

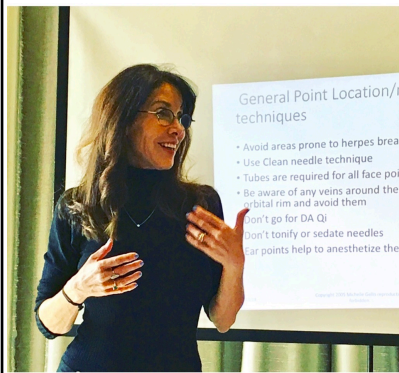
## About Michelle Gellis AP

- Former Faculty Member and clinic supervisor Maryland University of Integrative Health 2003-2021
- Teaches Facial Acupuncture classes internationally for almost 20 years

6/13/22



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## Classes Offered by Michelle Gellis AP

---

Facial Acupuncture Certification

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Facial Cupping & Gua Sha

---

Derma Rolling & Skincare

---

Treating Neuromuscular Facial Conditions

---

The Anatomy of Expression

---

Facial Acupuncture Self Care

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Advanced Techniques in Facial Acupuncture

---

Safely Needling the Face

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# Advanced certificate program

## ADVANCED CERTIFICATE IN FACIAL AND COSMETIC ACUPUNCTURE

Proudly presented to

*Your Name Here*



This certificate is awarded to Kate Sisson for completion of Michelle Gellis's Advanced Facial Acupuncture Certificate course. It serves as proof of competence and excellent application of industry standards and methods.

Michelle Gellis AP MAC LAc DiplAc

May 11, 2022

Date

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## PUBLICATIONS Michelle Gellis AP

-Journal of Chinese Medicine • Number 110 • February 2016. A Multifaceted Approach to the Acupuncture Treatment of Neuromuscular Facial Conditions

-Journal of Chinese Medicine • Number 116 • November 2018. The Importance of Clearing Blocks Prior to Facial Acupuncture Treatment

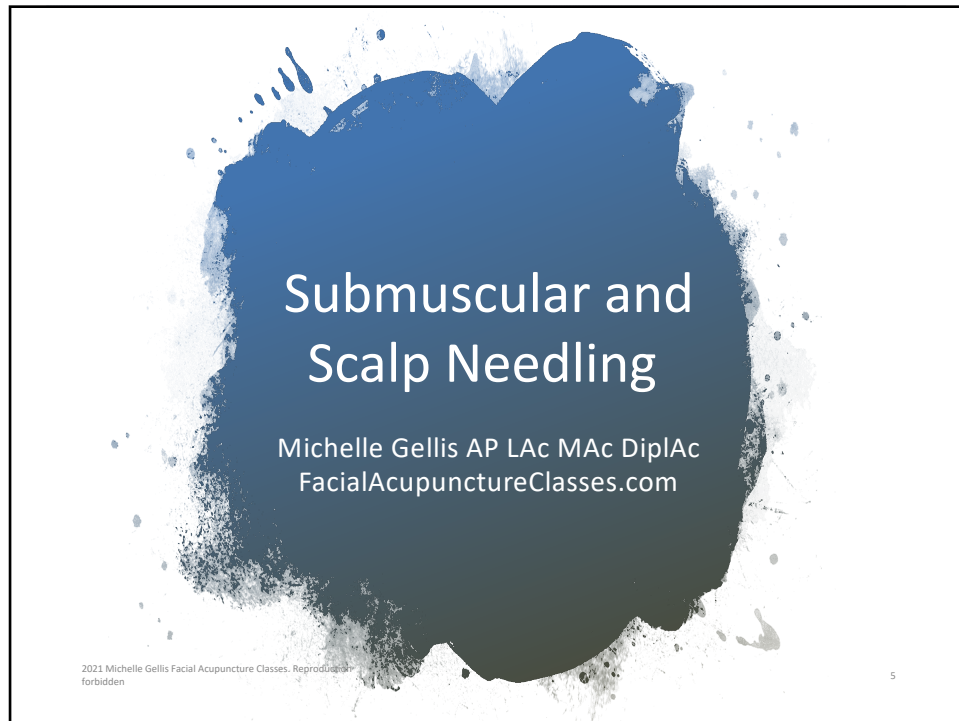
-Journal of Chinese Medicine • Number 125 • The Unique Aspects of Diagnosing and Treating the Face in Chinese Medicine

-Journal of Chinese Medicine • No. 128 • February 2022, The Anatomy of Expression

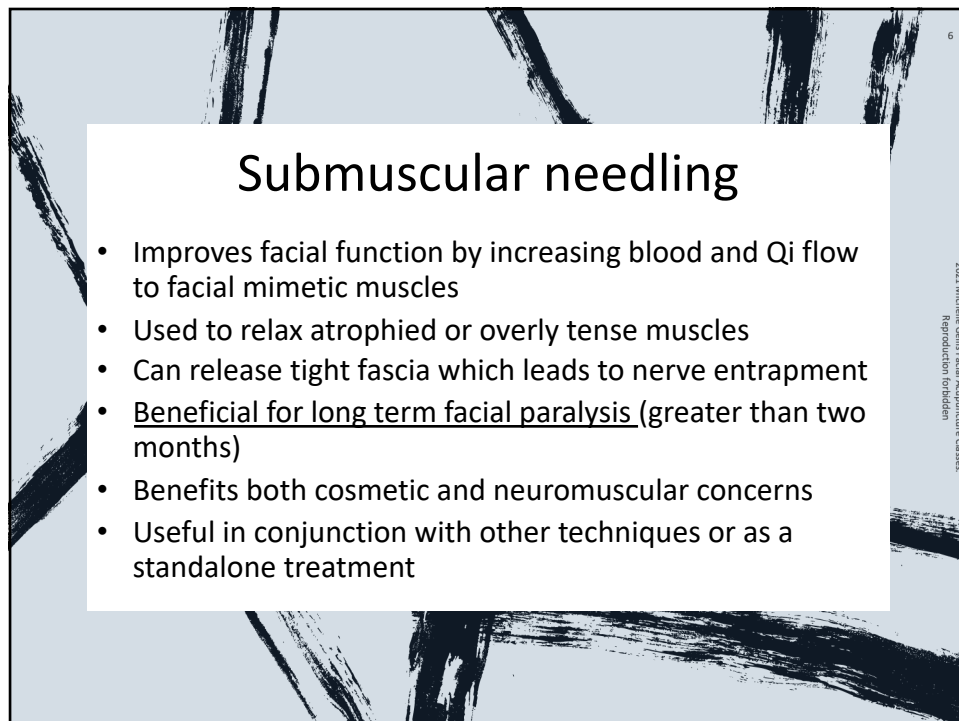
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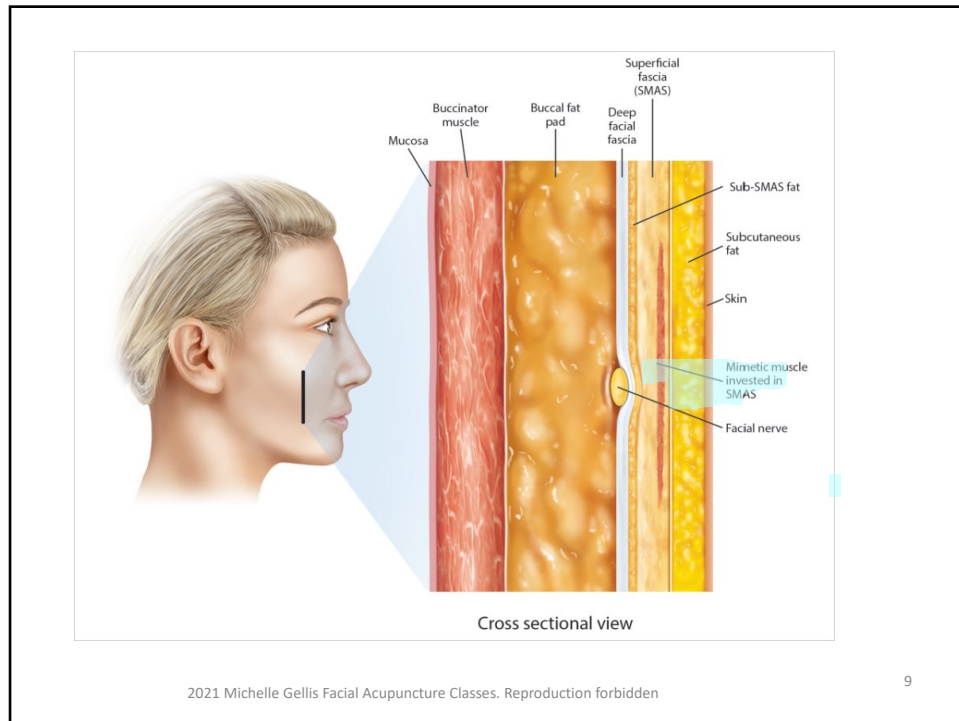
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## Effects of Aging on muscles

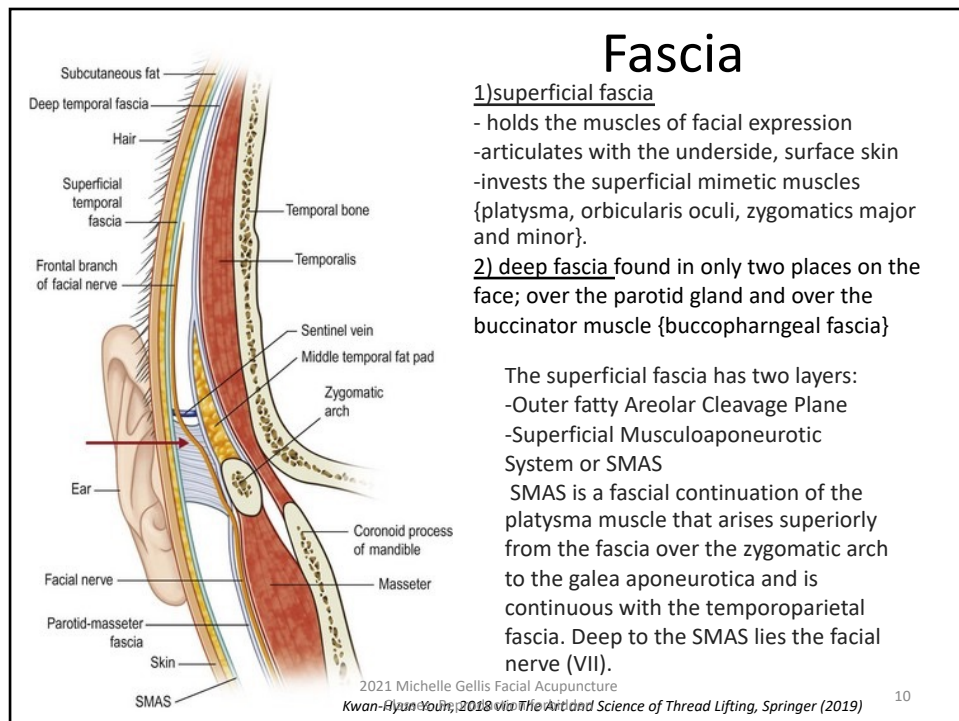
- As we age facial muscles become shorter and tighter.
- Muscles on scalp can become weak, attenuated
- Facial muscles have reduced blood and Qi flow
- Changes in facial fascia effect the facial muscles

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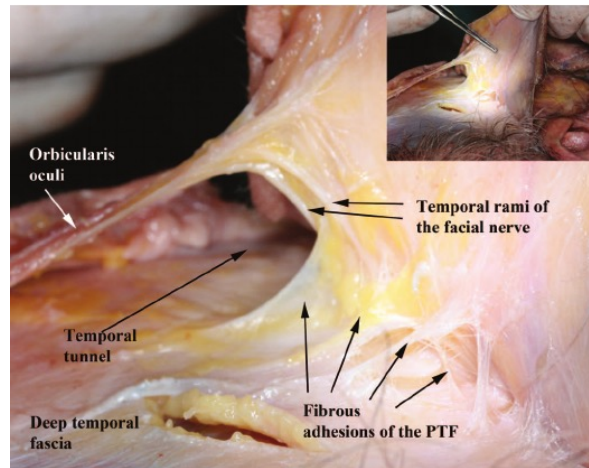


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## Fascial adhesions



[https://www.researchgate.net/figure/The-relationship-of-the-temporal-rami-of-the-facial-nerve-to-the-temporal-tunnel-Layers\\_fig4\\_256201091](https://www.researchgate.net/figure/The-relationship-of-the-temporal-rami-of-the-facial-nerve-to-the-temporal-tunnel-Layers_fig4_256201091)

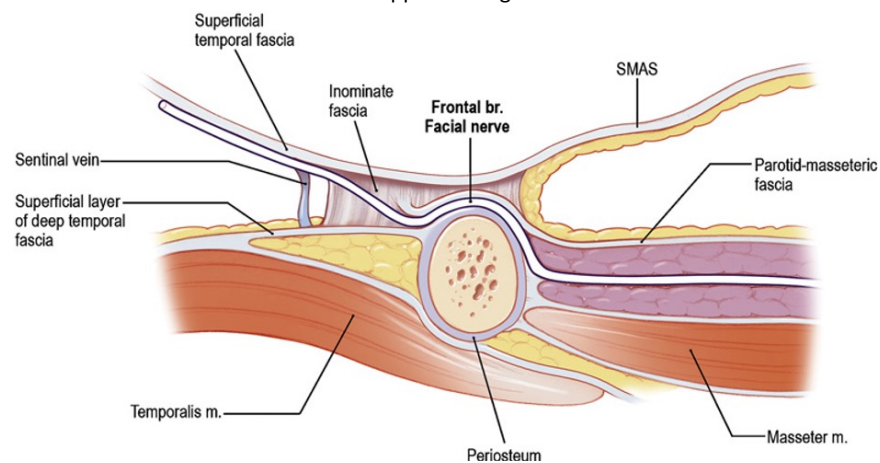
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## Entrapment

Nerve and vascular structures that come through the SMAS layer can become entrapped through fascial adhesions



Kwan-Hyun Youn, 2018 via *The Art and Science of Thread Lifting*, Springer (2019)  
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## Theory

Submuscular and intramuscular needling can:

- Increase blood and Qi flow to the area
- Break up fascial adhesions
- Stimulate collagen production

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## Muscles of Face & Neck

Submuscular  
Needling

- Auricular
- Temporalis
- Platysma
- Masseter
- Digastric
- Frontalis
- Procerus
- Levator

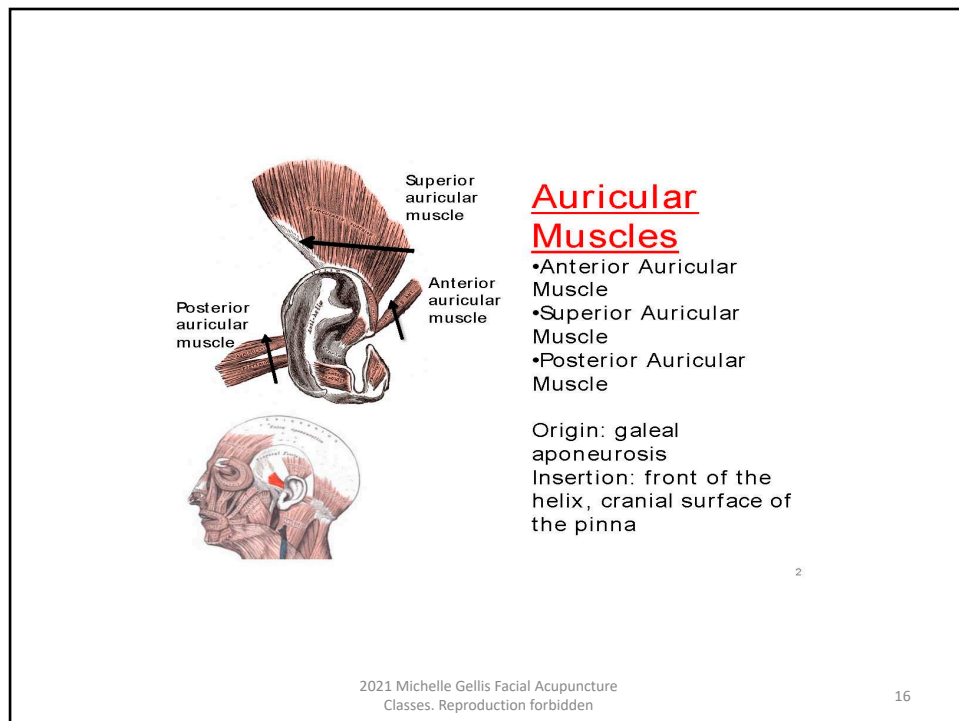
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Superior: 11:00-1:00  
 use finger feel along bone to “non-bone”  
 if its not anterior or posterior its superior

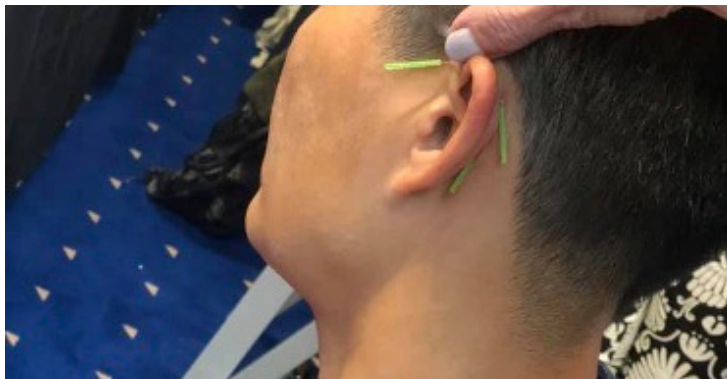


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## Auricular Muscles



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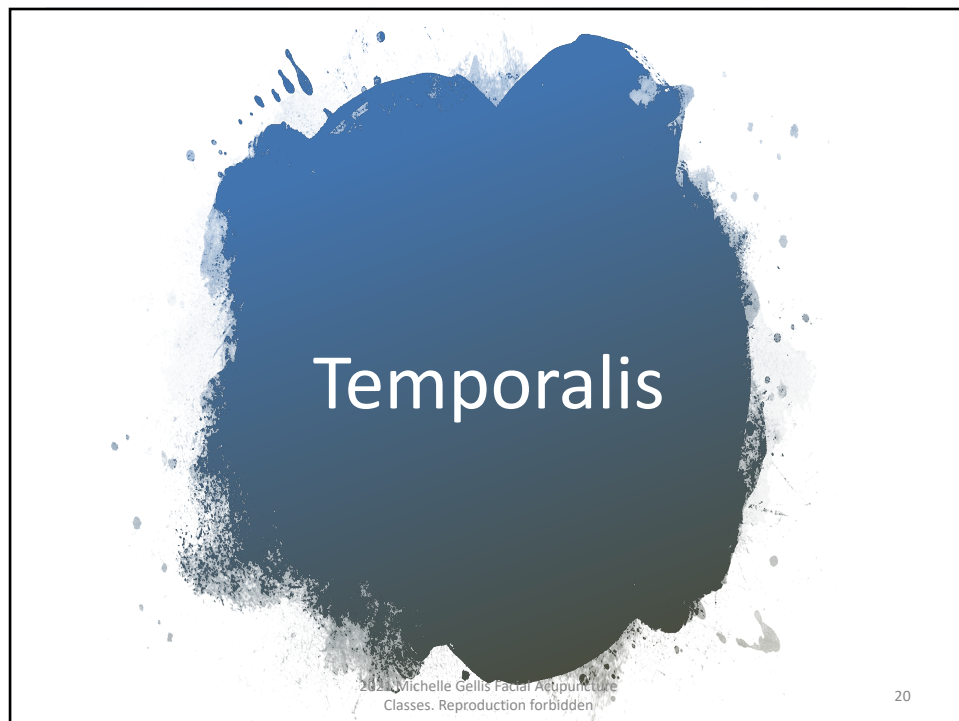
## Auricular muscle needling



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## Temporalis

\*The **temporalis muscle** is a large, thin fan-shaped muscle located on the side of the skull above and in front of the ear.

\*It is a muscle of mastication and its role is similar to the masseter, which is to elevate the mandible.

It starts at the temporal bone of the skull but passes all the way down beneath zygomatic arch, attaching to the mandible

\*Origin attachments are the temporal lines, fossa and fascia

\*Insertion is the coronoid process of the mandible and anterior ramus of the mandible.

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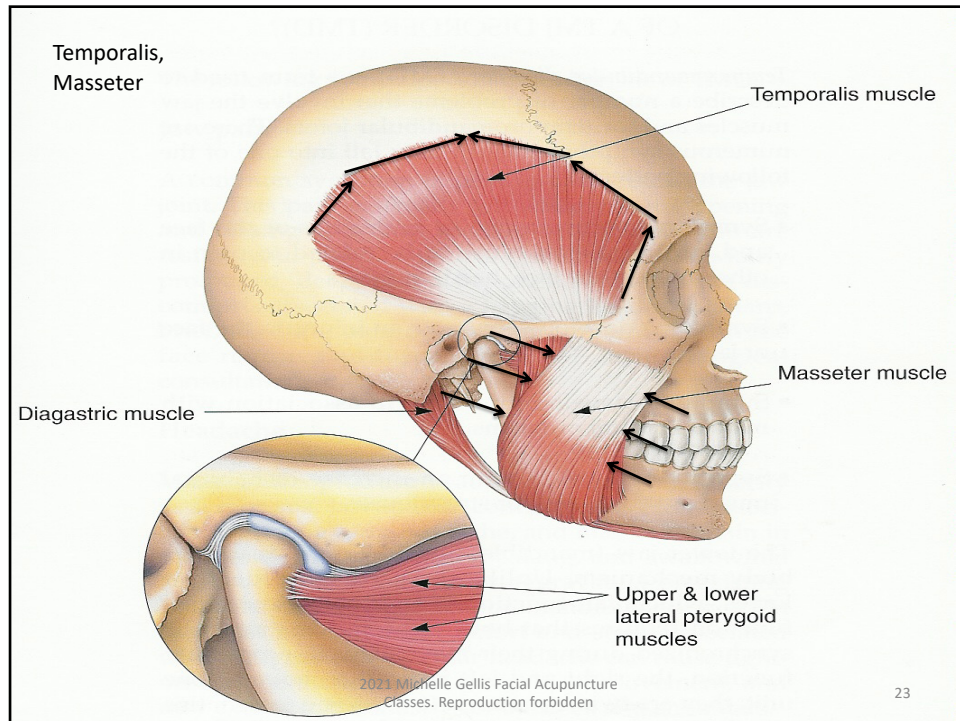
### Temporalis needling

- Fascia is superficial
- Needle around border of the muscle

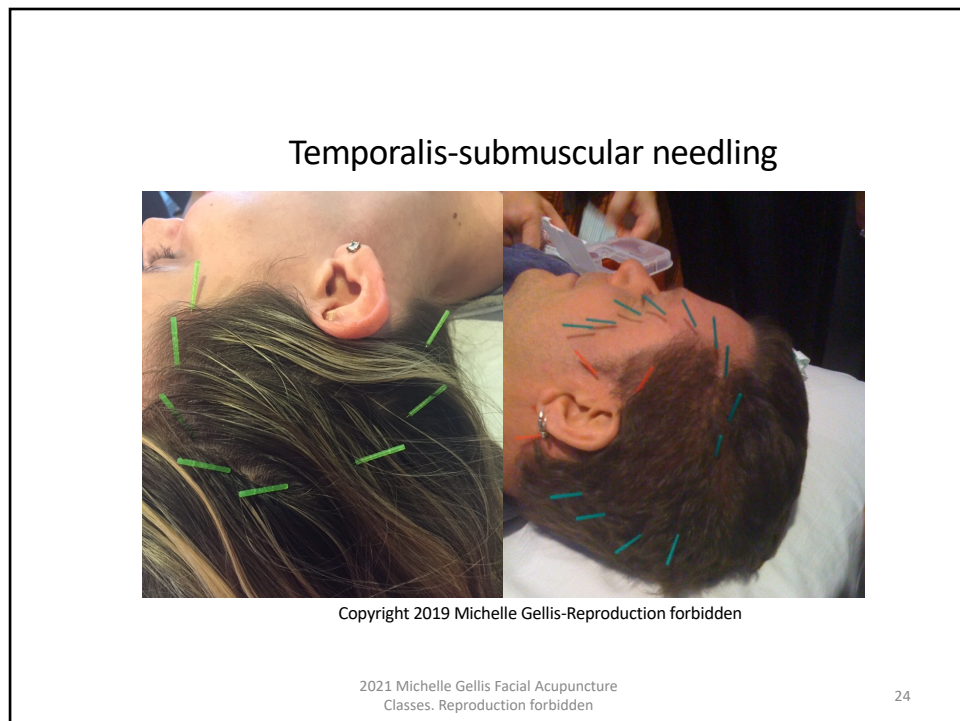
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# Needling Temporalis-video



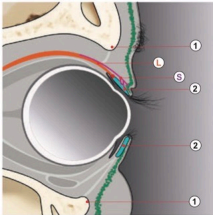

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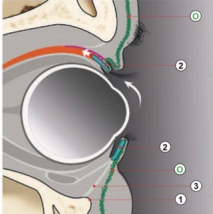

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# Levator

**FACIAL MUSCLES**  
ACTION UNIT 5 (Upper Lid Raiser): **LEVATOR PALPEBRAE SUPERIORIS AND SUPERIOR TARSAL MUSCLES.**





1 ORBITAL MARGIN	6 SOOF (Suborbicularis Oculi Fat)
2 TARSAL PLATE	7 MALAR FAT (intraorbital area)
3 ORBITAL SEPTUM	8 SUPERIOR TARSAL MUSCLE
4 ROOF (retro-orbicularis oculi fat)	9 ORBICULARIS OCULI MUSCLE
5 LATERAL PALPEBRAL LIGAMENT	10 LEVATOR PALPEBRAE SUPERIORIS

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Prepared exclusively for michelle gellis | E-mail used: michellegellis@gmail.com

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## Hooded eyelids



## Hooded eyelids

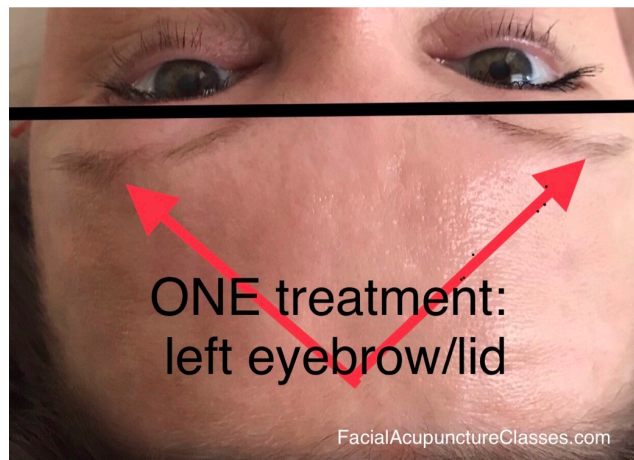
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## Before/After



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## ptosis



mild



severe

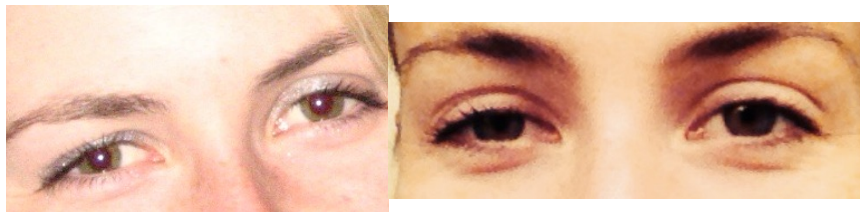
ADAM

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## Patient before & after tx



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## Needling Levator



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## Need to add

- Microneedle video (40 sec barb lips?)
- Photo of new box

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Why  
Microneedling?

Alternative to injections and surgery to address skin conditions such as:

- Fine Lines
- Acne scars
- Skin Laxity
- Enlarged Pores
- Crows feet and lip wrinkles
- Dark spots – Melasma
- Stretch marks
- Hair restoration

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What does it do?

Stimulates your bodies own collagen production

Increases absorption of serums by 1000%

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Benefits

- Little downtime
- Low Risk & Effective
- Natural collagen production
- Reduces stretch marks
- Improves Acne scars
- Decrease hair loss & eyebrows!
- Improve wrinkles on Neck
- Comfortable
- Long term results

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## How does it fit within our scope?

- The use of needles to beautify the skin has been part of Chinese medicine for thousands of years.
- Although the terminology and tools are slightly different, microneedling is almost identical in principle and practice to circling the dragon to treat scars or using intradermal needles or a seven-star hammer/plum blossom needle to treat hair loss and skin concerns such as wrinkles and dyschromia.

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Seven-star hammers are used in Chinese medicine to treat blood stagnation, neuropathy, scars, and alopecia.

Intradermal needles are inserted superficially bringing blood and qi to the skin and stimulate proliferation of collagen.

Techniques such as threading and surrounding the dragon with acupuncture needles release stagnation, fascial adhesions and encourage regrowth of healthy skin cells.

Microneedling with a MicroPen, Derma Roller, or Derma Stamp mimics these techniques with modern devices.

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One of the principles of Chinese medicine emphasizes the connection and harmony of the body in which the external “skin” is closely related to the internal “organs.” Therefore, stimulation of the skin has been used to stimulate internal organs to restore balance in the body.

When I teach or practice microneedling I do so as a holistic practice incorporating TCM and 5-element diagnosis and treatment of the entire body. Body points help to build qi, yin, bones, and blood, move stagnant fluids, qi and blood. In order to treat the outside, you must treat the inside and vice versa.

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## How does it work?

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The needles create tiny Micro-channels on the surface of the skin. (epidermis) The micro-channels stimulate a healing response in the skin, which increases production of both collagen and elastin

---

Having more collagen and elastin causes the skin to become firmer, reduces scars gradually and smooths wrinkles over time.

---

Can be performed on face, neck, scalp, stomach, thighs, arms

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## Collagen Induction

Collagen induction therapy or micro-needling works by stimulating the immune system and wound-healing mechanisms. As the micro-needles penetrate the skin causing micro-wounds, it triggers an intense inflammatory reaction that begins a cascade of subsequent reactions

The skin's nerve receptors and defense mechanisms sense these fine needle intrusions as a specific type of injury and heals accordingly.

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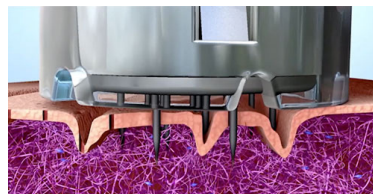
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## Fibroblast stimulation

- During the healing process, skin cells (within a 1 to 2 mm radius around the pricking channel) release growth signals to undifferentiated cells otherwise known as skin stem cells. These signals also stimulate rapid growth of new fibroblasts and other wound repairing cells.



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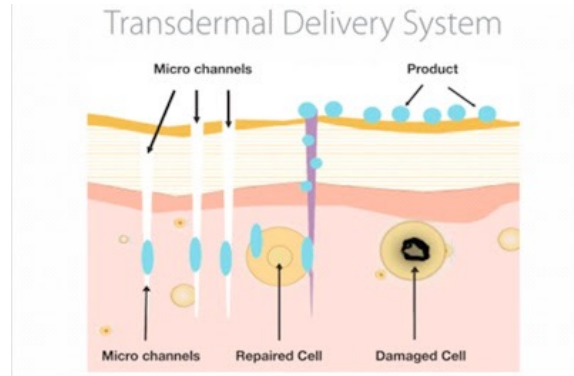
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## Increased Absorption of Skin Care Products

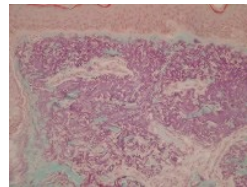
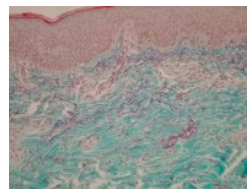


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• Biopsy of non-needed skin showing the amount of collagen fibre (stained violet) in the skin.

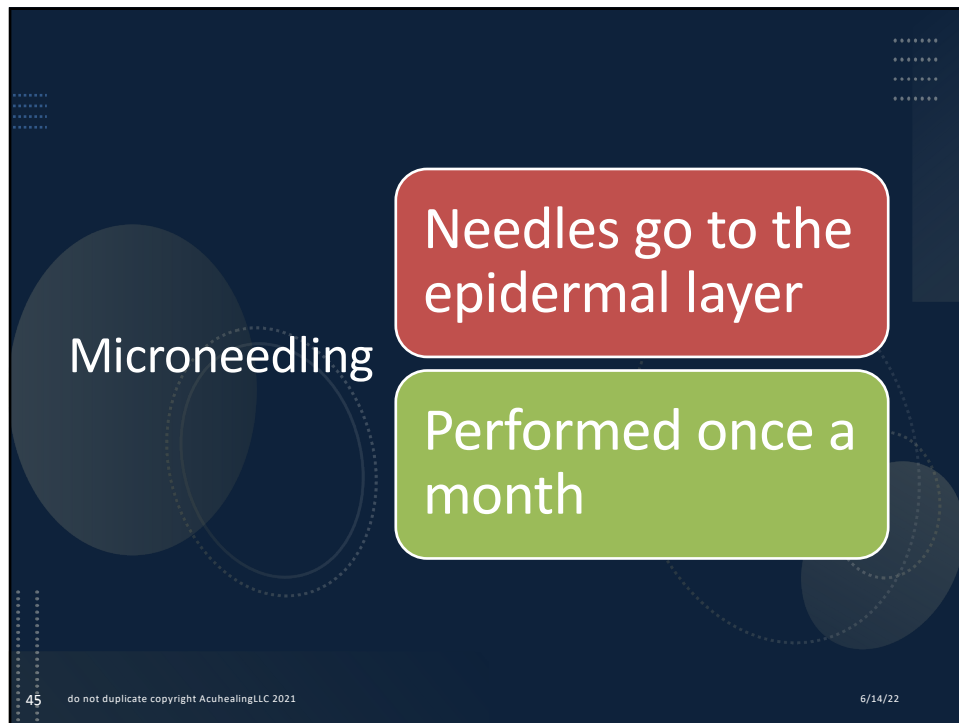
• Six weeks after micro-needling, the formation of new collagen (also stained violet) is quite marked.



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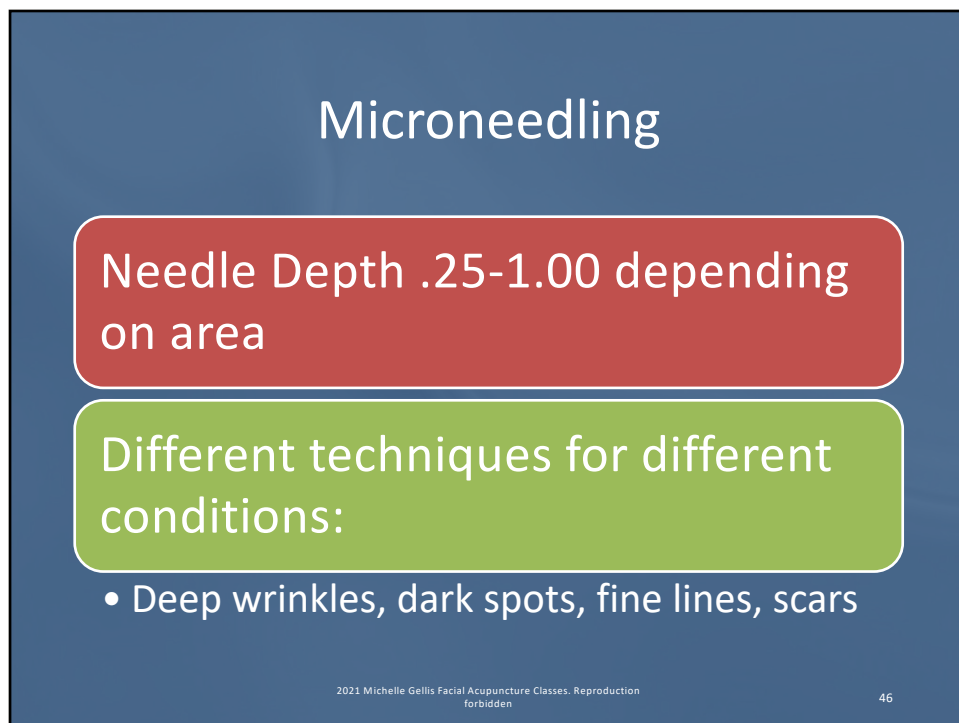
Microneedling

Needles go to the epidermal layer

Performed once a month

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Microneedling

Needle Depth .25-1.00 depending on area

Different techniques for different conditions:

- Deep wrinkles, dark spots, fine lines, scars

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## “Magic Eraser” technique

- Between eyebrows
- Crows feet
- Around lips
- Eyebrows!



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## Nanoneedling

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Can be performed up to twice a week

---

Needles are .15 depth

---

Good for around eyes, lips, hands

---

Enhances serum absorption by 97%

---

Less redness

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Total time of treatment is ½ hr including  
skin prep, needling and aftercare

Use of body points to address underlying  
conditions

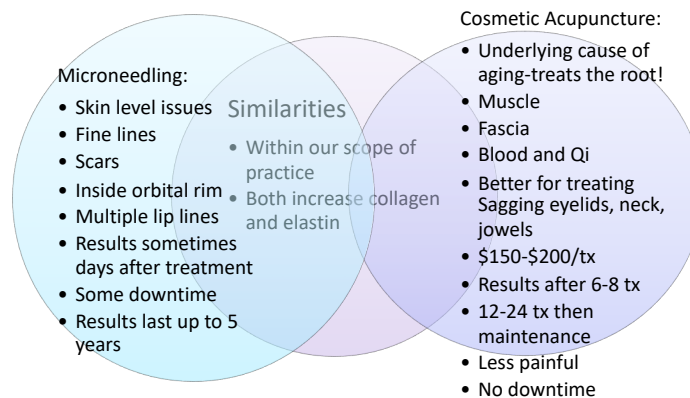
Usually 4-6 sessions

Results last 5 years!

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## Microneedling versus Cosmetic Acupuncture



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## What to expect



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## Demo



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## Training

- Contraindications
- Setting patient expectations
- Needle speed
- Needle Depths
- Measuring skin thickness
- Different conditions-melasma, acne scars, hair loss
- Pre-needling precautions
- Techniques for scars, deep wrinkles, hands, chest, stretch marks
- Aftercare & what to expect after treatment
- Possible side effects
- Marketing-before/afters

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## Before & After




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Before & After Eyebrows



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Pricing examples

\$325/session

Packages of 4 for \$1200

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Other pricing options

Brows Only

Mouth Area Only

Neck/chest

Hands

Other body part options:

Knees/elbows

Stretchmarks

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What to look for in a device

Speed Min 14,000RPM

Bayonet tip

Versatility-batteries/cord

Easy to adjust & recognize settings

Warranty

Product support & Referral service

Marketing Material

Training

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## AcuLift Microneedle Device

- 16,000-18,000 RPM
- LED display with six-speed setting
- Smart Memory-remembers your usage patterns to give you the ultimate in treatment options
- Dual powered – use with a plug and 6 foot cord or wirelessly with two batteries
- Anti-Backflow tips with three prong safety lock
- [AcuLiftSkincare.com](http://AcuLiftSkincare.com)



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## Anti-Backflow Microneedle Cartridge -16pin

- Checks
- Forehead
- Chin
- Jawline
- Surgical stainless steel and titanium.
- The 16 pin cartridge features the finest needle gauge, at 0.18mm thickness, less trauma and less pain for a more comfortable needling session heal faster
- Lower number of needles-deeper in skin
- Takes less force to push fewer needles into skin
- Higher number of needles doesn't go as deep
- AculiftSkincare.com

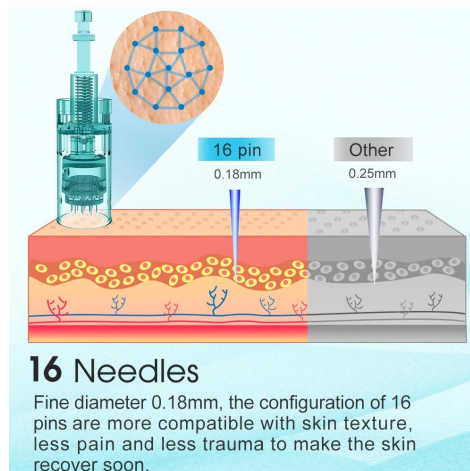


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## Nano needling

- Nano-needling is much less invasive than microneedling and allows up to 97% product absorption. It doesn't require any numbing cream and has zero downtime.
- Microneedling is best for targeting deeper wrinkles, scarring, pigmentation, and more, whereas nano-needling allows for your products to be absorbed better and will give you more of an instant glow!
- AculiftSkincare.com



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- Neck
- Red part of lips
- Inside orbital rim
- Infuse your serums deeper into the skin with nano-needling.
- Improve your skin's product absorption and stimulate more collagen production between micro-needling sessions with these cartridges.

Nano-needling is pain-free, with zero downtime, and can be done weekly.

The 137 nano needles are 110µm and only penetrate the stratum corneum.

- Needles made of stainless steel and tipped with a thin layer of silicon,

## Anti-Backflow Nanoneedles



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## AcuLift™ MicroPen System Includes:



16 pin



Nano



- **4 hour recorded CEU training (\$120 value)**
- Aculift Professional Microneedle Pen w/user manual
- 2 Lithium-ion Batteries
- 5 16-pin Cartridges (\$55 Value)
- 5 Nano-needles (\$55 Value)
- 6-foot cord
- Aluminum Storage Case
- “Nourish”, “Revive” & “Superb” Serums and “Calm” Aftercare for your practice(-\$150 value)
- 1 Patient “Take Home Kit”-w/serum, Calm & Ageless Lotion(\$32 value)
- Brochures
- Web Page (priceless :-)
- Listing on our “find a practitioner” page (also priceless)
- Two-year warranty

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## AcuLift System-Marketing Material



*Gentle, Effective, Skin Rejuvenation with the*  
*AcuLift™ MicroPen* What is it? Microneedling

**AcuLift™ MicroPen** What is it? Microneedle treatment

using an AcuLift™ MicroPen promotes the natural production of collagen and elastin which are responsible for skin structure and elasticity. As we age, these fibers break down and can cause wrinkles. The AcuLift™ MicroPen utilizes extremely fine, sterile needles to penetrate the skin just enough to stimulate collagen and elastin production without permanent injury to the skin. It can improve skin texture and color reduce wrinkles, acne scars and dramatically enhance effectiveness of skincare products.

Alternative to injections and surgery to address skin conditions such as:

- Fine Lines
- Acne scars
- Skin laxity
- Enlarged Pores
- Crows feet and lip wrinkles
- Dark spots – Melasma
- Stretch marks
- Hair restoration



Ready to  
Use Web  
Page Before  
and Afters  
Posts  
priceless 😊

## Brochures

Listing on our “find a practitioner” page (also priceless)

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## SPECIAL OFFER!

- June 25- 1:30-3:30 EST  
Ethics in Facial Acupuncture Course 2NCCAOM  
live CEUs
- Only \$20 Use code ethics20

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