

# NATURAL THERAPEUTIC FACE LIFT MASSAGE

**10AM TO 5/6PM**

**MAXIMUM STUDENTS 8**

**4 DAYS - \$799 + GST (Fee includes Workbook)**

**Equipment required for treatment:** Massage Table - Bolster - Sheets, Blanket, Towels, Telecaster (rolling) Chair. You may be asked to bring one or more item to the training depending in where the training is being offered. If the training is offered at at Massage School. You will not be asked to bring in items.

No products are used during this treatment.

**No fingers are placed inside the mouth of the client.**

Post treatments are fine to offer with along this but keep in mind clients will have already spent 60 minutes on the table on their backside. **Only those with an aesthetic background and training can offer post treatments involving products.**

## **PRE REQUISITES FOR NATURAL (Therapeutic) FACE LIFT MASSAGE TRAINING**

Previous training: Massage therapists, aestheticians, reflexologists and those with specialty facial training backgrounds can take this training. Massage therapists please only take this training if you plan to do this treatment. This is not a course to take for credits only. It's an intense 4-day training with many exact micro movements.

If you are brand new to this type of work I would suggest you consider taking the Indian Foot and or Head Massage Training first.

**This training is intense and requires good dexterity and mobility of the wrists and fingers, and shoulders. You will be some taught basic Anatomy and Physiology for the face, neck and upper shoulders. Items will also be sent to you before the training to read and review.**

Con't below.

## **What is Natural (Therapeutic) Face Lift Massage?**

This training will teach you a safe, effective hands-on 1-hour treatment that will in most cases profound visible and sound results. This treatment combines the benefits of many tried and trusted therapies such as acupressure, lymphatic drainage, head and body massage, energy healing and fascial release. Many moves affect the meridians and stimulate body organs and systems. The delivery of this treatment protocol is similar to the micro current treatment but it is applied to the face and neck with the therapists hands, fingers and thumbs.

## **How is the treatment delivered?**

With the client laying supine on a massage table 8 sets of unique moves utilizing the palms, fingers, and the pads of the thumb are applied in a set sequence. Acupressure moves followed by circular massaging movements free the constrictions within the facial muscles allowing the muscles to relax, immediately giving a more youthful appearance. Sweeping techniques act as a gentle exfoliating treatment encouraging dead skin cells to slough off, revealing new skin cells and creating a fresher complexion. Lifting and firming techniques (hundreds of micro moves) improve the lymph drainage and increase blood circulation aiding in the removal of toxins. These moves also help to plump up the dermis. After one treatment the skin on the face is left better hydrated and glowing.

## **How does Natural (Therapeutic) Face Lift Massage vary from other Facials?**

The Natural Therapeutic Face Lift Massage can reduce facial lines and will leave the recipients feeling more relaxed and connected to their body. Following the treatment many people experience a general overall sense of wellbeing and improvements in both their digestion and their ability to sleep more soundly. No oil or lotions are used. Supplementary post treatments (for e.g., hydrating masks, eye treatments) are not necessary but can be an optional add-on to this treatment. Natural therapeutic face lift massage is an excellent treatment to give prior to facial enhancements and procedures like botox, fillers, peels and microdermabrasion because it plumps the dermis.

## **What are the treatment times and typical fees for a Natural Therapeutic Face Lift Massage Treatment?**

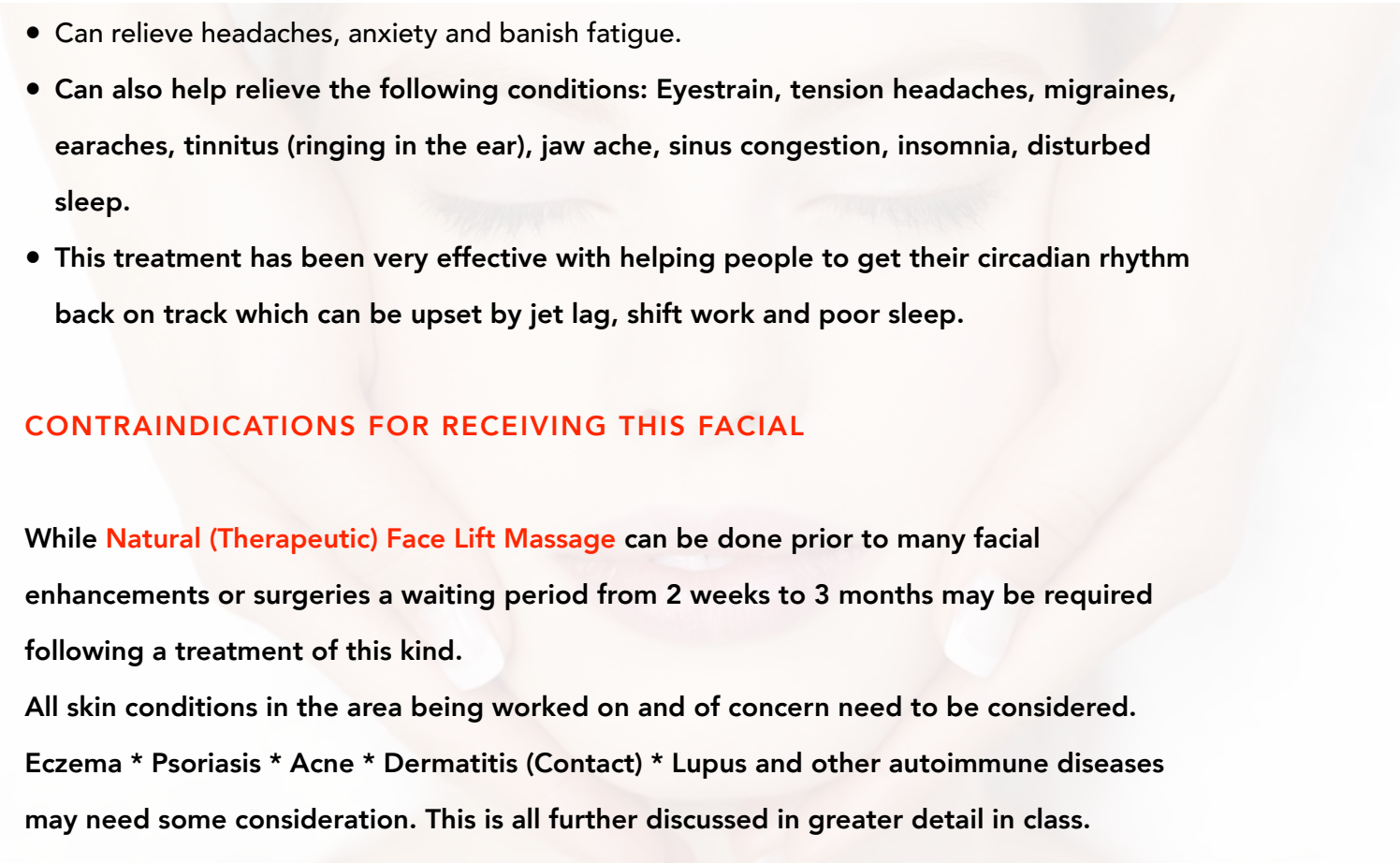
Each treatment application from start to finish is 60 minutes. Treatment prices vary from \$120 to \$195 depending on the setting this is offered in. Often this treatment is sold in packages of 3, 6 or 12 sessions.

## **Who can take this training?**

It is best suited to those who are keen to focus primarily on the face such as spa therapists, aestheticians and skin care specialists. This course is a [credit course](#) with NHPC and CMOTTA. Due to the intensity of the training this is not a course to take for continuing education credits only.

This training and treatment delivery requires good dexterity and full ROM of the wrists, fingers and thumbs. Any limitations in this way will impede your ability to do the treatment well. Also those attending the training must not be experiencing any skin conditions of concern. Full face acne, dermatitis, eczema or recent facial enhancements. While these are conditions that can be over time improved with this treatment these conditions are not suited for the classroom training due to the extensive work done on the skin during training which can exacerbate these conditions.

## BENEFITS AND CONTRAINDICATIONS

- Improves blood circulation and increases oxygen supply to the areas massaged.
  - Enhances nutrient supply to skin cells.
  - Stimulates blood circulation and drains away accumulated toxins and waste products.
  - Reduces wrinkles and expression lines (i.e. crows feet).
  - Improves lymphatic drainage.
  - **Reduces puffiness and under-eye discolouration.**
  - Encourages deeper breathing which in turn promotes deep relaxation and triggers the release of “feel good” chemicals called endorphins that create a sensation of well being.
  - **Tightens facial contours, increases the skins elasticity and improves skin tone.**
  - Refines pores, helps to normalize oil production and improves the skin condition overall.
  - **Helps to dissipate mental, tiredness, stress, and depression resulting in greater mental alertness, clarity and concentration.**
  - Causes the top layer of dead skin cells to be shed, improving the general condition of the skin and giving it a healthy glow.
  - **The acupressure points on the face help to tone and stimulate the internal organs, boost the immune system and balance hormones.**
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- Can relieve headaches, anxiety and banish fatigue.
  - Can also help relieve the following conditions: Eyestrain, tension headaches, migraines, earaches, tinnitus (ringing in the ear), jaw ache, sinus congestion, insomnia, disturbed sleep.
  - This treatment has been very effective with helping people to get their circadian rhythm back on track which can be upset by jet lag, shift work and poor sleep.

## CONTRAINDICATIONS FOR RECEIVING THIS FACIAL

While **Natural (Therapeutic) Face Lift Massage** can be done prior to many facial enhancements or surgeries a waiting period from 2 weeks to 3 months may be required following a treatment of this kind.

All skin conditions in the area being worked on and of concern need to be considered. Eczema \* Psoriasis \* Acne \* Dermatitis (Contact) \* Lupus and other autoimmune diseases may need some consideration. This is all further discussed in greater detail in class.