

# **Ancient Wisdom, Timeless Beauty**

***Most of us long to make the most of our natural assets. We strive to look good. And, in everyone's life, there come a certain moment when we recognise that youth is not ours forever. This is when a visit to a qualified Facial Rejuvenation therapist can be timely and beneficial***

A precise healthcare modality, Facial Rejuvenation successfully combines ancient theory with a modern approach to looking and feeling your best – whatever your age.

This totally natural, non-invasive treatment, which usually takes an hour, can reverse many of the adverse effects that have already occurred to your skin. It can also go a long way to leave you feeling beautifully at peace with the world. After sixty blissful, carefree minutes being cared for and healed by your Facial Rejuvenation therapist, a renewed sense of tranquillity is reflected in your features as you look at yourself in the mirror or others look at you. Your facial muscles have relaxed, expression lines have eased or disappeared, and your complexion looks fresher and more toned than it has for years.

Sounds too good to be true?

Kundan Metra, Facial Rejuvenation expert and trainer in this exceptional technique, explains how it works:

“By combining the healing energies of Reiki, my extensive experience in beauty therapy and the energy balancing principles of Ayurvedic medicine, I gradually developed a massage which works to de-stress and support the facial muscles. It is wonderful to watch my



clients features soften and relax as they experience the deeply healing energy of Facial Rejuvenation.”

During a Facial Rejuvenation treatment, over ninety face and neck muscles are systematically massaged while acupuncture points are activated. Given the optimum conditions to restore a sense of balance, the body's innate healing energy can work unhindered. You and your face get a new lease of life.

“No two faces are the same,” says Kundan. “I generally recommend that a client have eight to ten treatments to see the best possible results. “I’d take ‘before’ and ‘after’ photos, but I am normally too busy!” she laughs.

Facial Rejuvenation can relieve tension in areas you had no idea were tense. If it's true that we get the face we deserve by the time we are fifty, it's equally true to have the opportunity to redress the balance. This is where Facial Rejuvenation can help you.

The massage works the facial muscles systematically, freeing constrictions here and in the connective tissues. Micro-circulation and elimination are restored. After just one treatment your skin glides more smoothly over the deeper layers of facial muscle and bone. Your face feels and looks more alive and rested. And so do you!

If you cannot get to a salon where this revolutionary, non-surgical facelift with massage and healing is offered, there is no need to add any more worry lines to any you already have! Beautifully illustrated, easy to follow facial exercises are contained in Kundan's book “The Art of Indian Facial Massage” (published by Element) which she co-wrote with her partner, the distinguished creator, practitioner and teacher of Indian Champissage™, Narendra Mehta.

“Writing the book with my husband, Narendra, helped me to focus on all the marvellous benefits of this natural, no-surgical facelift. More and more people are looking for ways to improve their appearance. I hope this book with its self-help exercises and skincare recipes and the opportunity to learn the technique on my training courses can help put the ‘natural’ back into nature's gift to us – a face that blooms with health and vitality.

When you experience a Facial Rejuvenation treatment, your spirit will be lifted and so will the skin of your face. As we learn to nurture and balance ourselves in our inner and outer lives, the changes we make are reflected in our features. By using the simple natural and effective massage and energy balancing techniques of Facial Rejuvenation, you can discover a new and exciting way to take care of the assets you possess.

Relieve tension in areas you had no idea were tense. If it's true that we get the face we deserve by the time we are fifty, it's equally true that we deserve to have the opportunity to redress the balance.

Is beauty more than skin deep? The answer to feeling more comfortable in your skin, no matter how old or young you feel, lies in the hands of a capable hand of a trained Facial Rejuvenation therapist. And if you're a therapist, training in this new therapy can enhance your practice.

Kundan Mehta offers treatments and training courses at the London Centre of Indian Champissage™, 136 Holloway Road, London N7 8DD. You can receive details by phoning 020 7609 3590 or by visiting the centre's website [www.faceliftmassage.com](http://www.faceliftmassage.com)

A book and demonstration video of the techniques is on sale from the centre and by mail order.