

## Benefits Of Facial Bodywork:

What exactly are the benefits of receiving facial massage or bodywork treatments? Useful for all of the conditions listed below and more, regular sessions can:

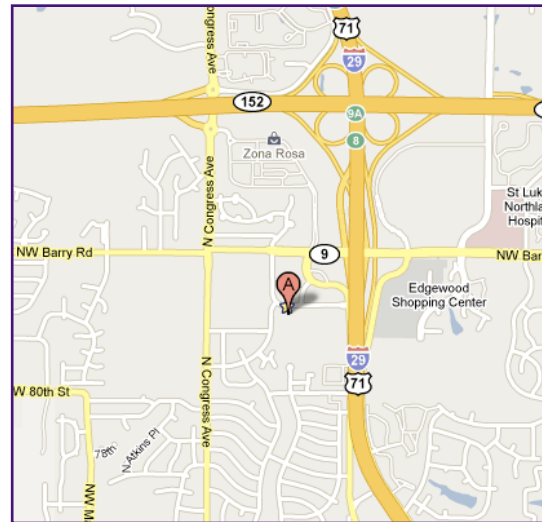
- Decrease the appearance of wrinkles or fine lines.
- Enhance the structure of your face.
- Allow more freedom of facial expression.
- Improve the condition of the skin.
- Relieves tension in the face and throat.
- Promotes relaxation & reduces stress.
- Restores energy to your face.
- Tighten and lift facial muscles.
- Give the skin a more youthful appearance.
- Decrease swollen or puffy areas.
- Create a natural and healthy glowing complexion.
- Normalize the skin's moisture balance.
- Reduce impurities and toxins.
- Increase skin's radiance.
- Help to improve vision and hearing.
- Relieve tension in throat and neck.
- Promote easier speech & clearer communication.

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## Your Guide To Facial Bodywork



An Alternative To Surgery



NorthStar Wellness

## What Is Facial Bodywork?

Facial Bodywork is a special form of Body Somatic Therapy, which is a remarkable method of structural bodywork that completely encompasses all aspects of the mind, body, and spirit connection.

Advancing beyond standard facial-type massages, this work helps to release the tight and congested tissues we have at various places deep in our head and neck. These tight tissues can make you look older by creating unwanted areas of puffiness, wrinkles, or sagging. Once tight tissues are relaxed, your skin will naturally appear brighter and younger.



## More Than Just Skin Deep

Our faces are a remarkable tool of self-expression, and play a major role in how we present ourselves to the world. Through an endless variation of twists, bends, and contortions we are able to communicate our emotions to others without the need for words.

Like the rest of our body the facial muscles react to stress and trauma by hardening and becoming congested. If during these times of stress we are unable to express how we truly feel, the tissue of our face can begin to store these old emotions. Over time this lack of self-expression can even begin to change the face's structural appearance and cause you to look older than you really are.

Body Somatics focuses on emotional therapy as well as physical therapy, allowing the client to discover the source of any problems and create lasting healing effects.

## Freedom Of Expression

Over time as the facial muscles become congested we start to lose our abilities to communicate clearly. In addition, this reduced movement can contribute to a limited range of emotions. For example, it is difficult to feel joyful if your muscles are congested and held into a worried expression.

Regular facial work will increase the muscle's movements and allow you a wider range of self-expression. That means that you will not only look better, but feel better as well.

## A Time-Tested Solution

Manipulating the facial tissue is nothing new. For centuries, even millennia, beauty regimens have centered around regular care of the face.

For thousands of years Chinese medicine has used acupuncture to stimulate the energy pathways in the face (something facial bodywork can do without needles). In Hollywood, before the days of plastic surgery, celebrities would be lined up for weekly massages to maintain their appearance and beauty.



### Session Prices

Regular Session, 55 Minutes, \$60

Extended Session, 85 Minutes, \$90



## The Alternative To Surgery

Essentially, a wrinkle is simply loose tissue over a shortened muscle.

With surgery, you either cut out the extra tissue and leave the congested muscles below untouched, or inject toxins and foreign substances into the face which can cause scar tissue to develop and further restrict facial muscles.

Facial bodywork relaxes these shortened muscles which lessens the appearance of lines and wrinkles in the overlying tissues. The results are not only easier on the body, but also completely natural looking and have no recovery time or side-effects.

This approach is also much more affordable and less painful than most surgical approaches.

## Discover The Benefits Today

For maximum benefit I suggest a series of six weekly treatments followed by monthly maintenance sessions. This will allow for proper treatment of the many muscles in the complex structure of your face and neck.

However, bi-weekly or even single sessions can result in improvements. Just like any other type of bodywork, the more time you put in the greater results you will have.

If you have any questions about this technique please feel free to contact me or schedule a trial session today to feel for yourself what a difference facial bodywork can make.