

## Aftercare Advice

### ✓ Drink Plenty of Water.

Your facial massage includes lymphatic drainage to help release toxins and water helps to eliminate these from your body.

✓ Because the body is releasing toxins, and because you are drinking water, you may find you go to the toilet more often, this is quite normal.

✓ You may find you feel very emotional either during or after the massage. This is due to the flow of energy and helps with the healing process - if you do cry, you will feel such a relief or release afterwards.

✓ To get the most out of your facial massage, ensure you have plenty of rest. The aromatherapy oils are carefully selected to ensure calmness and relaxation and this may continue after the treatment. You may feel very tired and your body may want to sleep. This helps with the detoxing and healing process.

✓ Reduce intake of (or preferably avoid altogether) tea, coffee, alcohol, nicotine, sugar and salt.

✓ Eat light meals on the day of treatment.

✓ The organic essential oil is very beneficial to the skin. Leave it on for as long as possible to soften and nourish the skin.

**For optimum benefit, it is recommended that you receive this treatment once a week for at least four weeks. This can be reviewed following the fourth treatment.**

## Contact Details

Call Lucia today to book an appointment

**Mobile: 07790 385 697**

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[www.RenewHolisticTherapies.co.uk](http://www.RenewHolisticTherapies.co.uk)

### Location

I am a mobile Therapist however at times I might be located at a clinic.

Please call me, e-mail me or check my website to find out where I will be based.

### Methods of Payment

Methods of payment accepted:

Cash, On-line or Direct Bank Transfers

### Cancellation Policy

\*\*\* 24 hours notice is REQUIRED \*\*\*

If a cancellation is made less than 24 hrs  
a 25% Charge of the treatment value  
will be made or retained

### Gift Vouchers

#### Gift Vouchers Available



Please ask me for more details or to purchase vouchers.

You can also purchase vouchers online.

[www.RenewHolisticTherapies.co.uk](http://www.RenewHolisticTherapies.co.uk)

## Natural Lift Face Massage



### What is Natural Lift Face Massage *(also known as Facial Rejuvenation)*

### A Face Lift Without Invasive Surgery...

Stress and modern lifestyles can cause the muscles of the face, neck and shoulders to tighten leading to a restriction in supply of oxygen, energy and nutrients.

The collagen and elastin become locked together, restricting mobility of the facial muscles and give a drawn appearance.

Natural Lift Facial Massage uses a combination of highly effective techniques, drawn from both Anma Japanese & Indian Ayurveda face massage, which naturally lift and rejuvenates your skin, improving complexion, removing toxins from the face and helping prevent or iron wrinkles away.

It also incorporates complementary techniques from acupressure & facial reflexology.



## Natural Lift Face Massage

The facial muscles are toned by the massage techniques giving a more lifted appearance and reducing sagginess. The body's lymphatic system is encouraged, boosting the immune system and the removal of toxins. By freeing restrictions in the connective tissue allows the fibres to slide past each other more freely, giving suppleness and flexibility to the face.

Increased blood flow permits better oxygen and nutrient flow

Increased blood flow permits better oxygen and nutrient flow improving the skin's complexion and increase feelings of general well being. The massage is designed to:

- ✓ Improve complexion by stimulating the blood supply.
- ✓ Remove toxins by stimulating the nervous system & inspiring lymphatic circulation
- ✓ Strengthen & tone skin and underlying muscle
- ✓ Repair & balance condition of the skin, minimising the aging process, stimulating rejuvenation and cell activity.
- ✓ Balancing "Ki" (Chi) improving health & appearance of facial tissue
- ✓ Release stress & traumas locked deeply into the muscle memory
- ✓ Enhance mental & physical relaxation
- ✓ Relieve stress symptoms such as insomnia, eye strain and headaches

## What happens in a Session ?

Beauty is an important aspect of health and when we are stressed we hold our face like a mask, hiding our true identity and natural beauty.

This treatment will help you *Look and Feel Younger* in a natural, safe, non-invasive way with this wonderfully relaxing massage that leaves the skin looking vibrant and supple without the use of expensive products.

The techniques used are extensive and more varied than a western facial. Deeper pressure is used to loosen tight facial muscles giving a much more effective treatment via a natural face-lift, without the insertion of needles.

During the session you will be lying comfortably on the massage couch covered with a blanket whilst I incorporate a blend of Indian and Japanese facial massage and Acupressure techniques to the **Shoulders, Neck, Jaw, Face and Head**.

These will stimulate and release toxins, deep rooted tensions and traumas which get deeply locked into the muscles and energy pathways of these areas, helping to prolong our natural true health and beauty, and balance our body systems.

There are several stages:

- \* Relaxation
- \* Body and energy balance
- \* Smooth and lift
- \* Stabilising
- \* Lymphatic drainage

## What are the Benefits ?

### BENEFITS CAN INCLUDE :

- As well as improving the facial appearance it also helps to bring balance physically, spiritually and emotionally
- Delays the ageing process
- Deeply relaxing
- Improves blood circulation
- Promotes deep relaxation
- Relieves headaches, eyestrain, sinus problems and insomnia
- Reduces stress
- Reduces stiffness and tension in the neck and shoulders.
- Improve lymphatic flow, transporting bacteria and toxins away from skin cells.
- Strengthen and tone muscles, helping prevent skin sagging and fine lines.
- Repair and balance the condition of the skin, minimising the ageing process.

If you have had *Botox or Fillers* it is advised to leave at least *Twelve Weeks* before commencing a course of *Natural Lift Facial Massage*