

# Choice

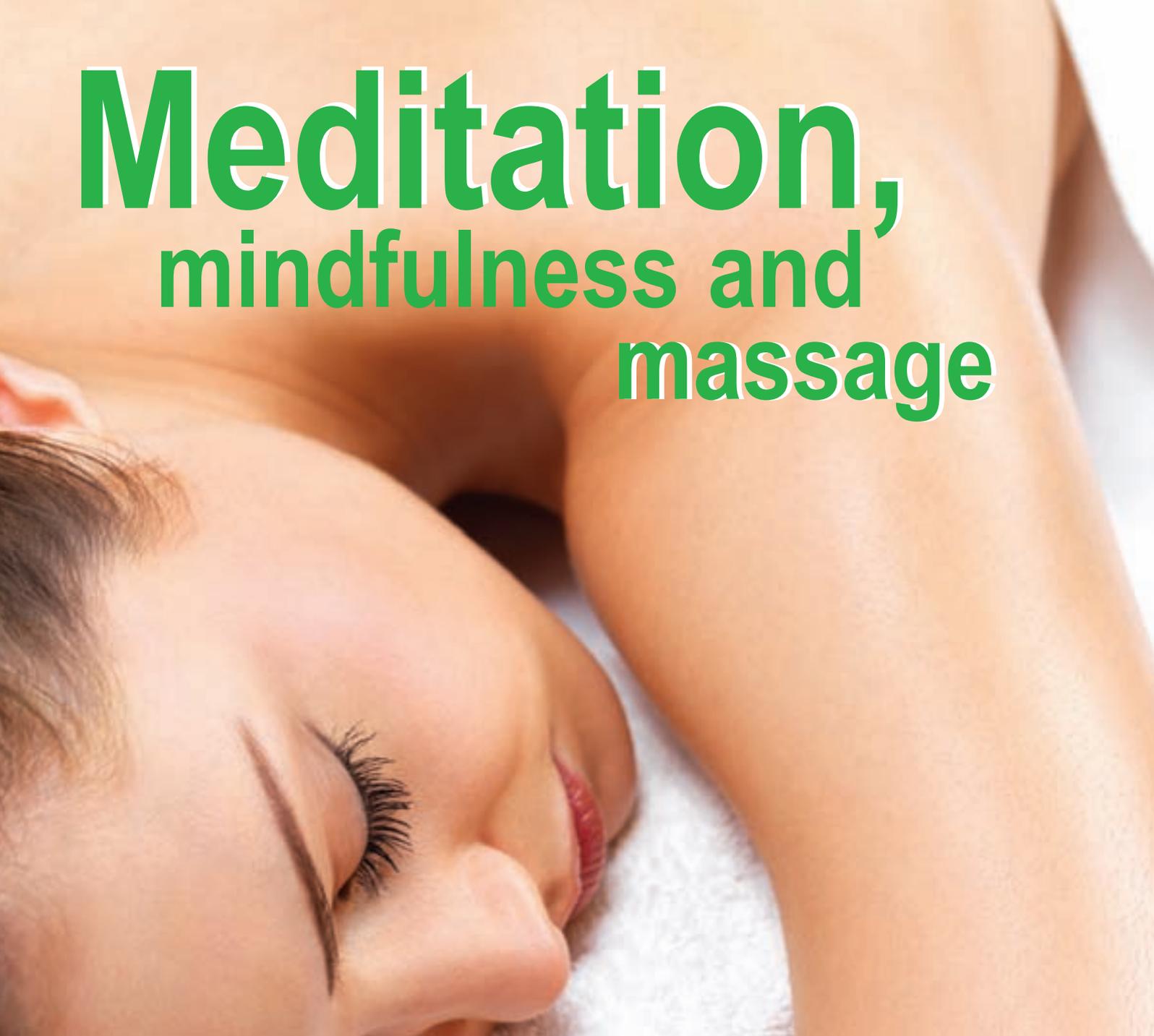
## Health & Wellbeing



[www.choicehealthmag.com](http://www.choicehealthmag.com)

The Leading Publication for Complementary Health, Education and Wellbeing

# Meditation, mindfulness and massage



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### Your Health and Wellbeing Success Starts Here!

Are you a health-conscious consumer, looking to come into the industry or looking for a suitable treatment? Find out what the experts say and read.



# Facial Reflexology

**Facial Reflexology Sorensensistem™ is a marriage of several healing systems: the oriental meridian system, facial maps of the body used by a Mapuche South American tribe in the Andes, and the study of the nervous system.**

**W**orking on the entire surface of the face except the eye lids, Sorensensistem™ therapists use no equipment other than their hands to assess the body via the face. Within a 50-minute treatment session, which can be extended, subject to the client's requirements, we have a choice of up to fifteen different facial maps to incorporate into a tailored treatment plan / session for the client.

Many of the facial maps are based on ancient healing traditions from Japan, China and Vietnam. Several more, however, have more

recently been devised by medical doctors who, having studied traditional healing methods, have incorporated their intimate knowledge of the neuro-anatomy of the brain – which of course lies just behind the face—into the treatment maps.

The face as a treatment area is so potent and effective by virtue of its close location to the brain. It is no accident that nature has placed all our sensory organs on the face. Responsible for surveying our environment for possible threats, the sensory feedback from the eyes, ears, nose, mouth and facial skin needs the shortest possible

route to alert the brain to any danger so that it can take immediate remedial action. As a result of this evolutionary development, the face is extremely rich in nerve endings, all supplying the sense organs and networking back to the control centre just behind it.

The principal oriental influence of facial reflexology is via the twelve major meridians (energy channels) that are mirrored on each side of the body. Named over two thousand years ago after what the ancient Chinese people believed to be the organs vital for life, acupuncture points lie on these meridians closest to the surface of the skin. There are thirty-five acu-points which a facial reflexologist will use during a treatment.

The Mapuche of South America are comprised of hundreds of smaller tribes, most of whom are nomadic and live in the higher reaches of the Andes. Danish reflexologists, Lone Sorensen, who devised Sorensensistem™ had the rare

fortune to meet and study with a small tribe in Argentina, whom she observed treating the face. It is this map that we use as our assessment map, which represents a reflection of all the body systems on our face.

As Lone continues to teach around the world in twenty-four different countries, she seeks out modern and traditional treatment methods and incorporates their most effective aspects into Facial Reflexology (which is continuously evolving) and her own systems of hand and foot (Praxis Vertebralis) reflexology. Indeed, we have a system of neurologically based reflexology, called Temprana, which is applied to the face, hands and feet which principally for individuals with neuro imbalances.

Equally important in our 21st century, is the appearance of the face itself. We use this area of our body to express ourselves more than our hands or any other part of our anatomy. The complex facial muscle structure is not as easily kept in tone as body muscles are. After a course of 50-minute facial reflexology sessions, the skin of the client's face appears to be brighter, more nourished and radiant too. **CHW**

© Association of Reflexologists member, **Nikke Arif MAR**, teaches **Facial Reflexology Sorensensistem™** in the UK and Ireland. In this article she introduces this powerful rebalancing reflexology therapy that works just on the surface of the face. visit: [www.aor.org.uk](http://www.aor.org.uk)

# Holistic Health

**Make a date in your diaries as Holistic Health 2012 returns to the NEC Birmingham on Sunday 13th and Monday 14th May.**

**T**he eighth annual exhibition and training congress will bring together hundreds of complementary therapy suppliers, companies and brands, showcasing the latest holistic product and treatment launches, and the industry's top education providers will gather in the dedicated Training Village.

## The Chill Out Zone

Once again, the Chill Out Zone will be offering visitors the chance to try 'taster sessions' of complementary therapies, all of which are provided by a team of fully qualified volunteers, while raising money for a nominated charity.

This year, all proceeds will be donated to Yes to Life, the only organisation of its kind which helps people with cancer access the benefits of complementary medicine. The charity empowers people with cancer by supporting them in obtaining an integrative approach to treatment; the best of complementary and alternative

medicine (CAM) with orthodox approaches to extend care, widen choice and improve results.

Any complementary and massage therapists interested in taking part in the Chill Out Zone should contact Donna Taylor at [donna@BeautyServe.net](mailto:donna@BeautyServe.net) for more information.

## Entrance Policy for Holistic Health

Entrance to Holistic Health 2012 is strictly trade-only and is free to qualified therapists, clinic owners and managers, college lecturers and students who register before 5th March 2012. Please note if registering on the day, there will be an entrance fee of £10 per person. **CHW**

© For more information and to register for free tickets, visit [www.BeautyServe.com/HolisticHealth](http://www.BeautyServe.com/HolisticHealth) or call the Ticket Hotline (24hrs) on 01332 227698.