



Natural Face Lift Massage

by

Kundan Mehta

What it's like... how to get it... where to get treated and trained

Many of us long to make the most of our natural assets. There are occasions when we actively strive to look good. Yet in everyone's life there comes a time when we recognise that youth is not ours forever. This is when a visit to a facial rejuvenation therapist qualified in Natural Face Lift Massage can be timely and beneficial.

This feature tells you what you can expect when you have a treatment. You'll also discover how training in this therapy can open up a new vista of professional opportunities. And you'll learn that worldwide interest in this very special, relaxing and rejuvenating massage could mean that there's a training course happening near you --- in London, New York, Los Angeles, Sydney or Tokyo.

A precise healthcare modality, Natural Face Lift Massage successfully combines ancient theory with a practical, modern approach to looking and feeling your best --- whatever your age. As we learn to nurture and balance our inner and outer lives, the changes we make are reflected in our features. With the deceptively simple massage and energy balancing techniques of the Natural Face Lift Massage, you can discover a new and exciting way to take care of the assets you possess.

This totally natural, non-invasive treatment can help reverse some of the adverse effects that have already occurred to your skin. As your face is soothed into calmness, your features can visibly relax. The result? You feel

beautifully at peace with the world.

All over the world, in more affluent societies, there's an increased demand for ways to remain looking younger for longer. You could develop your existing business or begin to establish a reputation for yourself as a skilled Natural Face Lift Massage therapist by training to give this treatment to others. Training involves four days of intensive practical work, together with some theory. After case studies and written work have been completed, the next step is to become certified. You can get full details from the London Centre of Indian Champissage International on 0044 (0)207 609 3590 or by emailing kundan@faceliftmassage.com

Treatments and training courses don't only occur in some of the world's biggest cities. Kundan Mehta travels extensively to places as far afield as Derby and Devon, Cardiff and California, the Niagara Falls and North London to train groups in this wonderful method of facial rejuvenation.

You can get all the information you want by contacting the London Centre.

You might even have the chance to experience a taster massage at a health and beauty exhibition. Even fifteen minutes can seem pleasurable long when you're in the skilled and caring hands of a Natural Face Lift Massage professional!

The normal length of a session is one hour. After sixty minutes of being cared for and healed by your Natural Face Lift Massage therapist, a renewed sense of tranquillity is often reflected in your features as you look at yourself in the mirror. Expression lines can be eased and your complexion can look fresher and more toned than it has for years. Not only this --- compliments from others confirm that what you're experiencing is not a figment of your imagination but tangible proof that you're feeling more relaxed and vibrant than you have for a long time.

It's important to remember this wonderful massage is not a 'quick fix.' The effects are cumulative. When a client decides to have regular treatments, it's a commitment to looking and feeling one's best and to patiently watching the benefits intensify. A course of treatments can be anything from five to ten

weekly sessions but there are no hard and fast rules and each person is individually assessed, taking into account factors such as skin condition, overall health and lifestyle before a treatment plan is drawn up. As with all responsible healthcare modalities, there are contraindications to the massage though it's fair to say that most people can readily enjoy the risk-free benefits of facial rejuvenation. Once the intensive part of the treatment process is over, clients can come once a month or every six weeks to maintain the benefits. Again, this is a matter for discussion between the client and the therapist. It's definitely not a high maintenance system and that fact pleases clients who lead busy lives and are careful about how they spend their money.

The client works with the therapist and the therapist works with the client. How does it work exactly? The massage is an intricate series of moves designed to caress and smooth your facial features in a steady, trance-like rhythm --- like wave upon wave rolling on to a beach. Your therapist may point out some of the changes your body can undergo while you're lying still and becoming more and more deeply relaxed. You are welcome to ask for the 'before and after' test during your first treatment. The results could convince you that the Natural Face Lift Massage is a serious alternative to other forms of cosmetic surgery. If you're serious about looking your best, you'll welcome the suggestions your therapist may make about increased water intake or trying out some simple, timesaving face exercises at home. When you combine the massage with some lifestyle choices and a simple exercise routine, you'll likely to be well on the way to keeping your looks while maintaining your health in optimum condition.

The Natural Face Lift Massage can relieve tension in areas you had no idea were tense. During a treatment, over ninety face and neck muscles are systematically massaged while acupressure points are activated. The massage helps free constrictions in the connective tissues and aids restoration of microcirculation and elimination. After just one treatment, your skin can glide more smoothly over the deeper layers of facial muscle and bone. Your face can feel and look more alive and rested. Given the optimum conditions to

restore a sense of balance, the body's innate healing energy can work unhindered. Circular moves, unusual smoothing techniques, delicate and precise procedures that leave the facial skin plumped up are applied to every part of the face. Your skin feels alive, rejuvenated and somehow smoother. This begs the question: is beauty more than skin deep? It seems that one answer to feeling beautifully comfortable in your skin, no matter how old or young you are, lies in the capable hands of a facial rejuvenation therapist trained in Natural Face Lift Massage. Call the London Centre of Indian Champissage International now for more details!

About the author

Kundan Mehta is co-author of "The Natural Face Lift Massage" (published by ThorsonsElement (ISBN 0-00-715741-X)) which she wrote with her partner, the distinguished creator, practitioner and teacher of Indian Champissage (Indian Head Massage), Narendra Mehta. By combining her extensive experience of beauty therapy and the energy balancing principles of Ayurvedic medicine, Kundan Mehta gradually developed her technique of Natural Face Lift Massage, or Facial Rejuvenation: a massage which works to de-stress and support the facial muscles.

Kundan offers treatments and training courses at the London Centre of Indian Champissage International, 136 Holloway Road, London N7 8DD and at centres throughout the world. Contact her on 0044 (0)207 609 3590, write to kundan@faceliftmassage.com or visit www.faceliftmassage.com