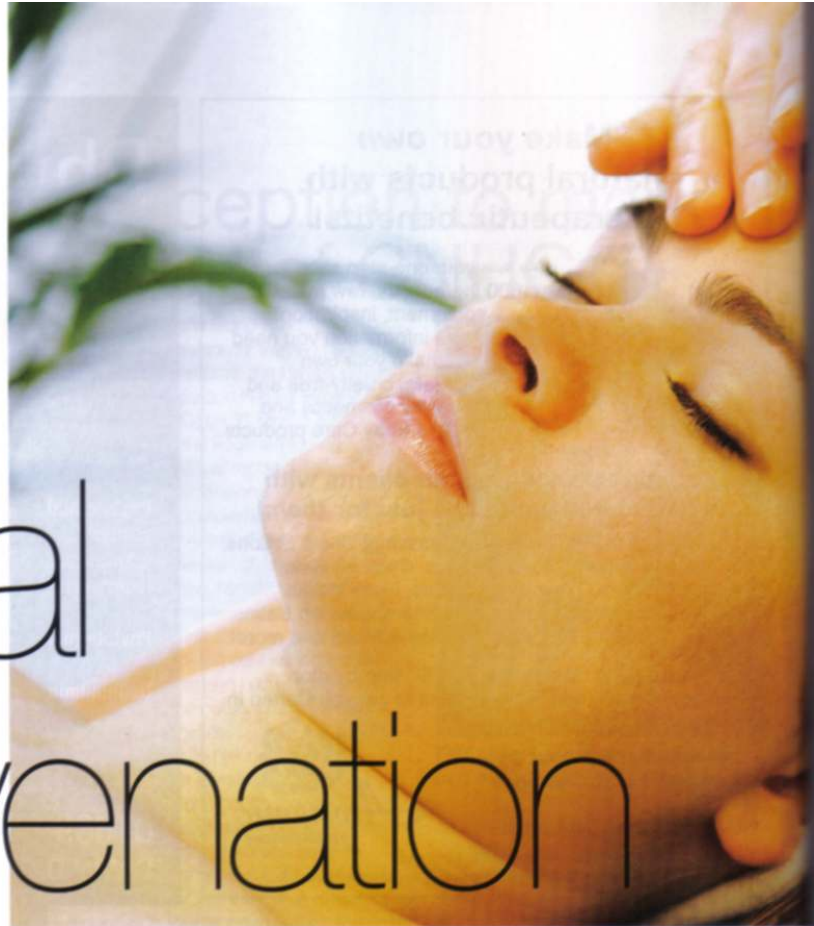


Mary Dalgleish,  
explains the benefits  
of a natural face  
lift massage

# Facial rejuvenation



Facial rejuvenation is a holistic and non-invasive approach to looking younger. Although ageing is inevitable, this treatment can help to reduce visible signs of ageing and improve skin tone by means of simple, natural and effective massage techniques and energy balancing. It combines ancient theory with a practical, modern approach to looking and feeling your best, whatever your age.

Its origins lie in Ayurveda, an ancient Indian healing system, over four thousand years old. Ayurveda literally translates as 'the science of life' and focuses on the health of the individual at all levels – physical, emotional and spiritual. As well as balancing the body, Ayurveda places great emphasis on massage as being essential to health and beauty.

A unique aspect of this technique is that it does not involve the use of any oils,

creams or equipment, making it an ideal treatment for anyone suffering from allergies to products.

## Soothing the facial muscles

Without us realising it, tension can very easily build up in our facial muscles. Over a period of time, habitual thoughts and emotions lock themselves into expressions on our faces, particularly around the eyes and mouth. This can be exacerbated by additional factors such as excessive exposure to the sun, pollution, alcohol, poor diet, lack of sleep, the effects of gravity, and every day stresses and strains. The facial muscles can actually 'dry up' and contract, inhibiting freedom of expression and encouraging ageing and the formation of wrinkles as the face loses its muscle tone and elasticity and begins to sag.

## The treatment

A typical facial rejuvenation treatment takes one hour and includes a full consultation to determine if any contraindications are present, as well as any factors that may be affecting the client's skin. This is also the ideal time to learn what the client wishes to achieve from the treatments, for example to lift the eye area or tone the jaw line. The therapist can then pay extra attention to these areas during the treatment.

The treatment is carried out with the client lying covered on a massage couch with knees supported. It begins with relaxation and energy balancing exercises, followed by the activation of acupressure points to stimulate energy flow and release deep-seated tension (eight of the 12 major energy meridians have points on the face). Friction movements with varying degrees of pressure are then applied all over the face and neck to detect areas of tension and encourage the letting go of habitual facial expressions.


The therapist then concentrates on one side of the face with Ayurvedic 'smoothing' techniques to desquamate and 'iron out' lines and wrinkles. Deeper techniques relax restrictions in connective tissue and lift the facial muscles, of which there are more than 90 from the neck up. Circulation and elimination are improved and the tissues can glide more smoothly over the deeper layers of muscle and bone.

## The history of facial rejuvenation

Facial rejuvenation – also known as natural face lift massage, Indian face massage or Mehta face massage – was developed by Kundan Mehta. Kundan is the wife of Narendra Mehta, Indian head massage guru and the founder of the London Centre of Indian Champissage International (LCICI). Kundan trained in Indian head massage and later took a course in facial rejuvenation in London. She also studied reiki, Bowen therapy and infant massage. Armed with all this knowledge, she found inspiration in both Eastern and Western forms of massage and created her own unique system of facial rejuvenation. After several years of practising this therapy, Kundan and Narendra decided to share their knowledge through training courses and writing a book called 'The Face Lift Massage' (published by HarperCollins). See members' offer opposite.








### How can I learn more about facial rejuvenation?

Mary Dalglish will be giving an introductory, one-day seminar on facial rejuvenation for the FHT in Northampton on 28 June. There you will have the opportunity to observe a full treatment, ask questions, learn some facial exercises and practise some of the techniques.



The client then sits up to compare both sides of the face, and is usually pleased and surprised at the difference. The same techniques are then repeated on the other side.

The treatment finishes with lymphatic drainage, scalp massage and grounding techniques. The whole process has been described as a bit like 'ironing out the creases', making the skin feel smoother and softer, and improving the complexion and skin tone.

Although a difference can usually be seen after just one treatment, the effects are cumulative and work best over a course of six to eight one-hour, weekly treatments, depending on the client's age, skin condition and lifestyle factors.

Maintenance treatments once a month are then usually recommended.

Just as the body benefits from exercise, so too can the face and a qualified therapist will recommend specific exercises to tone areas of the face that cause concern.

Skincare and common sense dietary advice will also be given and follow-up sessions are usually recommended to maintain the benefits.

#### The benefits of treatment

Natural face lift massage is a means of looking younger without undergoing expensive or invasive procedures that can carry negative side effects. Wrinkles and

expression lines are eased, leaving a more vibrant, youthful appearance.

Skin becomes softer, eyes appear brighter and the complexion looks fresher and more toned. Bagginess and puffiness around the eyes and jaw line are reduced, and flexibility and mobility return to the face.

As well as the visible benefits, clients often report feeling more relaxed and positive, sleeping better and relief from sinus problems, headaches and stress-related symptoms.

From the therapist's point of view, the therapy does not involve a large financial outlay, apart from the initial training costs and a massage couch, as no equipment or products are required.

Since treatment is done with the therapist in a seated position, it does not place too much strain on the body and provides a rest from more physical treatments.

#### Contraindications and limitations

Although facial rejuvenation is a gentle, non-invasive treatment, there are some circumstances when treatment should not be given. These include serious illnesses and any contagious or infectious diseases or disorders, as for other forms of massage.

Caution should be applied if a client has broken capillaries, any areas of damaged skin, or a tendency to bruise easily. Medical advice may be required in such cases.

Although facial rejuvenation really can make a positive difference to the skin, it is important that clients understand the limitations of treatment and realise it is not as dramatic as cosmetic surgery or other more invasive forms of 'face lifting'.

Those who combine regular treatments with sensible diet, good skin care and simple facial exercises achieve best results.

#### Facial rejuvenation training

To complete a LCICI facial rejuvenation course, students must hold an accredited qualification in a hands-on complementary therapy that includes anatomy and physiology in order to obtain insurance through the FHT and other professional bodies.

The initial training takes four days, following which students receive an attendance certificate.

To gain the diploma, which is necessary to practice professionally, students will also be expected to complete five case studies (with a minimum of six treatments per case study), and have a practical assessment and written test.

#### Members' offer

You can order a copy of *The Face Lift Massage*

by Kundan and Narendra Mehta for the special price of £7.99, saving £1 off the RRP. To take advantage of this

special offer please call the HarperCollins credit card hotline on 0870 787 1724 and quote 854H. Postage and packing is free on all UK orders. Please allow 21 days for delivery. Offer expires on 31 July 2008.



Mary Dalglish, ATL, is a complementary therapist, tutor and co-author of 'Ear Candling in Essence' and 'Indian Head Massage in Essence', published by Hodder Arnold. Mary trained in facial rejuvenation with Kundan Mehta and now teaches courses on her behalf in the UK and Ireland. For further information, please contact Mary Dalglish on 0208 874 9047 or visit [www.head2toemassage.co.uk](http://www.head2toemassage.co.uk) or [www.faceliftmassage.com](http://www.faceliftmassage.com)

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