Guild News

The Premier Beauty Trade Magazine

July 2005

rénu

by Susan Molyneux

Natural science for your skin

The advanced approach to your clients' anti-ageing needs

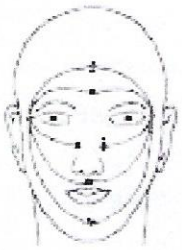
SM

Susan Molyneux

How to do an Ayurvedic Facial Massage

By Ravi Bhanot,
MRPharmS Dip (Ayurv.) Dip (Hom.) MSSChA MBChA Dip (Nut.) Director of The Ayurveda Institute of Europe

Step 1.

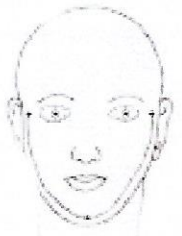


Cover your palms with light warm oil, using smooth strokes. Start from midline of chin and with hands pointing pointing towards the temples.

Step 2.

Place fingers under jaw and chin area start pressing up and releasing gently. This step helps release emotions and release jaw tension.

Step 3.



Apply pressure to the top and underside of jawbone, then stroke up the jaw line to ears and temples. Make light clockwise circles at the temple to help relieve tension in the jaw, tension headaches, reduce hyperactivity, pressure around the eyeball and improve memory.

Step 4.

Stroke firmly along the upper ridge of the jaw to the lower corners of the mouth. Make small circles again. Then stroke up along the jaw to the midpoint of the muscles that open and close the jaw. Make small circles again. Stroke up the cheeks to the temples and make small circles here. This step increases circulation to the face, relieves jaw tension and softens wrinkles by improving muscle tone.

Step 5.

Put the tips of the index fingers midway between the nose and the middle of the upper lip. Press gently. Stroke from here to just over the corners of the mouth, under the cheek bones, to the top of the ear, over the ear, following the crease where the ear is attached to the head and behind the ear lobe following the bony bump. This increases circulation to the brain, improves alertness and is a useful way of relieving dizziness or nausea or faintness. It also smoothes and prevents wrinkles by improving muscle tone at the corners of the mouth.

Step 6.

Cover left side of top of the head with the left hand. Have your right index finger just above flare of right nostril. Massage small circles here. Then stroke under the cheekbone up to the temple, over the ear and along the bony bump behind the ear lobes. This helps in asthma and bronchial congestion.

Step 7.

Place the tips of the index fingers on either side of the nose half way between the corner of the eyes and the tip of the nostrils on the nasal bones. Do small circular massage movements at a point right of the nose. Then stroke over the cheekbone. Continue over the ear following the bony bump behind the ear lobes. Repeat this procedure on the left side. This step relieves sinus congestion that causes bags under the eyes, sinusitis and eyestrain.

Step 8.

Place right index finger just below inner corner of right eye near to the nose. Have your left hand over the left side of the head. Apply gentle pressure, stroke along lower bony surface of eye socket, apply pressure all the way along. End at the outer corner of the eye between the orbit and the eyeball. Press in gently at this point. Repeat on the other side using the other hand. This step helps to relieve tired eyes, as well as bags and darkness around the eyes, and helps to improve eyesight and skin tone around the eyes.

Step 9.

Place tips of both index fingers at tip of nose. Stroke up the midline of the nose all the way to the top and branch out to either side to the point just below where the eyebrows begin on the upper bony surface that forms the eye socket. Continue along upper ridge of the orbit applying pressure throughout. End about half inch from outer corner of eye. This step increases energy to the eye socket, nose and centre part of the face, helps detoxify the effect on the liver, and relieves headache due to eyestrain.

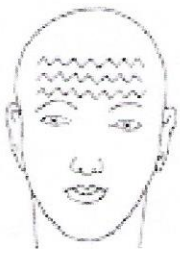
Step 10.

Start at inner end of eyebrow. Pinch along eyebrow to its outer edge with your index finger. Use your thumb and index finger to work in a rolling movement - index finger over the thumb and then the thumb over the index finger. This step releases tension throughout body especially in upper ridge of eye, and helps nourish and relax the nervous system.

Step 11

Stroke tip of nose to the third eye in a gentle clockwise manner for 60 seconds. This helps headaches over eyes, relieves emotional tension, and balances subtle energies of the body.

Step 12.



Have your head supported with one hand. With the opposite hand made into a claw like shape zig zag from left side to right side of the forehead and vice versa. Doing this increases warmth and relaxation to forehead muscles, helps build muscle tone to prevent lines and wrinkles, and improves power of concentration.

Step 13.

As in step 11, repeat the stroking procedure from the nose to the forehead up to the midline of the forehead to the hairline. Massage in small circular motions to the right and left of the hairline, over the ears and to the back of the head until the fingers meet at the base of the skull. Massage up the back of the head both sides of the midline with the same circular movements upwards and outwards. Carry on over the top of the head to the front hairline. This helps relieve headaches, relaxes and invigorates the forehead muscles and stimulates energy spots in the head.