

Keynote communication

# Acupuncture for Beauty.

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**Abstract:** Cosmetic acupuncture is a practice rooted in traditional Chinese medicine that stimulates the skin and regulates organ systems to improve skin health and combat signs of aging. It combines holistic treatment with cosmetic goals, offering natural and beneficial results. The selection of acupuncture points, techniques such as shallow needling, thread embedding, cupping, and moxibustion, among others, are used to target specific skin conditions and promote rejuvenation. Cosmetic acupuncture is safe, comprehensive, and effective in addressing various skin concerns while adhering to the principles of traditional Chinese medicine.

**Keywords:** Beauty, Cosmetology, Acupuncture, Acupoints, Moxibustion, Cupping.

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