

Natural Facelift in a weekend -by Dianne Hopkins

A weekend in Sydney is an exciting prospect for me. I love the harbour, that sea breeze, the warmth, the welcome of the people and lack of responsibilities! To combine this with a weekend full of learning a fabulous new technique and hearing of how work (reflexology) is carried out overseas and the amazing positive changes it has made to many peoples life - this is what I class as a priceless weekend!

Lone Sorensen came to Sydney in 2008 to teach the "Sorensen method of Facial Reflexology" (not to be confused with the Vietnamese facial reflexology – being only a small component of the Sorensen system). It was a totally different and new way of working for me and I find it hard to remember what it was like treating clients before I knew how to work the face as Lone has taught.

A week ago, I was lucky enough to be in a class of about 20 students (including Hitomi from Japan!) learning from Lone her "Japanese Cosmo Facelift". It was hard to imagine that there could be more ways to work the face – the work we had been taught was already varied and intense. But although the facelift has many elements that we already knew the depth and emotion of the work was quite a surprise.

The technique uses hands and a couple of drops of oil (usually rosehip). It starts with NP points (neurovascular points – these are meridian points which are also nerve points) being worked. This helps clear any blockages, open up the body to healing and help with lymph flow. This step was followed by deeply working the South American Indian zones – a step we've learnt before but

with much more dynamic action. The last stage was to massage the face using Japanese style of deep work. At each point we also held meridian points and cleared lymph.

It all sounds quite simple, but trust me, it was a lot to learn and very intense, deep work. Due to the muscle work, I found receiving this awakened much more emotion for me, as does a massage. The “facelift” left me with a glowing feeling and like I’d had my whole body worked. Looking around the class there were many subtle and some amazing changes to other students’ appearances – one girl in particular looked like she had had her brow wrinkles “removed”. What a result after one treatment! Some reported back about health improvements after the weekend – quite unexpected when receiving a facelift!

I love the facial reflexology Sorensen treatment. It takes me on quite an energetic journey. Her method allows you to treat problems from many different angles – via meridian work, points, direct reflexes, energy balancing, cranial lines etc. The Japanese Cosmo Facial in itself is not so detailed, but whilst helping someone to “tonify” their appearance, you also help the persons overall wellbeing. I find it was very relaxing and releasing on an emotional level.

Lone admits to her initial reluctance to help with peoples “vanity”. Her main interest is helping those with “incurable” conditions – especially children. She soon realized the “Japanese cosmo facelift” was doing more than treating the surface. She was giving long term and long lasting health benefits to clients. In Europe and Japan they guarantee change if you have 12 treatments over 4 weeks. Then maintenance is only once in 8 weeks. So if you know anyone who is looking at Botox or surgery

– have them first try a facelift with no chemicals or knives. They may even feel better as well as look great!

In short, I loved learning and now working with this new technique. I'd highly recommend heading to Sydney next time Sue Ehinger is teaching the Facial Reflexology Pt 1 & 2. It will give you such a new scope for helping your clients. And when you can, do every facial course Sue and Lone offer – even if it sounds “cosmetic” – neither of these women teach anything with only one layer!