

More than just a facial

For long-lasting beauty benefits, holistic facials are catching up with more traditional therapies

Beauty hypnotherapy

Treatment

Hypnotherapist Monica Black first started to spot the beauty benefits of treatments early in her training. *"I began to notice that when a hypnotherapy session had ended my client's face had a lovely warm glow to it," she remembers. "Their eyes were bright and sparkling, they looked as though they'd had a mini facelift! Hypnotherapy can help with weight management, fears and phobias, stress, pain control, almost anything. But it's also great to see a client look in the mirror and smile after a session because they look so good."*

Beauty benefits

When you go into a hypnotic state your face and body are deeply relaxed, allowing your facial muscles to release the tension they otherwise carry around. Blood flows to the face, causing a rosy glow and bringing oxygen and nutrients, which help rejuvenate the skin.

Facial reflexology

Treatment

Described by facial reflexologist Nikke Ariff as *"massage with intention"*, facial reflexology involves a firmish pressure applied to all areas of the face to identify

areas of tissue degeneration. These areas are then worked on to stimulate nerve endings and increase blood flow, promoting health throughout the entire body, mind and emotions.

"Other people make assumptions about you based entirely on your face," explains Nikke. *"It is your canvas to the world."*

Facial reflexology aims to create a look that is relaxed and completely glowing with health.

Beauty benefits

The beauty benefits are obvious. Facial muscles are constantly working. Just think of all the laughing, eating, frowning and talking we do each day. As a result they can hold an enormous amount of tension, which in turn leads to deep