

## **Reflexology treatments including face, head, neck and shoulders**

The treatments involving face, head, neck and shoulders draw on my 10 years experience in Reflexology, Reiki Healing and recent training in Acupressure Facial Therapy.

Acupressure Facial Therapy treats the unique structure of the face to support emotional and stress relief. It also works with the Chinese Acupressure facial map to benefit the whole body.

### **Background**

During my 10 year practice as a Reflexologist and Therapist using Reflexology together with Reiki Healing I have noticed that people usually reach a profoundly deep level of relaxation after around 30 minutes of treatment. It always takes little bit of time to arrive and settle into the treatment when coming straight from our busy everyday lives and this time may vary between individuals. Once clients allow themselves to fully 'drop', the real healing work can happen. A state of complete relaxation is deeply restorative. Therefore I allow plenty of time for this to happen in my usual sessions (the initial session lasts 90 minutes and follow-up lasts 60 minutes minimum).

During my practice, I have also noticed that the avenues into which people reach this deeply relaxing and healing space vary from person to person. Some people find working the feet very grounding and immediately relaxing, whereas others may find that working the face, scalp, neck and shoulders brings an immediate sense of relief from the release of accumulated tensions.

Therefore, to gain maximum benefit from being in this state of deep relaxation, I have been offering longer follow-up sessions (90 and even 120 minutes) These can include treatment of the face, head, and sometimes even the hands as well as treating the feet.

### **Treatments available**

#### **Longer treatments**

I offer 90 minutes follow-up treatments which, in addition to working the face, head, neck and shoulders, also include full Reflexology treatment of the feet. This treatment reaches a deeper level of healing, where the body is encouraged to return to a state of homeostasis - balance - as well as drawing the client strongly into his/her core through grounding work on the feet (please

see my reflexology page for more detail). This may result in heightened awareness of the body, emotional release, and also often a detox or healing reaction where the body releases anything which it no longer needs.

Please note that for new clients, these treatments require an extra 15 minutes to include an initial consultation (105 minutes total)

Cost:

90 minutes £60 (follow-up)

105 minutes £75 (new clients, includes initial consultation)

120 minutes (optional follow-up) £90

### **Shorter treatments**

I also offer 60 minutes treatments, where the main focus is on the face, head, neck and shoulders, ending with grounding techniques on the feet (feet can have socks) Treatments involve preparing the skin on the face and having an extremely relaxing treatment in which you will feel pampered and become deeply relaxed. You will feel and look revitalised. This is a gentler treatment, good for those with accumulated tensions and problems in the areas of the head, neck and shoulders, and for those with chronic conditions.

Cost: 60 min £45 (new clients and follow-up)

### **Recommendations**

Full make-up not recommended

Bring a brush or a comb to smooth your hair after the treatment

### **Contraindications**

Infectious skin disease on the face such as acute cold sore, impetigo

Conjunctivitis

Recent trauma to the face or skull

Recent neck injuries

Streaming cold, flu, acute cough

Active migraine

### **Benefits of Reflexology treatments including Acupressure Facial Therapy**

Deeply calms the nervous system

Releases tension - we use our facial muscles more than any other muscles in the body

Releases fascia and stimulates production of collagen

Encourages desquamation of the skin

Increases blood supply to the face and aids lymphatic drainage

Stimulates acupuncture points and reflexes that benefit the whole body

Benefits chronic conditions, as it calms the nervous system and reduces risk of contra-action to treatment