

SUNDAY BUSINESS

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HEALTH

FROM DISTRESS TO DE-STRESS

FACIAL REJUVANESSENCE

**London Center of Indian Champissage International
136 Holloway Road
London N7 8DD
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WHAT IS IT?

Kundan Mehta is a specialist in Indian Reiki, Indian Head Massage and Rejuvenessence, aka facial rejuvenation. She describes Rejuvenessence as a 'facelift without surgery' combining all the elements of the treatments mentioned above while offering an intense facial massage that smoothes away the wrinkles and lines that disfigure the complexion.

Facial rejuvenation is Mrs Mehta's speciality and claims to offer the effect of a facelift after 10 sessions. Harper Collins has already published a book on Champissage, out in September, and is now to publish one on how to carry out DIY facial rejuvenation in the comfort of your own home. Half-way through the treatment, Mrs Mehta asks non-believers-and others-to check their asymmetrical face. Sure enough, one half sags south while the massaged half is markedly lifted.

WHAT IS IT FAMOUS FOR?

Mr and Mrs Mehta, who moved to the UK from Bombay 19 years ago, set up the Eastern Health and Beauty Centre in north and have become leading practitioners and teachers of Indian Head Massage, or Champissage.

MORE DETAILS PLEASE

It's a non-invasive type of facelift achieved through massage. It works primarily by freeing constrictions both within the facial muscles and in connective tissue.

The massage is said to release wrinkles, which are apparently a physical manifestation of the build-up

of the pressures of everyday life. As the theory goes, if the same things make you frown on a daily basis-a lay colleague, a late-running bus-your face is likely to settle into permanent wrinkles as you contort it into the same expression of distaste time and again. Unused muscles, meanwhile, will contract, inhibiting freedom of expression and causing the face to lose its natural muscles tone and elasticity, Through gently Massage-Mrs Mehta uses her tow forefingers and the bulb of her palm-the ageing process can be delayed and energy rebalanced (she also uses an element of Reiki; you can feel your face tingle).

SO, IT'S JUST A FACE MASSAGE

No, no. It's said to track, work on and release deep-seated tensions by freeing layers of muscle and connective tissue

RELAXATION RATING ZZZZ

so there is space for 90 muscles to relax. It encourages micro-circulation, which in turn eliminates wrinkles, frown lines, crow's feet, bags or slack chins. In other words, after 10 treatments you will no longer have what Brigitte Bardot described as, "the face that you deserve"; instead it will be closer to the one you were given by God.

HOW LONG AND HOW MUCH?

Each treatment costs £40.00 at the Eastern Health and Beauty Centre on 0207 609 3590, but this must be multiplied by 10 if you want to follow the recommended dose and reap the rewards. However, since we're talking about a substitute for surgery, as well as a bumper pack of facials, it's a bargain.