



## Everything You Need To Know About Facial Meridians- And why They're Important

By Rebeca Norris | July 21, 2019



While we all know the damaging effects of skipping sunscreen and not moisturizing regularly, have you ever taken the time to think beyond what meets the eye? What's going on inside your body can actually play a pretty big role on the surface of your skin. That's the concept behind facial meridians.

"According to traditional Chinese medicine [TCM], there are 12 major pathways of energy in the body called meridians, which reflect the twelve organ systems," says Lily Talakoub, MD, a dermatologist in McLean, Virginia. It's through these meridians that qi (aka life energy) flows. As a result, if something is amiss below the surface, those who study TCM believe that there's a good chance it will show up on your face.

The 12 major meridians are lung, large intestine, stomach, spleen/pancreas, heart, small intestine, bladder, kidney, heart governor, triple heater (AKA hormones), gallbladder, and liver. "These meridians are running up and down throughout the whole body, including the face,"



says Calabasas, CA-based board-certified dermatologist Anna Guanche, MD. “That is why an interrupted flow of energy in a certain meridian can consequently cause a slowing down or malfunction of a certain organ, which frequently shows on the part of the face corresponding to that particular meridian.”

By catering to your meridians, you may be able to see impressive results. “The claims are that meridian massage has been shown to improve circulation by 400 percent and smooth fascia and facial muscles, which lifts sagging facial contours and re-contours the face,” Dr. Guanche says. “In addition, the improved circulation evens skin tone and texture to boost radiance.” For younger skin, she points out that benefits include reducing acne conditions, diminishing dark eye circles, and providing a healthier glow. For mature skin types, she notes that meridian massage can lift sagging skin, minimize fine lines, restore a healthy glow, and improve the skin’s natural ability to absorb nutrients.

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