

DAILY EXPRESS

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INDIAN FACIAL REJUVENATION MASSAGE

Kundan Mehta is practitioner of Indian facial rejuvenation massage at the London Center of Indian Champissage in Holloway, north London and co-author on Indian face massage (now called – the Natural face lift massage)

Many people come to us rather than going on a sunbed. Indian face massage, a gym workout for the face, transforms a grey, tired complexion into something livelier and healthier.

My facial rejuvenation involves healing and massage but no equipment, oils or creams. It has roots in Indian massage but incorporates yoga, reiki, acupuncture and Swedish massage.



I work on a tiny area of the face at a time, using my fingertips and thumbs to do circular friction work, at the first lightly and then more deeply. Your facial skin is delicate, so I never apply too much pressure. I also lay my hands slightly above the face. You'll feel warmth as I balance your energy.

The reason we have grey skin in winter is not so much due to lack of sun as to the effect this has on mood. If you feel strained, depressed or anxious it shows on your face.

You tend to get locked into one expression, which means many of your 90 facial muscles aren't being exercised. Tight muscles put pressure on the capillaries and veins, leading to sluggish circulation. The tiny movements of the massage bring blood back to the surface. You'll notice a difference after one treatment but for a lasting effect you need at least three. But be warned you may feel like hugging people. J

Kundan charges £40.00 for a session and can be contact on 020 7609 3590. For local practitioner, visit www.indianchampissage.com. Her book published by Element (£16.99) (now available in soft back £8.99) has exercises for your complexion, recipes for face packs, moisturisers and cleansers.