

# Best **FACE** forward

**Tahira Khan** tries out Japanese Facial Lifting, a holistic facial to contour the face and restore your inner well-being...

**A**lthough cleansing facials leave my skin glowing in the short term, it soon returns to its natural dull state. The reason for this is that my inner anatomy needs addressing much more than the outer. Finding this non-invasive Japanese facial reflexology treatment is a boon for this reason since it isn't like a superficial facial, rather an invigorating facial massage with beautifying side effects.

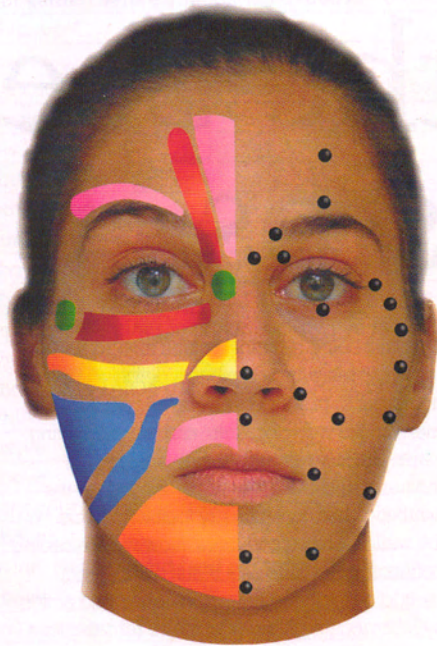
'The Japanese Facelift' is very popular with celebrity and public figures in Japan. The facelift can be used as a one-off enhancing treatment before a special occasion, or as a series of treatments over a sustained period, helping to improve the overall texture of the skin. The theory of the facial describes that working on certain facial pressure points can promote inner well-being and restore underlying energy imbalances.

Holistic therapist and founder, Lone Sorensen Lopez studied reflexology in Denmark over a period of 26 years. She was inspired by the Mapuche Indians she saw massaging each other's faces when she was travelling in South America. Despite having such a rich heritage, the treatment is still quite new in the UK.

The facial uses a new Japanese technique not only to lift and contour the face, but it activates the 24 neuro-points located on the face. It also combines elements of facial reflexology and lymphatic drainage with specialist massage techniques. As well as treating the outer layer of the epidermis, it also works on the meridians and the facial nerves on a deeper level, ensuring a balancing effect for the whole body.

## Improved circulation

The treatment improves local blood circulation and helps to eliminate toxins and oxygenate tissues. It also stimulates the production of collagen and elastin, which are essential for good skin quality. The massage is profoundly relaxing, with most people falling asleep and/or achieving a deep state of relaxation. Continuous treatments can reduce wrinkles, flaccidity, and improve the texture of the skin. It also helps to eliminate pigmentation spots, acne, and prevents signs of premature ageing. It dissolves stress and tension, improves sleep patterns and energises the whole body. It is also possible to improve the emotional state by stimulating classic acupuncture points in the face.



I arrived late at Rupert French's practice in a panic with only 45 minutes left for the treatment instead of 60 minutes. I was anxious that I would be unable to relax during the facial. However Rupert assured me otherwise.

He applied rosetta mosqueta organic oil on my face to prevent the skin from dragging during massage. He began by gently massaging the acupuncture points on my face in a circular motion. Then he began massaging my face with more intensity, firmness and pressure feeling beneath the surface of my skin for internal imbalances. Only 10 minutes into the treatment, I began to drift off and the only thing that my mind was conscious of was the steady rhythm of my heartbeat. In previous treatments, even though my body felt revived, my mind was always still thinking about my 'to do' list when I get out. However, this treatment actually addressed that issue, and made me finally 'switch off' as they say, into a 'state of deep relaxation'. I was given the technical explanation of why this happened: the face is very close to the brain, our main control centre, and a number of feel-good endorphins are released from the brain by stimulative massaging movements. The use of soothing, aromatherapy oils used as an element of the treatment also play a part in this process.

## Blushing complexion

Upon waking, I felt released from stress, peaceful and deeply rested, the feeling you have when you have had a really good sleep. But I couldn't help my stomach rumbling with

embarrassing noises that I hopelessly tried to conceal. However, I felt as if my digestion system had been cleared like an unblocked sink. Everything was running like clockwork again. No blockages, no clogs, just a feeling of pure detoxification.

Rupert told me that I suffered stress in my stomach area by detecting some inflammation and knottiness on the cheekbone area located just under the eye. (See the yellow area of the face in the photo opposite.)

I looked in the mirror and saw a blushing and radiant complexion. When analysing my face closely, I noticed my cheekbones had slightly more definition in them than before, and from a side angle they were lifted and contoured. I was relieved to know that the radiant glow on my face had come from the activation of my pressure points, not a cream in pretty packaging. After regaining my sense of presence, a solid five minutes later, Rupert told me that the treatment was completed using a three-step procedure. The Japanese Lifting was used during the first two stages of the facial reflexology treatment and then, during the final part, lymphatic drainage was practised by using the latest Japanese style techniques. I was given a routine of facial exercises to practise regularly. I was advised to take up a high impact activity, e.g: boxing, that would alleviate the stress in my stomach. It was food for thought and it made me realise how much stress gets embedded within our bodies, which we all need to address on a regular basis. 🌿



## More information

The Japanese Facelift costs from £65. Contact Rupert French on 07779 789 939 or visit [www.mindbodysole.info](http://www.mindbodysole.info) for more information.