**Microneedling and Stem Cell Therapy**

At Courtni Lauren Acupuncture, we combined microneedling and apple stem cell therapy which are two innovative cosmetic treatments that have gained popularity in recent years. Microneedling is a minimally invasive procedure that uses small needles to create tiny punctures in the skin, stimulating collagen production and promoting skin rejuvenation.

On the other hand, apple stem cell therapy involves using stem cells extracted from apples to promote skin cell regeneration and reduce signs of aging. Combining these two treatments has proven to be a powerful way to achieve youthful, radiant skin.

Microneedling creates micro-channels in the skin, allowing the apple stem cells to penetrate deeper into the dermis and work their magic. The stem cells contain antioxidants, vitamins, and other essential nutrients that can help repair damaged skin cells and reduce inflammation.

One of the major benefits of this combination treatment is that it can be used to address a wide range of skin concerns, including fine lines, wrinkles, acne, acne scars, stretch marks, hair regrowth and hyperpigmentation. By promoting collagen production and cell regeneration, microneedling and apple stem cell therapy can help improve skin texture, tone, and elasticity.

Another advantage of this treatment is that it is relatively safe and non-invasive compared to other cosmetic procedures. Unlike surgical facelifts or chemical peels, microneedling and apple stem cell therapy do not require extensive downtime or recovery.

Overall, microneedling and apple stem cell therapy offer a unique combination of benefits for those looking to improve their skin's appearance. While individual results may vary, many people have reported significant improvements in their complexion after undergoing this treatment.

**Hair regrowth**

Hair loss can be a distressing experience for both men and women. There are various treatments available in the market, but acupuncture and microneedling is emerging as a natural and effective method for hair regrowth. Acupuncture is an alternative medicine technique that involves inserting thin needles into specific points on the body. It originated in China over 3000 years ago and has been used to treat various ailments, including hair loss. Acupuncture works by stimulating the body's natural healing mechanisms, promoting blood circulation, and balancing hormones.

When it comes to hair regrowth, acupuncture targets key points on the scalp to increase blood flow to the hair follicles, which helps to nourish and strengthen them. It also improves the delivery of oxygen and nutrients to the hair roots, which encourages hair growth.

Acupuncture paired with microneedling has proven to be even more effective than both therapies used separately. Acupuncture works on the root cause and corrects underlying issues creating hair loss where as microneedling stimulates local promotion of blood flow and increasing the growth factor that promotes hair growth.

In traditional Chinese medicine, the hair is believed to be nourished by blood and controlled by the kidneys. Acupuncture helps balance the Yin and Yang energies in the body, thereby improving kidney function and promoting hair growth.

Acupuncture is also known to reduce stress and anxiety levels, which can contribute to hair loss. While acupuncture does not provide immediate results, it is a safe and effective long-term solution for hair regrowth. It is a holistic approach that treats the root cause of hair loss rather than just the symptoms. Acupuncture sessions typically last about 30 minutes to an hour and may require several sessions depending on the severity of hair loss.

In addition to acupuncture, there are several lifestyle changes that can promote hair regrowth. Eating a balanced diet rich in vitamins and minerals, reducing stress levels, avoiding harsh chemicals and heat treatments, and getting enough sleep can all contribute to healthy hair growth.

Combining these lifestyle changes with acupuncture can help achieve optimal results for hair regrowth. In conclusion, acupuncture is an effective treatment for hair regrowth that works by promoting blood circulation, balancing hormones, and reducing stress levels. It is a holistic approach that treats the root cause of hair loss and can provide long-term results. Combining acupuncture with lifestyle changes can help achieve optimal results for healthy hair growth.

Reference

1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3746236/

**Acne**

Acne is a common skin condition that affects nearly 85% of the population at some point in their lives. It is characterized by the presence of pimples, blackheads, whiteheads, and cysts on the skin. Acne can cause significant emotional distress and can have a negative impact on an individual's self-esteem.

While there are numerous over-the-counter and prescription treatments for acne, some individuals turn to alternative therapies like acupuncture for relief. Acupuncture has been used for thousands of years in traditional Chinese medicine to treat a variety of conditions, including acne.

The practice involves the insertion of thin needles into specific points on the body to stimulate the body's natural healing processes. According to traditional Chinese medicine, acne is caused by an imbalance in the body's energy, or qi.

Acupuncture can help restore balance to the body, which in turn can improve acne symptoms. Several studies have examined the effectiveness of acupuncture for acne. One study published in the Journal of Alternative and Complementary Medicine found that acupuncture was effective in reducing both inflammatory and non-inflammatory acne lesions.