

# The most important facial you may ever have

*(Nov 6 2010) by Claire Rees, Western Mail*

*Taken from <http://www.walesonline.co.uk/news/health-news/2010/11/06/the-most-important-facial-you-may-ever-have-91466-27609866/>*

The key to solving many lifelong bodily problems could lie around our eyes, nose and mouth, according to therapist Laure Lajarthe. Jenny Longhurst finds out about the world of facial reflexology

OUR arms are on our eyebrows, our feet on our chin and our stomach is somewhere around the eyes. No, it's not a riddle and there's no need for any acrobatics.

The face can speak volumes about our state of health it seems, with different areas relating to different parts of the body from internal organs to the nervous system and the way we move.

That's the principle behind facial reflexology, a technique designed to identify the body's weak spots then stimulate them to bring it back into balance and allow healing to take place.

"The face is like a map," said therapist Laure Lajarthe.

It has 36 acupuncture points, Laure reveals, although no needles are used and the treatment is carried out solely with the hands.

"If I feel something in the texture of the skin in a particular spot showing an imbalance then I can work on it to encourage healing," she says.

"I see it as a luxury facial as well as a treatment although it wasn't devised for that."

But this is no facial full of lotions, potions, masks and gunge.

The relaxation starts almost at the door of Laure's cocoon of a treatment room in Plasturton Gardens, Pontcanna, Cardiff.

Flickering candles, a fragrant aroma and the softest of background music all help to create an immediate sense of pampering and peace.

"You can't fight that relaxing feeling. There's no escape from it," she says.

Her technique begins by patting the face with a warm lavender scented compress; she then uses a cleansing milk before working for 50 minutes on the acupressure,

neurological and lymphatic systems with fingers coated in a South American rosehip oil.

The oil, containing vitamins A and C, is obtained from bushes that grow wild in the Andes.

At the end, all it takes is a touch of moisturiser to finish.

“The face is constantly in use showing all kinds of different expressions and emotions so massaging helps to relieve the tension,” Laure explains.

This therapy helps to relax muscles and stimulate the circulation to bring a glow to the skin.

Some recipients have also reported a boost in mental energy and creativity.

A relatively new treatment in the complementary armoury, facial reflexology was only developed 25 years ago by Danish therapist Lone Sorensen.

In the early days, she used it to work with children with neurological problems and physical disabilities before travelling to the Orient and South America to expand her knowledge of the effects of different techniques.

As a result, she devised the method used today.

Facial reflexology can be used on men, women and children to promote gentle healing and a sense of wellbeing.

Laure reports having had good results with a variety of different problems.

“It works very well on tendons and muscle aches,” she says.

“One computer worker who suffered from repetitive strain to the elbow showed an improvement straight away.

“It can be also be good to relieve congestion, insomnia, migraine and stress and some people have said it heightens the senses, especially the sense of smell.”

Laure, who comes from the Dordogne area of France, grew up fascinated by the healing power of natural treatments and plants.

“My mum has a garden centre,” she says.

“I’ve always loved plants and working with their extracts, like oils, in holistic treatments.”

After spending some time travelling, she settled in Wales in 1990 and became a trained aromatherapist and foot reflexologist before going on to study facial reflexology with its founder.

She added it to her repertoire of holistic treatments a year ago.

“It seems to work a little bit faster than with the feet,” she said.

“That’s because it’s closer to the brain.”

In all, the technique has been designed to work on the nervous system, behaviour, thinking and motor activities as well as bringing the whole body into balance.

There are those who acknowledge positive effects after a single treatment but a course of about five is recommended for the best results.

Apart from the first session which takes 90 minutes, follow-on treatments last 50 minutes and cost £40.

For more information call Laure on 07866 974 563 or visit [www.laure.co.uk](http://www.laure.co.uk)

the Treatment improved my sense of wellbeing and created a turning point in my life

Emma Kyrle turned to facial reflexology at what she describes as “a low point” in her life and reports an improvement in her sense of wellbeing from the very first treatment.

“I was feeling stuck, not able to move on and a bit depressed,” she said.

“I wasn’t sleeping and I was suffering from a recurring ear infection.

“After just one treatment I felt uplifted and my ear felt better and after a course of six treatments over three months I felt completely different all round.”

Emma, a freelance landscape architect from Canton, Cardiff was already familiar with reflexology on the feet but observes: “The treatment and the effects seemed a lot more intense on the face than on the feet. You really switch off and relax into a very deep place.”

As well as an overall improvement in her state of health, Emma saw beneficial side effects she hadn’t expected.

At 39, she confesses: “I could feel age creeping up on me.

“This isn’t a treatment about beauty but I noticed it made my skin look much better because it seemed to tone the muscles as well.”

Emma regards those sessions as having created a turning point in her life.

“I found it a very strong treatment,” she says.

“From feeling quite emotional, run-down and stressed, I’m now much more confident and think about myself in a different way.”

encouraging relaxation

While primarily a salon treatment it’s possible to work on one or two points at home to encourage relaxation...

1. Laure shows how pressing a spot just above the middle of the upper lip for one minute is soothing and can help the body calm down.

2. The nose relates to the spine and pressing the bridge and stroking down the nose for a minute while breathing deeply should help to soothe back aches and pains.

It works well on muscle aches and can relieve congestion, insomnia, migraine and stress