

**Taken from:** <https://thenaturallift.com/the-science-of-microcurrent/>

## **How It Works**

Microcurrent treatments use pulsating electrical currents of extremely low voltage to naturally contour the face, lift sagging muscles and reduce fine lines and wrinkles. Microcurrent operates at the cellular level to rejuvenate and nourish your skin, nerves, muscles, blood and lymph system. Even more, the current stimulates endorphins, so that when you leave a session, you both look and feel your best.

The benefits of microcurrent include improved health and appearance of the skin, and firmer, more toned facial muscles. ...

## **Here's why Microcurrent works so well**

As we age, our body gradually loses its natural electrical energy—like a battery losing its charge. The collagen and elastin in our skin cells break down. Our facial muscles become increasingly contracted from years of gravity and facial expression. The combined result is sagging and increased lines, wrinkles and folds. Microcurrent works at the cellular level to counter these effects. It literally recharges your skin back to a more youthful state.

Microcurrent emits tiny electrical impulses that mimic the body's own electrical signals, increasing the amount of adenosine triphosphate (ATP) by as much as 500%. ATP is a nucleotide that is able to store and transport chemical energy within cells. Increased levels of ATP speed cellular metabolism, stimulate protein synthesis, promote detoxification and reconstitute collagen and elastin. For over 60 years, microcurrent's well-documented ability to speed the healing and injuries and wounds has been attributed to this increase in ATP.

Clinical studies consistently show that microcurrent also increases:

- Blood circulation by 35%
- The number of elastin fibers by 45%
- The length of elastin fibers by 50%
- Glucose production (gluconeogenesis) by 40%
- Collagen by 14%
- Lymphatic drainage by 28%

The result is visible firming of the face, improved skin tone and reduction of fine lines and wrinkles. Practitioners can also sculpt and contour the face through muscle re-education. To do this well, it is vital that the practitioner know all of the facial muscles, their origins and insertion points, and their bellies. They work to lengthen or shorten the muscles to lift and firm the face. (We want to lengthen overly contracted muscles and shorten muscles that have become elongated over time.)

Working in harmony with the body's electrical system, microcurrent essentially recharges the muscles. By using a specific amount of current, square wave technology and hertz, muscle memory is naturally re-established. The dramatic increase in ATP also allows muscles to stay in re-educated positions for longer periods of time. With each microcurrent session, ATP levels are stockpiled or stored, which is part of why results are cumulative and only become better as a series of treatments progresses. Improved blood circulation is also an important factor, promoting the overall health of the skin and muscle tissue over time.