

HOLISTIC

# Changing faces

Provide the ultimate facelift with no products, no equipment – just healing hands.

**L**ike Oscar Wilde's *Dorian Grey*, according to the saying, you eventually get the face you deserve, and its true that as we leave our teens behind our daily expressions start to become etched on our faces.

Botox or cosmetic surgery may hold the answer for some, but imagine if you could provide an alternative that is holistic, inexpensive and effective.

That's exactly what Kundan Mehta promises with her revolutionary Indian Face Massage, a non-invasive, relaxing technique which requires no equipment or products. The massage draws upon ancient Eastern wisdom to iron out wrinkles and slow down the ageing process – resulting in a natural face lift with visible improvements in just one session.

Kundan was born in Bombay where massage is part of everyday life and babies are massaged from birth to help them feel nurtured and to encourage strong and healthy growth. A school teacher until her father's death, she took on his make-up business while working as a stage and television actress.

She came to London and married Indian head massage guru Narendra Mehta, who brought the technique to the west in the 1980s, and subsequently trained in Indian head massage and facial rejuvenation, reiki, Bowen therapy and infant massage which inspired her to create her own form of facial rejuvenation. Following its popularity with clients at the London Centre of Champissage, she co-wrote *The Art of Indian Face Massage* with Narendra which was published by Harper Collins in October 2001. The new paperback edition, *The Face Lift Massage* was published last month.

## Express yourself

"It takes more muscles to frown than it does to smile," says Narendra.

"Unfortunately, the stresses and strains of modern life often show up on the face and people find themselves forming habitual expressions."

Straining our eyes in front of computer screens can cause lines on the brow and around the eyes and pent-up emotions cause the muscles to tighten and constrict causing pain and blocking the flow of natural energy.

"Over time, habitual expressions cause the muscles to actually 'dry up' and contract, inhibiting freedom of expression, which encourages ageing and the formation of wrinkles as the face loses its muscle tone and elasticity and begins to sag."

Indian face massage or facial rejuvenation works in two ways to prevent this. Drawing

upon the philosophies of reiki, yoga, polarity therapy, acupressure and Swedish-style massage it releases energy blockages helping the body make better connections with its internal organs, thoughts and emotions. It also works on the structure of the skin, unclogging the toxins in the connective tissue and allowing it to regain its freedom and elasticity.

"It works the face systematically, releasing deep seated tensions and freeing layers of muscle and connective tissue so that the facial muscles can relax. Micro-circulation and elimination are restored. The facial tissues glide more smoothly over the deeper layers of muscle and bone.

"You may get the face you deserve, but nothing is fixed. Perhaps you deserve better and with Indian face massage, you can work towards a whole new face."

## Seven steps to youthful skin

The massage is completed in seven stages with the therapist seated and the client tucked snugly under a blanket. Kundan always begins a session by explaining to the client that they may feel so relaxed they'll fall asleep or that their legs and hands could go numb as the blood rushes to the face to replenish it.

Stage one of the massage involves relaxation and energy balancing to soothe the nervous system and to ground and relax the client before Ayurvedic pressure points are stimulated in stage two to prepare the body for the initial releases of energy in stage three. This is a diagnostic part of the massage where the therapist can decipher which areas need the most work. During stage four, the client is relaxed with gentle movements which also release tension and smooth out wrinkles by releasing the connective tissue. Stabilising takes place during stage five and from this point the therapist concentrates just on one side of the face at once. During stage six deeper releases are made using the healing pulse. The healing is felt at various points on the face and neck and stimulating these points has many therapeutic benefits. If the client wishes, once one side is done she can review her face and notice the amazing difference in the side that has been massaged. The results astound most recipients.

"Often the first thing people notice is the eyes," says Kundan. "They are brighter and less puffy as well as wrinkles being diminished. Clients usually comment that the side of the face that has not been massaged feels dull and stiff."

The massage is then performed on the remainder of the face, taking the whole treatment to about one hour in total. During



Kundan's hands at work

the final stage of the massage, stage seven, the client is gently grounded and her awareness brought back to her surroundings. As well as the noticeable aesthetic effects the client will immediately feel better, brighter and more able to concentrate.

Benefits included lessened wrinkles, tighter facial contours, improved complexion, the soothing of headaches and tension, an enhanced feeling of well-being, relaxation and confidence. The face will feel more pliant and stimulated.

A course of eight in successive weeks is usually recommended and top up sessions can be given as required. Home exercises are prescribed after the second or third session to re-educate the client and enable them to gain maximum results.

"The massage enables you to find out how flexible the face is and you can re-educate the client to change their ingrained expressions giving them a whole new face. It is also a lovely massage to perform as you are seated, it has a gentle pace and you feel rejuvenated from the energy work."

## Training

Four-day intensive training courses in facial massage are held at the London Centre of Champissage costing £425.00 + £74.25 VAT plus an exam fee of £50.00 + £8.75 VAT. Telephone: 020 7609 3590 or write to The London Centre of Indian Champissage, 136 Holloway Road, London N7 8DD. Learn more by visiting [www.indianchampissage.com](http://www.indianchampissage.com) **PB**