



“Many of the anti-ageing options available on the market today are invasive... Finally there is a solution for anti-ageing that will not only improve the texture of the skin but also work on other aspects of the body. There are no side effects, just a beautiful, younger-looking face!”

Japanese Cosmo Lifting:

A UNIVERSAL TREATMENT

By SUE EHINGER

More and more people are turning towards a natural and healthy lifestyle and women in particular are seeking less invasive approaches for the treatment of their health issues. These women are also attracted to more natural ways of rejuvenation, and are not prepared to go down the 'botox track'; they prefer organic products and would never contemplate a surgical face-lift.

What if there were an alternative that actually worked; one that really did give a more youthful appearance that held, naturally?

Japanese Cosmo Face Lifting is a combination of various facial reflexology methods with techniques inspired by Japanese facial massage – a kind of 'facial gym'.

According to internationally-renowned reflex therapist, Lone Sorensen, who has spent 25 years developing facial reflexology and face-lifting techniques, there is no other natural technique that offers such a long-lasting face-lift as the Japanese Cosmo lifting method.

Japanese Cosmo lifting is a method affecting the body and face from the inside and combines well with the use of organic skin products, making for a very special beauty treatment.

The technique combines methods from Oriental medicine, using reflex points on the face related to the meridians, reflex zones from a South American indigenous method, Vietnamese reflex areas with Japanese methods that stimulate muscle tone, circulation and lymphatic system cleansing.

With The Japanese Cosmo lifting method it is possible to act within the body, not just the face, stimulating and balancing all organs, including the skin, the biggest organ of the body.

This is perhaps the main reason why this therapy is so effective and long-lasting. If we look carefully at ourselves in the mirror, we will see how the face reflects everything about our current and past life. The face gives it all away – if we have partied hard, not slept well, have hormonal issues or relationship problems – it is all there to see.

In Oriental medicine, each muscle in the body, face included, is related to a particular meridian which in turn is affected by certain emotional states. This is why, over time, we develop creases in different parts of the face depending on the issues involved. Those deep lines that etch themselves from the nose down to the side of the mouth show a chronic energy imbalance in the large intestine. And many of you will be aware that the crease on the bridge of the nose is related to the liver energy.

In addition, the different reflex areas of the face relate to the different organs so that, for instance, a condition such as rosacea demonstrates an imbalance in the stomach/spleen energy system.

By stimulating reflex points and areas in the face it is possible to affect the whole body, rebalance the energy systems, especially those related to that client's particular issues, and therefore release long-held and chronic disturbances. Using these reflex points it is also possible to act on the lymphatic system, obtaining a detoxification effect to cleanse the skin of the entire body, including that of the face.

As Japanese Cosmo lifting is a very relaxing treatment, all stress-related tension will disappear from the muscles of the body, including those of the face.

Obtaining good balance, relaxation and health in the body will always reflect in the face - as will poor health. It is impossible to act on one without affecting the other.

As a complementary therapist specialising in reflexology I have a natural aversion to unnecessary surgery and medications and prefer the natural approach wherever possible. My personal choice is to age gracefully, allowing my wrinkles to show the life I have lived and the wisdom I have gained, rather than spend up big on expensive so-called skin rejuvenation products or cover up with thick layers of makeup, let alone allow anything to be injected into my skin!

However, when I look in the mirror now at the age of 60-plus, I lament greatly the loss of the younger me. When I first received this form of facial treatment I was amazed how the years were rolled back and a fresh, new younger me revealed. After my second treatment, I was astounded at the response of my physical body – and at the depth of the emotional release – but more about that later.

WHY JAPANESE COSMO LIFTING?

Japanese Cosmo Lifting is one of the best non-invasive ways to rejuvenate the face and look years younger, naturally. As we age, our facial tissues slow down the production of collagen and this results in the skin losing its plumpness and elasticity. Wrinkles, fine lines, sagging skin and sun damage become more apparent, making the face look older.

Many of the anti-ageing options available on the market today are invasive such as surgical facelifts, Botox, collagen and other fillers. These can have detrimental results from 'unfortunate facelift experiences' to the toxins from injected chemicals leaking to other parts of the body. Creams and lotions have little or no serious effect.

Finally there is a solution for anti-aging that will not only improve the texture of the skin but also work on other aspects of the body. There are no side effects, just a beautiful, younger-looking face!

ABOUT THE TREATMENT REGIME

This enormously relaxing and rejuvenating one hour session is performed with a range of organic creams and oils (including 100 per cent pure rose oil) that each have a strong regenerative effect due to their natural acids. A clay facemask is applied at the beginning of the session to detoxify and deeply cleanse the skin in preparation for the muscle toning work. A second mask is also applied at the end of the treatment. The masks can be applied with each session or just once a month.

During a session the face is gently but firmly molded, resulting in a "renewed" look by lifting the facial tissue and stimulating the acupuncture points, whose action ameliorates the health both physically and mentally.

At the end of a session the face appears younger and firmer. For best results a course of three treatments a week for one month is recommended, followed by monthly or six weekly sessions to help maintain the effects and continue to boost the facial muscle tone.

WHO CAN BENEFIT FROM JAPANESE COSMO LIFTING?

Japanese Cosmo Lifting is beneficial for woman and men of all ages. For younger people, it is a great preventative regimen against fine lines and wrinkles and loss of collagen. Sessions help the skin stay firm looking and healthy. For more mature skins, Japanese Cosmo lifting works on diminishing the effects of facial ageing that presents as fine lines, wrinkles and age spots. Over a course of sessions these will fade and become less apparent.

JAPANESE COSMO LIFTING – THE ANTI-STRESSOR

Stress can affect entire body performance and cause symptoms such as headaches, digestive problems, depression, muscular tension and allergies. However, before these manifest, stress can show in your facial expressions and skin. Hormonal disorders that influence the emotional state are also reflected here. While stimulating the superior layer of the epidermis, Japanese Cosmo lifting deeply works the meridians and facial nerves, activating the zones related to the meridians and the central nervous system to achieve a complete balance in the face and body.

IMPROVING YOUR HEALTH WITH JAPANESE COSMO LIFTING

During a Japanese Cosmo lifting session, the body is able to relax and receive the stimulus on a deeper level, achieving a physical, chemical and emotional balance much faster. Immediately the effects of the sessions are reflected in the face.

BENEFITS OF JAPANESE COSMO LIFTING REGIMEN:

- Rejuvenates the face, toning and tightening hanging skin or deep wrinkles
- Has the effect of illuminating and refreshing the skin
- Helps to eliminate pigmentation spots and acne
- Improves health by a deep stimulation of acupressure points that also influences the emotional state
- Helps you look younger
- Eliminates toxins
- Energises the entire body

As a therapist who works with clients who have a variety of serious health disorders such as migraine, lymphodema, cancer and chronic back pain, I did not treat this form of facial reflexology very seriously initially and was disinclined to even attend the course. However, as previously mentioned, my second treatment changed all that.

On the massage table as a demonstration model, I began to realise something unexpected was occurring. As Lone worked firmly into the muscles under the cheekbones, I began to experience a deep sadness and had to fight it back – who wants to blubber when under the astute gaze of 20 students? After the treatment I was so incredibly relaxed and at peace – almost spacey – which, for me, is unheard of. I am a hard nut to crack when it comes to really letting go so you can see why I am no longer a skeptic. Later I researched the muscles that nearly brought me undone – both related to the lungs and large intestine; not surprisingly, the associated emotion was sadness.

It seems experiencing is believing so if you live in Australia and want that experience, email me with your location and I will try to match you with one of the therapists who attended the course, the first of its kind in this country. As with the pure form of facial reflexology, Japanese Cosmo face lifting seems to bring increased opportunities to the beauty industry at a time when many seek a more natural approach to their health and beauty. No previous reflexology experience is necessary to train in facial reflexology. **PB**
Contact: Sue Ehinger at the Australian School of Reflexology on 02 4976 3881 or go to www.reflexologyaustralia.com

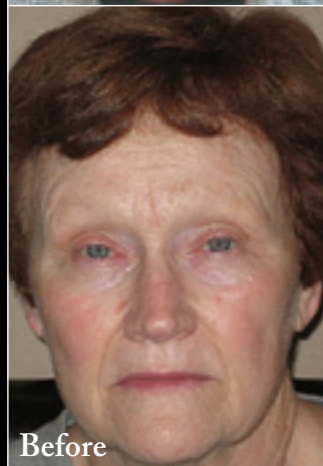


Before



After

“Stress can affect entire body performance and cause symptoms such as headaches, digestive problems, depression, muscular tension and allergies. However, before these manifest, stress can show in your facial expressions and skin.”



Before



After

