

WHAT IS FACIAL REFLEXOLOGY?

Facial Reflexology is a unique practice that unites traditional healing methods from the Orient and South America with the modern science of neurology. It works by awakening the 35 different acupuncture points in the face using only the fingertips.

By using deep, long strokes, neuro-vascular points, reflex zones and neurological points stimulate impulses through the central nervous system and meridians to the physical body and the major organs. This promotes and improves blood circulation, lymphatic drainage, hormonal balance and emotional imbalances.

As your face is richly supplied with nerves and blood vessels, its close proximity to the brain - the control centre of the body - ensures that stimulus to your face has the shortest route to this important organ, in order to effect a re-balancing of your health issues.

Lone Sorensen Lopez devised Facial Reflexology over a 26-year period of intensive reflexology study. She is a Professor of Reflexology and holds three honorary titles from the O.M.H.S. (a Humanitarian and Health Organisation).

WHO CAN BENEFIT FROM FACIAL REFLEXOLOGY?

Facial Reflexology is completely safe for all age groups including children, with virtually no contra-indications. It promotes deep relaxation enabling those areas of the body and mind that are out of balance to begin to heal and repair.

TREATMENTS

PREGNANCY & BIRTHING

Facial Reflexology is a wonderful therapy to receive during pregnancy and is completely safe during the first trimester.

Treatments throughout your pregnancy enable you to feel healthy, more relaxed and less prone to hormonal imbalances including post-natal depression. Facial Reflexology promotes relaxation during labour, resulting in an easier birth and a faster recovery. It is also very beneficial to the baby's health and well-being plus it helps the body to produce a good supply of milk.

Maternity and Birthing packages are available.

JAPANESE COSMOLIFTING

Japanese Cosmolifting is a non-invasive approach to looking and feeling younger. As a non-surgical alternative to a facelift, Japanese Cosmolifting works on stimulating facial tissue to help with its regeneration and tones the muscles of the face, thus minimising fine lines and wrinkles.

To achieve maximum benefits, a series of sessions over a 4-week period are necessary. After your first Japanese Cosmolifting session, you will immediately see your face start to look younger, firmer, plumper and more alive.

Japanese Cosmolifting packages are available or you can choose this treatment as an addition to your regular facial.

DIS-EASE, ILLNESS & WELLBEING

Facial Reflexology works on emotional, physical and mental issues, therefore any imbalance of the body can benefit from Facial Reflexology treatments.

ABOUT THE TREATMENT

Your first treatment starts with the completion of a confidential consultation form to assess your current health and wellbeing.

This information, combined with observations gathered during your treatment session will be used to prepare your own personal treatment plan for subsequent sessions.

Facial Reflexology is a gentle non-evasive therapy and you will remain fully clothed during the treatment. Ladies will need to remove all makeup prior to a session. Makeup wipes will be available

Rose oil and a light cream are used during the treatment and can be used on all skin types.

For your first session, please allow approximately 90 minutes. Subsequent treatment sessions will take 50/60 minutes.

TESTIMONIALS

"Facial Reflexology was an intensely relaxing experience with un-doubtable physical benefits."

John, Abu Dhabi

"I found Facial Reflexology profoundly relaxing and was often amazed at how I felt things going on in different parts of my body. I always feel so much calmer and revitalized after each session."

Anna, Abu Dhabi

