



Facial Reflexology



The unique benefit of Facial Reflexology is that as well as improving your health and well being on the inside, it also helps you look better, younger and have a healthy glow on the outside.

Some people call it a 'Mini face lift' - the benefits can literally make you 'glow'.

I was trained by the renowned Ziggie Bergman. The Bergman Method Facial Reflexology is built on the 10 Zone system which is the foundation of modern Reflexology. The method also integrates a combination of Native American techniques and Asian body maps. As I am trained in Traditional Chinese Medicine, I found this easy to implement and understand as a treatment and can add my own acupoints to this treatment.

Facial reflexology works on the same principles as foot reflexology, but with the treatment working the reflexes on your face instead. The proximity of the face to the brain is key to the effectiveness of this therapy. Manipulating facial reflex points helps connect to the body's neuro-pathways to rebalance and revitalise the body and mind.

It is a very detoxifying treatment which stimulates the body's healing mechanisms and can aid a number of ailments whilst promoting deep relaxation. Deep tissue facial massage techniques are combined with the manipulation of the facial reflex points to help improve overall wellbeing.

As well as the 'reflexology benefit', the 'facial benefit' means that your face will feel and look smoother and more toned as muscle tension is released and blood and lymph circulation increased.

Facial reflexology helps to improve skin tone, strengthen layers of skin tissue and can also help reduce puffiness around eyes and reduce lines and wrinkles over a series of treatments. Facial massage with High strength Essential Oils is also included in treatments to further rejuvenate the skin.

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