

Salon Therapist - massage feature

Caress cures

There's more to massage than mere relaxation. **Fiona Smith** explains how healing hands can fight cellulite, iron-out wrinkles and even promote a head of lustrous hair.

As a therapist, you are constantly told that your greatest assets are your hands but how many of you really take this seriously? Requiring only that you learn the technique, there are massage methods that promise to obtain the same results as expensive machines or products with little financial outlay. We've investigated some of the handiest techniques.

ERASE WRINKLES.....

Massage expert and Reiki Master Kundan Mehta believes that you don't have to go under the knife, inject fillers or invest hundreds of pounds on a skincare range to maintain a youthful complexion. She heralds her unique massage methods, Indian Facial Rejuvenation, as a natural facelift through massage.

Her technique works principally by freeing constrictions both within the facial muscles and in the connective tissue. Kundan believes that, as tension builds up within our muscles from the pressures of everyday life, habitual thoughts and emotions become locked into our expressions. Under such conditions muscles can actually 'dry up' and contract, inhibiting freedom of expression. This can encourage ageing and the formation of wrinkles as the face loses its muscle tone and elasticity and begins to sag.

Indian Facial Rejuvenation delays the ageing process using simple massage techniques and energy balancing, lifting the facial muscles and giving them a new lease of life.

Says Kundan, "This method works the face systematically, releasing deep-seated tension, freeing layers of muscle and connective tissue so that there is space for the muscles to relax, encouraging an opening so that micro-circulation and elimination can begin again and the tissues can glide smoothly over the deeper layers of muscle and bone.

Indian Facial Rejuvenation, the face is worked on aside at a time and, halfway through the massage, the client is shown the area that has been worked on, revealing a visible lift.

For more information,

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