

# FACE VALUE

*Each month, we send someone to try a new or unusual treatment or technique, to find out whether it works. This month, we test facial reflexology* BY NADIA MARKS

**T**he neck ache and tense shoulders I'd had for longer than I cared to remember, due to sitting in front of a computer all day, were getting the better of me. But four days of treatments at Hotel Tresanton in St Mawes, Cornwall, under the observation of medical herbalist and homeopath Mariano Spiezia, turned out to be just what I needed. I wanted to try facial reflexology, designed to stimulate facial muscles and nerves, aid blood flow and, I hoped, alleviate some of my tension.

Like foot reflexology, the facial equivalent works on the principle that certain areas of the face connect to certain areas of the body, such as the liver, kidneys or lungs and, by stimulating nerve points, or meridians, you can improve energy imbalances and general health. Where they differ is that facial reflexology works directly on the neurological systems of the brain and the central nervous systems.

Aromas fill the room – coconut and ginger to cleanse and exfoliate, rosehip and wild rose to revitalise and rejuvenate. I sink into the couch and close my eyes. The next time I open them, I'm informed that 45 minutes have elapsed. 'You went into a state of deep relaxation,' says my therapist, Graham. 'Perhaps the deepest I have ever seen.' I feel a little regret that I've missed the entire process, but apparently it is precisely during this state of deep relaxation (or sleep) that the benefits of this treatment occur.

Once awake, I feel refreshed and alert, and when Graham hands me a mirror, my face looks brighter. After four days, it wasn't surprising I went home a new woman. A simple tip given to me by Nikki, the exercise teacher, of holding my stomach and pelvic floor for a count of five, repeated three times, has also helped relieve my chronic lower back pain, and the facial reflexology eased my neck and shoulder ache and added vigour to my winter skin. ■■■

*The four-day Revive programme at Hotel Tresanton ([tresanton.com](http://tresanton.com)) costs £1,650, and runs year round. Price includes accommodation, all meals, consultation with Mariano Spiezia, daily walks, daily exercise classes and daily treatments with therapists*



## TRY THIS AT HOME

■ Facial reflexology was developed over a period of 30 years by holistic therapist Lone Sorensen, combining practices from South America, China and Vietnam. To learn more about her work and for details of therapists near you, visit [facialreflexology.com](http://facialreflexology.com).

■ For maximum effect, try using products from Mariano Spiezia's Inlight range, such as Organic Face Cleanser, £27, or Organic Line Softener, £52 ([inlight-online.co.uk](http://inlight-online.co.uk)), a balm that has been formulated to reduce the appearance of lines. These are also good for stretchmarks, scar tissue and sun damage.

## FURTHER READING

*Facial Reflexology* by Lone Sorensen (B Jain Books)

*Facial Reflexology: A Self-Care Manual* by Marie-France Muller (Healing Arts Press)