

# NATURAL (THERAPEUTIC) FACE LIFT MASSAGE

10AM TO 5/6PM

MAXIMUM STUDENTS 10

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.

No products are used during this treatment.

No fingers are placed inside the mouth of the client.

Post treatments are fine to offer 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. This is a great pre treatment to micro dermabrasion and or other facial enhancement procedures because it plumps up the dermis.**

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

This is a facial treatment anyone with an aptitude for working on the body can learn! Massage therapists, yoga practitioners, spa therapists, aestheticians and many more have trained to offer this treatment to their clients.

While there are no set specific pre-requisites for this training, it is good to have some experience in hands-on work with the face or body. If you are brand new to this type of work I would suggest you start with Indian Foot or Head Massage and then take this course.

**This training is intense and requires good dexterity and mobility of the wrists and fingers. You will be 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.**

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

This is a safe, effective hands-on 1-hour treatment. The Natural Face Lift Massage draws upon the wisdom of ancient Ayurveda traditions (Ayurveda means “the science of life”). The treatment combines the benefits of other tried and trusted therapies such as energy balancing, body massage, acupressure, lymphatic drainage and head massage. That said, there is nothing quite like this treatment available anywhere.

## How is the treatment delivered?

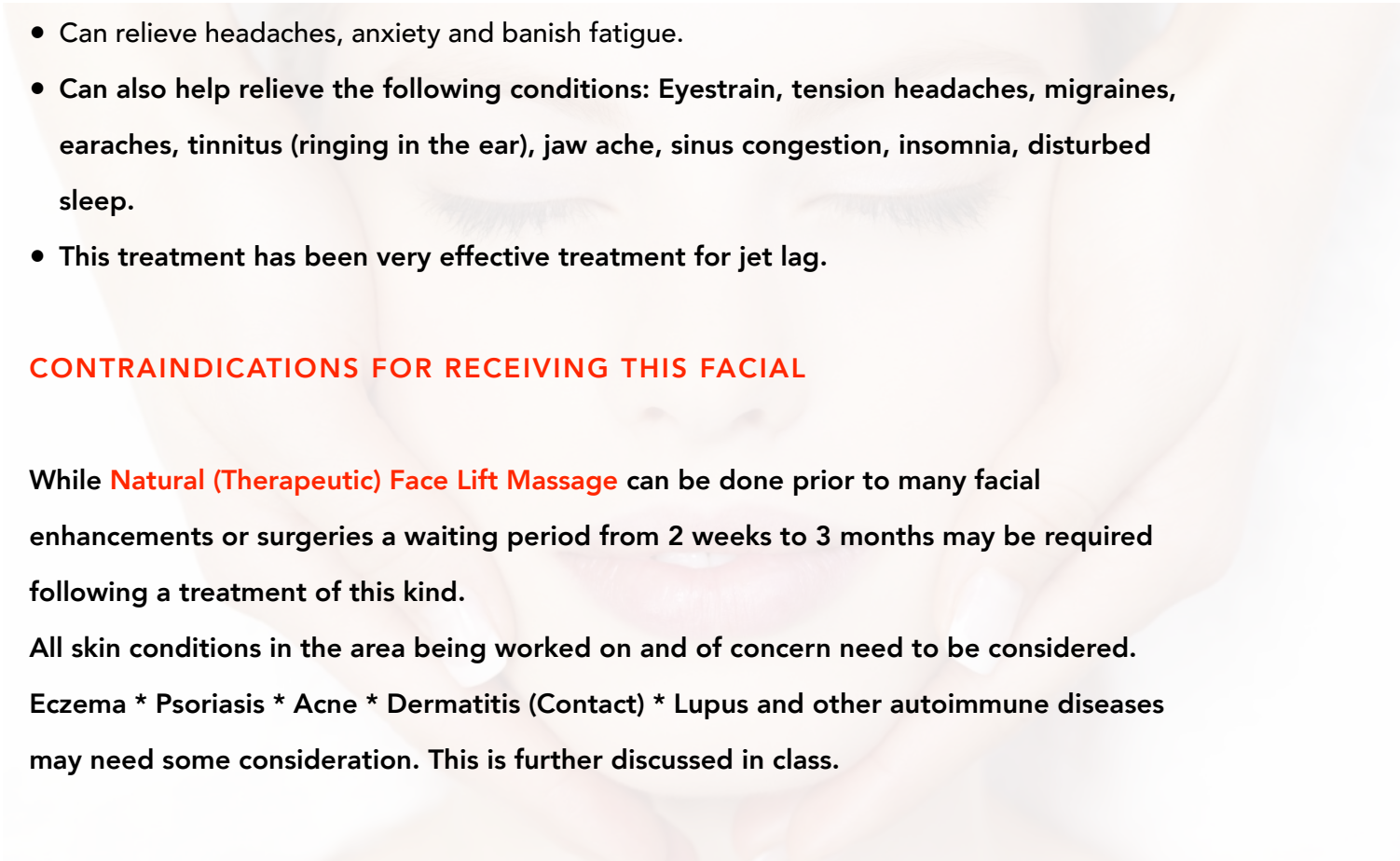
With client laying flat on a massage table a 8 sets of unique moves utilizing the palms, fingers, and the pads of the thumb are done in a sequence. Circular movements free constrictions within the facial muscles allowing the muscles to relax, giving a more youthful appearance. Sweeping techniques act as a gentle exfoliating treatment encouraging dead skin cells to slough off, revealing new skin cells and creating a fresher complexion. Lymphatic drainage techniques encourage lymph drainage and improve circulation aiding in the removal of toxins. Skin is left hydrated and glowing.

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

The Face Lift Massage not only de-creases facial lines – it also leaves the recipients feeling better connected to their bodies. Many people experience improvements in digestion and sleep. No oil or lotions are used. Supplementary post treatments (for e.g., hydrating masks) are not necessary but can be optional. This treatment is excellent prior to facial enhancements and procedures like botox, fillers, peels and microdermabrasion.



## 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 treatment for jet lag.

## 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 further discussed in class.