncture has allowed us to offer "facelift" like treatments which are complimented with a full body balancing session. A customized facial treatment can combine all the health benefits for optimal beauty inside and out.

Stephanie also specializes in Chronic Pain, Digestive Disorders, Headaches, Insomnia, Chinese Medicine Dermatology, Facial Acupuncture, Weight loss Acupuncture, Chinese Herbal Medicine as well as Western and Chinese nutrition and supplementation.

## COMPLIMENTARY CONSULTATION

We do offer complimentary consultations for those who are curious to learn more about treatment. Give us a call at (650) 343-7899 to schedule your acupuncture consultation today!



## OFFICE LOCATION

**Located within the Shore Line Shopping Center**  
225 South Cabrillo Hwy, Suite 106D  
Half Moon Bay, CA 94019

## CONTACT US

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[www.dandelionwellness.org](http://www.dandelionwellness.org)

## FACIAL ACUPUNCTURE



### WHAT IS ACUPUNCTURE?

Acupuncture is an essential part of traditional Chinese medicine, a comprehensive system of health care with a continuous clinical history of over three thousand years. Chinese medicine includes acupuncture, Chinese herbology, and bodywork, dietary therapy and exercise based on Chinese medicine principles. These therapies work with the natural vital energy inherent within all living things to promote the body's ability to heal itself.

### WHAT CAN I EXPECT?

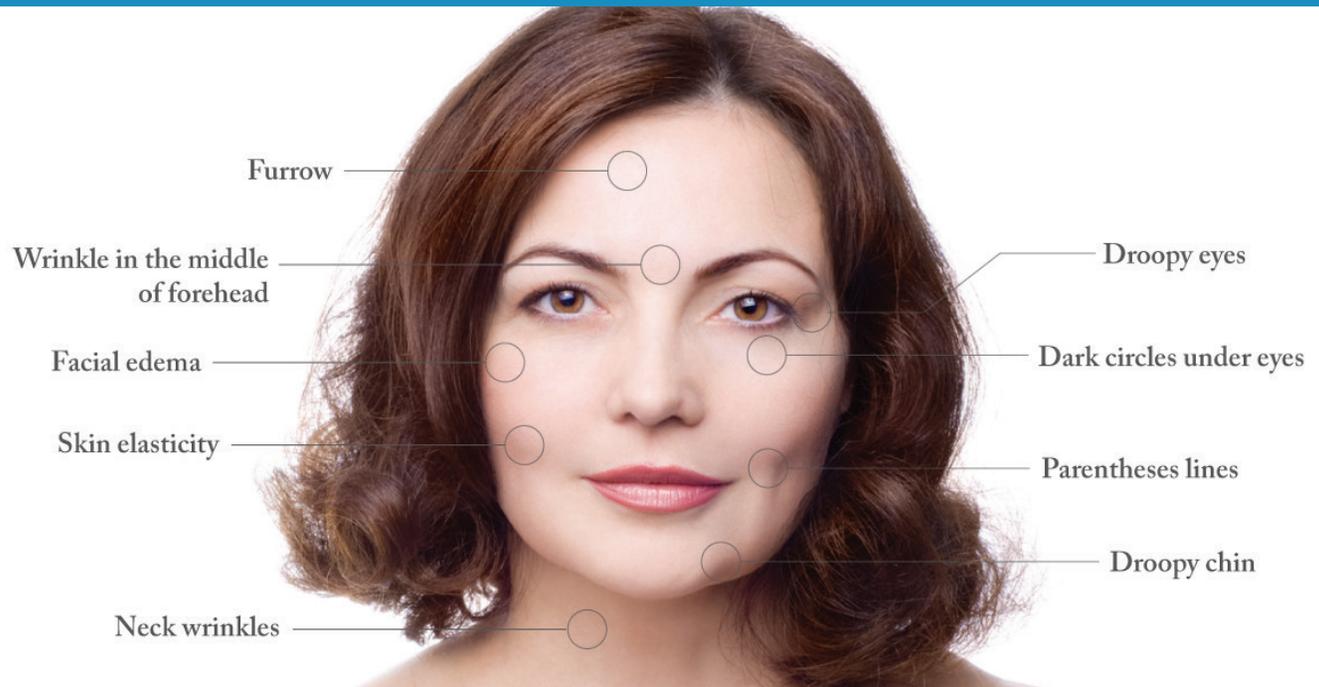
Many conditions may be alleviated rapidly by acupuncture and Chinese medicine. However, some conditions that have been long-standing can be improved with slow and steady progress. Chinese medicine can be a wonderful compliment to Western medicine.

### IS ACUPUNCTURE SAFE?

In the hands of a comprehensively trained acupuncturist your safety is assured. Our practitioners are both state and nationally licensed, and strictly follow all health and safety requirements.

### IS ACUPUNCTURE PAINFUL?

Acupuncture needles are very fine and flexible; approximately the diameter of a human hair. In most cases, insertion by a skilled practitioner is performed without discomfort. You may experience a sense of heaviness or electricity in the area of insertion. Most patients find the treatments very relaxing and many fall asleep during the process.



### FACTS ABOUT FACIAL ACUPUNCTURE

Facial acupuncture is a painless method of reducing the signs of aging by inserting tiny acupuncture needles into the skin which stimulate the creation of new collagen, as well as elastin fibres. The date of origin goes back to 770 - 221 BC.

It is a safer alternative to surgery or other cosmetic injectables such as Botox or dermal fillers. It helps the skin to look younger, smoother and healthier naturally as it addresses not only signs of aging, but also the overall health of the skin.

Unlike Botox or dermal fillers, facial acupuncture isn't a quick fix as its focus is to create long-term changes in the health of the skin and body. Typically speaking, it takes 8 to 12 weeks for optimal results to start showing.

### BENEFITS OF FACIAL ACUPUNCTURE

Facial acupuncture can be used to:

- Decrease hyperpigmentation
- Improve facial elasticity
- Increase water and oil levels in the skin
- Prevent skin photoaging
- Reduce acne and acne scarring
- Reduce eye wrinkles
- Reduce pores
- Reduce smile wrinkles
- Tighten loose skin
- Enhance overall facial rejuvenation