

**Facial reflexology** is a powerful healing therapy which combines ancient cultural traditions with modern neurology.

Acupuncture points, Oriental five element theory, Meridianology, Vietnamese nerve points relating to parts of the body, South American Mapuche tribal body maps, Egyptian reflexology and modern neurological maps form the treatment.



## What happens at a treatment?

The treatment covers the entire surface of the face except the eyelids. Acupuncture points on the face are massaged with fingertips stimulating blood circulation and energising the meridians.

After feeling the skin's texture and using the South American body maps to assess which areas may indicate an underlying imbalance. Other body maps from Vietnam are used to re-address the imbalances found and together with modern neurological maps are used to stimulate motor and sensory organ functions. Additionally out of a possible 564 neurological points on the face a specific combination of nerve points are chosen and through stimulation of these nerve points it is possible to direct impulses via the central nervous system to specific organs, to improve blood circulation, balance the body's

metabolic chemistry and harmonise the emotional state. Facial reflexology is effective because it works in such close proximity to the brain and central nervous system.

**Penny Rush** trained with the creator of this therapy Lone Sorensen, a therapist of 26 years who works in Denmark, Sweden, Japan, Mexico and Spain, she has her own institute in Barcelona but also teaches facial reflexology at the Medical Faculty of Madrid. In March 2000 she was awarded three honorary United Nations awards for her work in treating disabled and brain damaged children. For further information visit [www.lonesorensen.com](http://www.lonesorensen.com)



## Facial Reflexology for Children

Facial reflexology aims to help support the mental, physical, emotional and spiritual well-being of children. The treatment aims to help improve the following:

- Self esteem and confidence
- Capacity to learn by improving attention span and concentration
- Calm hyperactivity by helping to reduce tension and anxiety
- Improve sleep patterns

It also aims to support and address the emotional needs and aspects of the children's development through puberty. Penny has

worked in various schools with children dealing with learning difficulties, emotional behavioural problems and specific medical conditions such as Autism, Aspergers, Dyslexia, ADHD, ADD and Dyspraxia. The treatment session lasts 30–45 minutes and allows time for the children to be quiet and calm, to relax and to have the focus of attention solely on them.



# This is what others have to say about facial reflexology treatment

**Belinda Knowles, Mother of Tom aged 13** - I would like to thank Penny who has treated Tom as she has done a wonderful job. It takes Tom a long time to trust someone and she has managed it in super quick time. The trust he has built up with her now enables him not only to fully relax but also to talk about things that have happened at school in a secure environment.

**Akeem Samuels of Year 8**, said "reflexology is great, it feels nice and relaxing. The reason why I like it is it helps me to sleep better and when it is being done I just feel so nice and happy and I always want to sleep. Most people might not think much of it, but I guess they will never know - I wish everyone could experience it. It works better when I am angry and upset because it calms me down and makes me feel happy."

## Appointments

Appointments can be made at:

**Wellspring Centre of Health & Healing**

20-22 Lower Brook Street, Ipswich IP4 1AL

**Tel: 01473 222290** [info@wellspring-uk.net](mailto:info@wellspring-uk.net)

