WHAT IS CLAIMED IS:

1. A health care device, comprising:

a health care body including a base plate for supporting thereon a head or a face of a user to maintain a first specific positional relationship with the head or the face, wherein the head or the face has an acupoint, a transverse direction and a longitudinal direction;

a positioning device configured to move on the base plate along the transverse direction and to position the head or the face on the base plate;

a displacement/position adjustment device configured for operation on the base plate and to be operated to be adapted to a width of the head or the face;

an acupoint work piece configured to be held in a second specific positional relationship with the acupoint; and

a work piece holder having:

a first end configured on one of the base plate and the positioning device; and

a second end configured to hold the acupoint work piece thereon and to cause the acupoint work piece to perform a health care work on the user through the acupoint under the first and second specific positional relationships, wherein:

the positioning device includes a pair of head positioning plates; and

each of the pair of head positioning plates has an ear hole for an ear of the user to penetrate for positioning the head or the face of the user.

2. The health care device as claimed in Claim 1, wherein the health care device further comprises a pressure sensor configured on at least one of the pair of head positioning plates, wherein the pressure sensor is configured to have a position corresponding to a vicinity of the user's temple, and wherein the health care device is configured for, in response to the pair of head

positioning plates moving until the head is touched by or sandwiched with the pressure sensor, the pair of head positioning plates to stop moving.

3. The health care device as claimed in Claim 2, wherein the base plate has two sides each of which has a pair of sliding slots, each of the pair of head positioning plates has a lower surface having a pair of lower protruding sliders slidably configured in the corresponding pair of sliding slots.

4. The health care device as claimed in Claim 1, wherein the positioning device includes a pair of rail devices, each of which has:

a rail body having an upper surface, a pair of gear slots and two longitudinal sides, wherein the pair of gear slots are located on the two longitudinal sides and adjacent to the upper surface, and each gear slot has a top surface;

an upper gear rack configured longitudinally along the upper surface; and

a pair of lower gear racks respectively configured on the two top surfaces.

5. The health care device as claimed in Claim 4, further comprising:

a carrier configured on the pair of rail bodies and having two carrier bodies, each of which has an upper surface and a side surface; and

a work base configured on the carrier and configured to carry the work piece holder.

6. The health care device as claimed in Claim 5, further comprising two driving devices respectively configured on the two carrier bodies, and each including:

a pair of positioning plates configured on the side surface of the respective carrier body;

a pair of lower positioning gears respectively configured on the pair of the positioning plates and respectively meshed with the pair of lower gear racks;

a first stepping motor fixed on the side surface of the respective carrier body and having a motor shaft; and

an upper gear coaxially fixed on the motor shaft and meshed with the upper gear rack, wherein the first stepping motor is configured to move the upper gear along the upper gear rack so as to cause the work base to be moved longitudinally along the rail body.

7. The health care device as claimed in Claim 6, wherein each driving device further comprises a gear protection sheet fixed on the side surface of the respective carrier body, and located above the respective first stepping motor and the respective upper gear.

8. The health care device as claimed in Claim 5, further comprising:

a side positioning plate fixed on one of the two carrier bodies;

a screw rod nest fixed on the upper surfaces of the two carrier bodies, and having two side wall upper surfaces;

a screw rod accommodated in the screw rod nest and having a moving piece, to which the work base is screwed; and

a second stepping motor fixed on the side positioning plate and connected to the screw rod, and configured to drive the screw rod to rotate to move the work base along the two side wall upper surfaces through the moving piece.

9. The health care device as claimed in Claim 5, wherein the two carrier bodies respectively have a first end surface and a second end surface adjacent to each other, the first end surface has at least one pair of positioning rods, the second end surface has at least one pair of positioning slots corresponding to the at least one pair of positioning rods, and no matter how a distance between the two rail bodies changes, the two upper surfaces of the two carrier bodies are on a same plane.

10. The health care device as claimed in Claim 8, wherein one of the two upper surfaces of the two carrier bodies has a sliding groove, a bottom of the screw rod nest has a middle protruding piece corresponding to the sliding groove, and the middle protruding piece is configured to slide freely in the sliding groove.

11. The health care device as claimed in Claim 1, wherein the base plate has a pair of control buttons respectively controlling the displacement/position adjustment device to move forward and backward, and the displacement/position adjustment device is one of an oil cylinder and a pneumatic cylinder.

12. The health care device as claimed in Claim 1, wherein the displacement/position adjustment device has a first end and a second end, the first end is fixed on the base plate, and the second end has a pair of connecting rods fixed on the positioning device.

13. The health care device as claimed in Claim 1, wherein the base plate has a hole to expose two eyes and a nose of the user when the user lies pronely.

14. A health care device, comprising:

a health care body having a base plate for carrying and positioning thereon a body part of a user to maintain a first specific positional relationship with the body part, wherein the body part includes an acupoint, a transverse direction and a longitudinal direction;

a pair of positioning devices configured to move on the base plate along the transverse direction;

a first displacement/position adjustment device configured on the base plate and to adjust a distance between the pair of positioning devices to be adapted to a width of the body part;

an acupoint work piece configured to be held in a second specific positional relationship with the acupoint; and

a work piece holder having:

a first end configured on one of the base plate and the pair of positioning devices; and

a second end configured to hold the acupoint work piece thereon and to ensure the acupoint work piece to perform a health care work on the user through the acupoint under the first and second specific positional relationships, wherein:

each of the pair of positioning devices has an ear hole for an ear of the user to penetrate for positioning the body part.

15. The health care device as claimed in Claim 14, wherein the body part is a head or a face.

16. The health care device as claimed in Claim 14, further comprising:

a second displacement/position adjustment device configured on the base plate and to move the acupoint work piece along the longitudinal direction; and

a third displacement/position adjustment device configured on the base plate and to move the acupoint work piece along the transverse direction.

17. A health care body for holding thereon an acupoint work piece, and for performing a health care work on a user having a body part including an acupoint, a transverse direction and a longitudinal direction, and comprising:

a base plate for carrying and positioning thereon the body part to maintain a first specific positional relationship with the body part;

a pair of positioning devices configured to move on the base plate along the transverse direction and for positioning the body part;

a first displacement/position adjustment device configured on the base plate and to adjust a distance between the pair of positioning devices to be adapted to a width of the body part; and

a work piece holder for holding thereon the acupoint work piece to have a second specific positional relationship with the acupoint, and having:

a first end configured on one of the base plate and the pair of positioning devices; and

a second end for holding the acupoint work piece thereon to secure that the acupoint work piece performs a health care work on the user through the acupoint under the first and second specific positional relationships, wherein:

each of the pair of positioning devices has an ear hole for an ear of the user to penetrate for positioning the body part.

18. The health care body as claimed in Claim 17, wherein the body part is a head or a face.

19. The health care body as claimed in Claim 17, further comprising:

a second displacement/position adjustment device configured on the base plate and to move the acupoint work piece along the longitudinal direction; and

a third displacement/position adjustment device configured on the base plate and to move the acupoint work piece along the transverse direction.