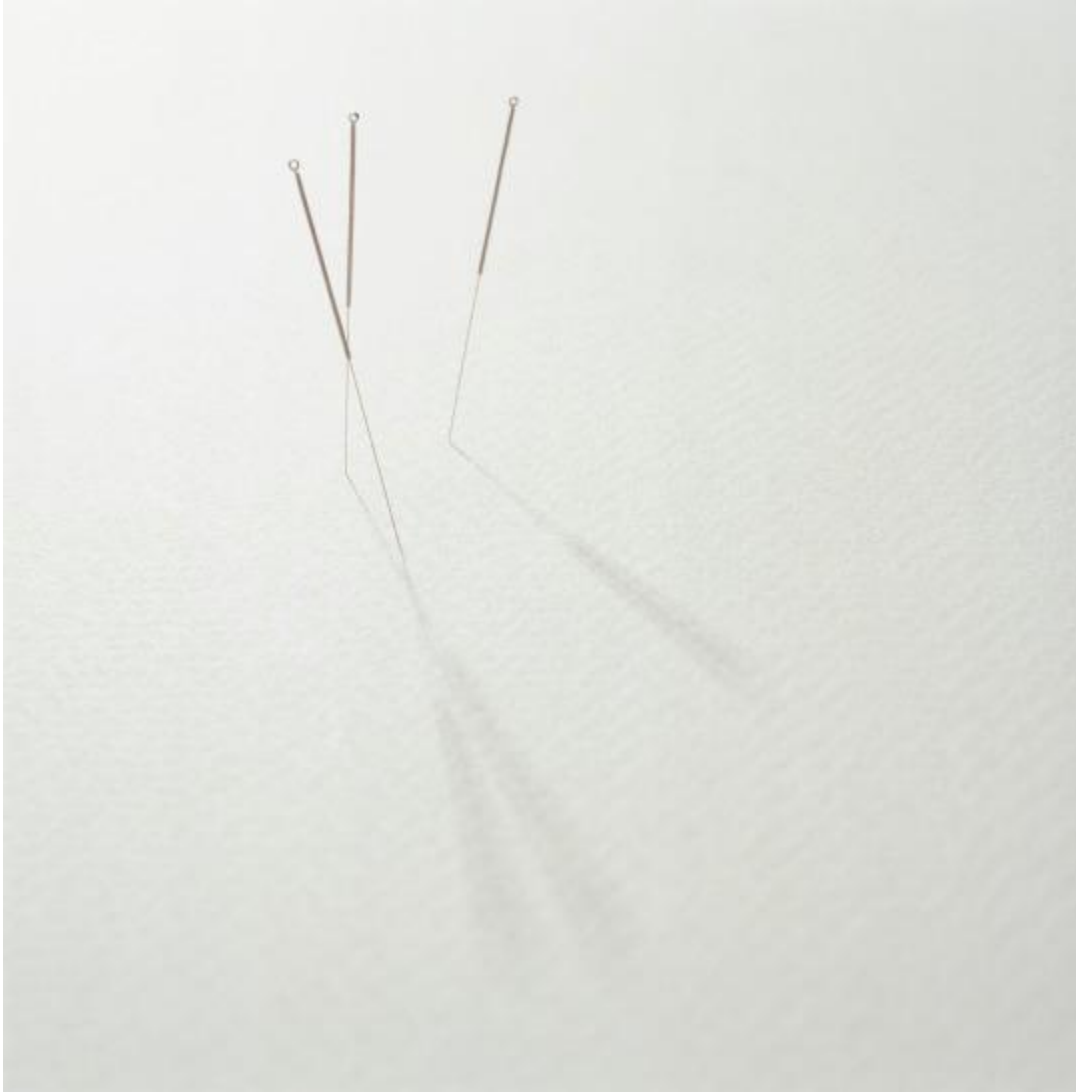


Would You Stick Needles In Your Face To Look Younger?



The ancient practice of acupuncture meets the modern desire for youthful skin.

Let me get this out of the way first: Needles are my worst nightmare. I shiver at the sight of syringes, and once hyperventilated so intensely at the prospect of getting my blood drawn that I had to lie down and drink a juice box — before my skin had even been swabbed with alcohol.

Which makes my visit to the New York City office of Shellie Goldstein, celebrity acupuncturist and pioneer of the AcuFacial Facelift, nothing short of a monumental personal feat. There, in a quest for smoother, brighter skin, I consented to getting a dozen thin, silver needles inserted into my face, arms, and legs during an acupuncture facelift. The procedure, a specialty of Goldstein's and other cosmetic acupuncturists, combines the

Eastern practice of acupuncture — revered for its pain-relieving abilities — with modern, science-driven dermatological treatments.

While acupuncture has been around for centuries (it originated in China and slowly made its way to the Western world), acupuncture facials are relatively new. They first cropped up in Hollywood as a hush-hush plastic surgery alternative after directors complained that both Botox and plastic surgery left actresses unable to move their faces. By inserting small, sterile needles into specific points along the face and body, practitioners say they are able to lessen wrinkles, firm up sagging skin and muscles, and bring back a youthful glow — all without the risk of a frozen, unemotive face.

