



Statement of Intent and FAQs – Facial Acupressure

What is Facial Acupressure? Facial Acupressure is a 60 minute deeply relaxing treatment for the face, scalp, neck, shoulders and upper chest, using a blend of massage and acupressure.

What Are The Benefits of Facial Acupressure?

- Deeply calms the central nervous system
- Releases tension; we use our facial muscles more than any other muscles in our body
- Stimulates acupressure points and reflexes that benefits the whole body
- Increases blood supply to the face and aids lymphatic drainage
- Encourages gentle exfoliation of the skin and stimulate the production of collagen
- Beneficial for chronic conditions as it calms the nervous system and reduces the risk of contra-action to treatment.

What is Acupressure? Acupressure is an ancient Chinese healing method that involves applying pressure to certain meridian and vessel points. The meridians relate to different organ systems. Acupressure can unblock congested Qi, strengthen weak Qi and calm overactive Qi. During this treatment the acupressure points worked are on the head, face and shoulders.

What might an appointment involve? After completing the consultation forms, Grace will make contact if there are any questions. You are welcome to contact Grace to ask any questions that you might have.

****Please arrive for your appointment without make up on****

The appointment will take place on the gently heated massage treatment table and you will lay on your back in the supine position, with a pillow under your knees to support the lower back, with towels placed over the top of you. You may wish to remain fully clothed throughout, but being able to have access to the upper chest, neck and shoulder area is beneficial.



The treatment includes:

- Massage to the upper chest, shoulders and neck, gently stretching the neck and bringing space to the area. This serves as a gentle, calming start to the appointment.
- Grace will apply a cleanser to the face, to clean the face before we start, it is then removed with a hot flannel which can be left on the face for warming for a short while.
- The majority of the appointment time is spent with a gentle face massage and working the acupressure points of the face.
- Facial oil is removed at the end of the session, using a toner and cotton wool.
- At the end of the appointment, we will focus on grounding you back down using a gentle massage of the lower leg (through the towels) and a short foot massage. Grace may also use hot towels on your feet at the end.

What Products will be used?

*** Please let Grace know if you have any allergies and check the ingredients list for the products below

Grapeseed oil is used for massage of chest, neck and shoulders and Neals Yard Remedies products during for the facial parts of this treatment, please check the ingredients list of the following items:

Frankincense Cleanser <https://www.nealsyardremedies.com/rejuvenating-frankincense-refining-cleanser/12608548.html>

Frankincense Facial Oil <https://www.nealsyardremedies.com/rejuvenating-frankincense-facial-oil/11926845.html>

Frankincense Toner <https://www.nealsyardremedies.com/rejuvenating-frankincense-toner/11926844.html>



What aftercare should I follow? Grace will ensure that you are fully grounded before you leave, but it is always useful to book an appointment for a day when you don't have to rush off anywhere or deal with anything demanding afterwards. You may want to walk around outside a bit before you consider driving.

When might an appointment be contraindicated? Naturally, there are times when it might be supportive to rearrange a Facial Acupressure appointment, there are also occasions when we might need to gain the consent of your Health Practitioner before an appointment. Please see lists below and contact Grace if you have any questions

Contra-Indications to Treatment:

- Recent head injury or facial fracture
- Currently experiencing a migraine
- Recent concussion (within 6 weeks)
- Contagious skin conditions such as coldsores, conjunctivitis, impetigo
- If you have a cold, flu or fever or are experiencing sickness or diahorrea

Medical Consent will be Required:

- History of stroke or heart conditions

Grace will need to know if any of the following applies:

- Hair implants
- Botox or fillers
- Roaccutane medication
- Scar Tissue
- Skin Conditions
- Recent dental treatment



What is Facial Acupressure not? Facial Acupressure does not claim to cure or diagnose any medical conditions, nor does it replace any medical care that you are under or may need. If you have any medical concerns please consult with your Doctor or Health Care Practitioner.

Fees

60 Minutes - £50