



Why Acne Happens — A Holistic View

In Chinese medicine, acne is seen as a reflection of internal imbalance. Common contributing factors include excessive heat in the body, hormonal fluctuations, emotional stress, and digestive disharmony. These imbalances can manifest through the skin, leading to breakouts, inflammation, and uneven tone.

How We Can Help:

. **Acupuncture and herbal formulas** work together to clear internal heat, calm inflammation trapped in the skin, balance hormones, regulate digestion, and support the body's natural healing response. This approach treats both the surface symptoms and the deeper root causes.

Microneedling, especially when combined with targeted **plant stem cells**, stimulates collagen

production, fades acne scars, balances skin tone, and revitalizes circulation. The result is smoother, brighter, and more resilient skin — naturally and holistically.