

# The resident



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The resident

*June 2013*



# Under pressure

Reflexology is not just about feet. Facial reflexology combines feeling great with looking good as Laura Johnston discovers

After a hard day at the office nothing beats a gentle foot massage and when stress-levels really rocket, reflexology is seen as the ultimate stress reliever. The complementary therapy has its roots in Ancient Egypt and China and the theory is your organs, nerves, glands and other parts of your body are connected to reflex points on your feet and hands. The technique involves applying pressure to these reflex points to bring about a state of deep relaxation and stimulate the body's own healing processes. Consequently, many people swear by the associated health benefits.

Kensal Green reflexologist Rupert French first discovered reflexology 10 years ago when he was suffering from stress related insomnia. He slept soundly the night after his first treatment and he was so amazed by the effects he enrolled on a course at the Central London School of Reflexology. Over the years he has studied many other forms of reflexology, including Facial Reflexology Sorensensystem, which was developed by world renowned reflexologist Lone Sorensen. Facial reflexology draws on myriad traditions and practices, combining Chinese energy meridians and acupuncture points with South American Indian body maps and Vietnamese Dien' Cham' techniques. It enables the therapist to identify health imbalances and work with pressure points on the face. And because the face is much closer to the brain than our feet the results of facial reflexology are said to be much quicker and more noticeable than foot reflexology.

'Using only hands and a light rosehip



The close proximity of the brain to the stimuli in the face encourages the body to respond quicker

oil, the treatment incorporates precise stimulation of accupressure points, neurological points and body maps on the face,' explains Rupert. 'This stimulation sends impulses through the body's central nervous system to specific organs and parts of the body. Facial

reflexology stimulates the body to respond on a physical, emotional and energetic level. It is our understanding that the close proximity of the brain and central nervous system to the stimuli in the face encourages the body to respond quicker.'

Rupert says that the majority of his clients visit him because they are suffering from stress and he says his job is to try and minimise the impact it has on people's health.

'Reflexology is a fantastic stress reliever and benefits include improved mood and sleep, increased well-being and relaxation and a general release of tension,' he says. 'It also positively affects how we react to stressful situations.'

Rupert says facial reflexology is particularly beneficial when treating hormonal disorders and is also great for releasing tension in the face. Rupert has noticed his clients leaving with radiant skin and he says: 'As with a facial it leaves the skin feeling refreshed and stimulated but the effects on the body and mind are much further reaching.'

'Face Reflexology combines looking good with feeling good. As the treatment stimulates the nerves, muscles and tissues of the face, as well as stimulating the micro-circulation, it encourages the build-up of new tissue and helps to improve the muscle tone. The result is a softer, glowing complexion.'

The results sound so appealing we're wondering why we've been bothering with pampering our feet for so long?

✦ Rupert practises facial reflexology at Anamaya.

1 Adam & Eve Mews, W8 6UG; [anamaya.co.uk](http://anamaya.co.uk); [mindbodysoul.info](http://mindbodysoul.info)



## DIY Facial Reflexology

Rupert's tips for boosting energy

1 Place thumbs on rim of eye sockets at the upper inside corner of the eyes, next to bridge of nose. Press and massage for 10 seconds. Repeat three times. (do for each step)

2 Place index fingers in the small depressions at the middle of the lower eye sockets.

3 Place index fingers on lower eye socket halfway between outside corner and middle.

4 Place middle fingers on top of eye sockets, a third of the way along from the outside

corner of the eye to the middle point at the top.

5 Place middle fingers on temples where the soft depressions are.

6 Rub hands together vigorously until they are quite warm and place over eyes. Hold for 10 seconds and repeat three times.

✦ [mindbodysoul.info](http://mindbodysoul.info)