



FACE FACTS

No need for cosmetic surgery! These needle and knife-free alternatives will boost your face, naturally

Words: Karen Young

As we grow older, the structure of our facial skin and bones gradually change, which can result in lines, wrinkles, loose skin and a lacklustre complexion.

However, you don't need to take drastic measures to give your face a much-needed boost. Instead, try these six natural therapies and DIY techniques recommended by Mary Dalglish and Maria Mason, vice presidents of the Federation of Holistic Therapists (fht.org.uk)

FACIAL MASSAGE

Whether it's in a salon, spa or the comfort of your own home, the power of a good facial treatment should never be underestimated. "Facials carried out by a professional therapist can help to boost your skin in

several ways," says Maria, who runs a multi-award-winning salon. "As well as using high-quality, results-driven skincare products to meet your skin's individual needs, the different massage techniques used when applying these will boost circulation and work the muscles in your face. Combining the two will help to nourish and decongest the skin, plus improve its overall tone and appearance. Facials are also deeply relaxing and a good antidote to stress, which can have a huge impact on our skin." Visit beautytimemariamason.co.uk.

KANSA WAND FACELIFT MASSAGE

Based on principles of Ayurveda, the ancient healing system of India, this treatment involves massaging the facial

marmas (ayurvedic acupressure points) with a simple massage tool called a kansa wand and nourishing oils. "Kansa means 'bronze' and this metal alloy is known in India as the 'healing metal'," explains Mary, a complementary therapist and training provider. "The wand can move deep into the contours of the face and around areas like the brow line, jawline and neck, where we often hold tension"

"Kneading facial skin and muscles helps maintain the elasticity of the collagen and elastin fibres, while stimulating marma points releases blocked energy. By boosting blood and lymph circulation in the face, the treatment also helps to nourish the skin and reduce congestion and puffiness." Visit head2toomassage.co.uk for more information.

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AROMATHERAPY

Aromatherapy draws on the therapeutic properties of different plant essential oils, which enter the body through the lungs when inhaled, or the skin, when applied as part of a massage blend or other skincare product. “For mature skin, cicatrissant or ‘skin healing’, essential oils are ideal, as these promote cell regeneration and are good for scars and blemishes,” says Mary. “Examples include frankincense, palmarosa, carrot seed, rose, lavender and German chamomile.

“For best results, I would blend two or three of these with a carrier oil suited to mature skin. Rose hip oil can help to reduce wrinkles and fine lines and is particularly good for damaged and dry skin. Other strong contenders include argan oil, jojoba oil and cacao oil.” Visit fht.org.uk/aromatherapy for more information.

ACUPRESSURE

Acupressure is often referred to as ‘acupuncture without the needles’, with the therapist using their fingers to stimulate acupoints on the skin and balance the flow of *qi* (vital energy) throughout the body. “Various acupressure points on the face can be incorporated into a facial massage to

address skin-related problems,” says Maria. “On an energetic level, acupressure helps to restore the flow of *qi* in the face, which may have become stagnant or blocked. On a physical level, it can help improve the skin’s tone, circulation and metabolism. It also relaxes the facial muscles, which produce lines and wrinkles when contracted – clients often don’t notice how much tension they are holding in their face until they experience the relaxing effects of treatment.” For more information, visit fht.org.uk/acupressure

ZONE FACE LIFT

Created by Ziggie Bergman, the Zone Face Lift combines different techniques to naturally lift both the face and spirit. “As well as working different reflexology points on the face, Ziggie’s treatment draws on Japanese facelift massage, crystals and other specialist sculpting tools, which stimulate the skin, muscles and nerve endings,” explains Mary. “Native American healing visualisations are also an important element of the treatment, which can help the client to let go of negative energy and leave them feeling refreshed and lighter.” Benefits of this therapy are said to include encouraging facial muscles to lift and tighten, smoothing out fine lines and wrinkles, stimulating collagen and elastin production, releasing emotions reflected in the face, and encouraging clear skin and an even skin tone. Visit zonefacelift.com for further information.

FACIAL YOGA

There are lots of different types of facial exercises and yoga, but at the core of each is a series of exercises that aim to stimulate the muscles in the face, which in turn helps to improve the skin’s appearance. “A recent study involving 16 middle-aged women found that a 30-minute facial exercise routine carried out daily for eight weeks produced a modest improvement in their skin’s appearance,” says Maria. “The areas that saw the most improvement were the cheeks. The researchers put this down to exercise-induced muscle hypertrophy (growth), which added more definition to the cheeks and counteracted changes in the skin – a little like blowing up a deflated beachball.” Visit fht.org.uk/facial-yoga for more details.

DIY face-boosters

Try these five fixes for a fresh complexion!

INSTANT EYELIFT

To relax tension in the brow and lift the eyes, try this Ziggie Bergman technique: pinch along the eyebrows from the inside outwards, pinching for one second, then moving along a few millimetres at a time towards the outsides of your brows. Repeat three times.

ROAR LIKE A LION

Inhale deeply, widen your eyes and exhale as you slowly extend your tongue out and down as far as possible (roar, if you like!). Hold for a count of 10, withdraw your tongue and relax your face. Repeat five times daily.

FANTASTIC FISH

Oily fish such as salmon, mackerel and herring are rich in omega 3 fatty acids, which are important for reducing inflammation and maintaining skin health.

STAY HYDRATED

Drinking plenty of water is essential for keeping the skin hydrated and taught, helping to reduce the appearance of fine lines and wrinkles.

SUN SENSE

The sun is a leading cause of premature skin ageing and wrinkling, even when it’s cloudy. Use products that have sun protection factor (SPF) of at least 15.

Find a professional therapist near you at fht.org.uk/findatherapist