

# TELL ME ABOUT...

IN THIS FEATURE,  
YOU WILL FIND A BRIEF  
OVERVIEW OF TWO NEW OR  
UP-AND-COMING THERAPIES

## The Reflex Resonance Technique™

Information  
supplied by  
Helen Mary  
Perkins

### WHAT IS IT?

The Reflex Resonance Technique™ (RRT) combines classical movements of reflexology with sound, balance and healing. Intuition is critical, and the therapist must rely on their skill and sensitive fingers to interpret the feel and vibration of each reflex point, and incorporate the appropriate sound to enhance the effect.



### WHEN AND WHERE DID IT ORIGINATE?

RRT was devised by Helen Mary Perkins and refined during 30 years of clinical practice. Her interest in the healing benefits of sound was inspired in part by the age-old beliefs of the aboriginal people of Australia, where Helen lived and worked for many years. As well as offering RRT to her own clients, Helen has developed a training course to share the benefits more widely. This two-part postgraduate course is accredited by the FHT.

### WHAT ARE THE BENEFITS?

Sound is carried by vibration to the part of the body in need of healing, and can bring emotional, physical and spiritual benefits. In chronic cases where there has been little or no change to an existing problem, the use of sound supports resolution. For example, a client with unresolved elbow pain had foot and hand reflexes held, with sound, over three sessions. In a relaxed state, she felt the sound directly in her elbow; by the fourth session, the pain had gone and has not returned over the past five years.

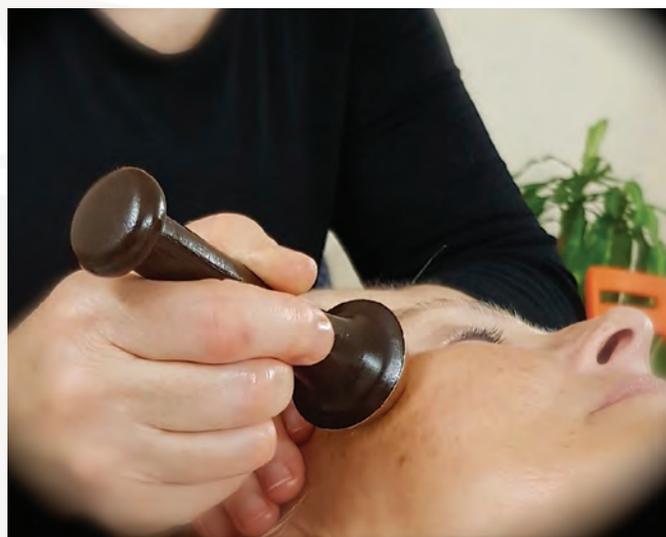
For the reflexologist, RRT is an opportunity to further develop their skills and add value to their treatment offering.

### IS IT COVERED BY THE FHT?

Yes, with relevant prerequisites. Call the FHT on **023 8062 4350**.

### WHERE CAN I FIND OUT MORE?

See a demonstration video at [helenperkins.com](http://helenperkins.com) 



## Ayurvedic kansa wand face massage

### WHAT IS IT?

This treatment integrates massage of the facial marmas (Ayurvedic acupressure points) with the use of a simple massage tool – a kansa wand – and nourishing oils. ‘Kansa’ means ‘bronze’, and this metal alloy is known in India as the ‘healing metal’. The wand can move deep into the contours of the face and around areas such as the brow line, jawline and neck, where tension is held.

The treatment was developed to address contemporary concerns about looking youthful and healthy without invasive interventions. Kneading facial skin and muscles brings nutrients to the treated area, helping collagen and elastin fibres retain their elasticity, while stimulating marmas helps release energy blockages.

### WHERE AND WHEN DID IT ORIGINATE?

Kansa has been used in Ayurvedic treatments for thousands of years, but in recent years it has been used to create massage tools for use on the face and body. The London Centre of Indian Champissage, an Ayurvedic training centre, developed this particular kansa wand treatment.

### WHAT ARE THE BENEFITS?

As well as being extremely relaxing, the treatment can help minimise fine lines and wrinkles, tighten facial contours and reduce dark circles and puffiness under the eyes. Other benefits reported by clients include clearer sinuses, relief from headaches and jaw tension, and improved sleep.

Kansa wand face massage can be used on its own, integrated into a full-body massage routine or combined with other treatments. The wand is easy to use on yourself and can form part of a daily self-care routine.

### IS IT COVERED BY THE FHT?

Yes, with relevant prerequisites. Call the FHT on **023 8062 4350**.

### WHERE CAN I FIND OUT MORE?

Visit [champissageinternational.com](http://champissageinternational.com) for more details, or see our education pull-out programme (centre pages). 

Information  
supplied by FHT  
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