

NATURAL THERAPEUTIC FACELIFT MASSAGE

10AM TO 5/6PM

MAXIMUM STUDENTS 8 - 10

4 DAYS - \$849 + 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.

No products are used during this treatment.

No fingers are placed inside the mouth of the client.

Pre treatment cleansing can be offered along with some post treatments this but keep in mind this treatment is 60 minutes on it's own.

Only those with an aesthetic background and training can offer pre and post treatments involving facial products.

PRE REQUISITES FOR NATURAL THERAPEUTIC FACELIFT 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 offer this treatment. This is definitely not a course to take for credits only. This is an intense 4-day training with many repetitive micro movements throughout the 60 minute treatment.

This training is intense and requires good dexterity and mobility of the wrists and fingers, and shoulders. Please ensure you have no injuries of restrictions that might impede your ability to do these movements.

You will learn some basic anatomy and physiology for the face, neck and upper shoulders. Items for this will also be sent to you before the training to read and review.

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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, give your clients a profoundly visible result after 1 treatment, but for certain notable results after 3 to 6 treatments. 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 of the movements affect the meridians and thus stimulate key 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 therapist's hands, fingers, and thumbs.

How is the treatment delivered?

With the client laying supine on a massage table, eight sets of unique moves utilizing the palms, fingers, and 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 and immediately giving them 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-movements) improve 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 with a notably refreshed look.

How does Natural Therapeutic Facelift Massage vary from other Facials?

The natural therapeutic facelift massage can reduce facial lines and leave the recipients feeling more relaxed and connected to their bodies. Following the treatment, many people experience a general sense of wellbeing and improvements in both their digestion and their ability to sleep more soundly. No oil or lotions are used. Supplementary post-treatment treatments (e.g., hydrating masks, eye treatments) are not necessary but can be an optional add-on to this treatment. Natural therapeutic facelift 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 Facelift Massage Treatment?

Each treatment application, from start to finish, takes 60 minutes. Treatment prices vary from \$120 to \$195, depending on the setting where this is offered in. 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 is a credit course with both NHPC and CMOTTA. Due to the intensity of the training, this is not a course to take for continuing education credits only.

Also, those attending the training must not be experiencing any skin conditions of concern, such as full-face acne, dermatitis, eczema, or have recently had any facial enhancements. While these are conditions that can be improved over time 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 aggravate or exacerbate these situation or conditions.

BENEFITS AND CONTRAINDICATIONS

- Improves blood circulation and increases oxygen supply to the areas directly working on and beyond.
- 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.**
- 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 restore their circadian rhythm.

CONTRAINDICATIONS FOR RECEIVING THIS FACIAL

While **Natural Therapeutic Facelift 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 will further be discussed in greater detail in class.