

London School of Reflexology
Certificate in

ZONEFACELIFT™



Aims to take off 10 years in 12 weeks
FHT Accredited for Non-Reflexologists

(Pre-requisite: Level 3 massage or complementary therapy)

COURSE DATES IN 2017:

Sunday 16/7, Sunday 23/7, Saturday 12th & Sunday 13th August, Sunday 24/9 2017

Regents College, Regents Park 10am - 5.15pm Cost £599

YOU MUST BE AVAILABLE FOR ALL COURSE DATES LISTED ABOVE

BONUS: MARKETING MODULE INCLUDED

'A spiritual facial...unlike any other, the results were immediate!' - Sunday Express

'A contender for London's best facial treatment' - Beauty Editor Sarah Vine

Zone Face Lift has been getting rave reviews already this year in Tatler, Telegraph, Sunday Express and the Daily Mail. Ziggie Bergman who the Daily Mail called 'Facial Reflexologist to the stars' will share her kinder, holistic approach to helping women naturally look and feel their best. The FHT accredited Zone Face Lift CPD training (FOR NON-REFLEXOLOGISTS) is a special 5 day practical course just for you. You will learn to apply a full Zone Face Lift treatment and on completion of the training and case study you will be able to offer the Zone Face Lift Programme treatments.

The ultimate 'non-surgical face lift', Zone Face Lift naturally aims to lift your face and spirits and combines the very best and most effective ancient and modern techniques including Bergman Method Facial Reflexology¹ which aims to balance every organ in the body, Japanese facelift massage which works by freeing constrictions both within the facial

¹ (This is **not** a separate Facial Reflexology certification if you are not a trained reflexologist . You would need to train as a reflexologist first to offer this as a stand alone treatment).

muscles and in the connective tissue, healing quartz crystals, “holistic facial” with hot towels to hydrate and nourish the skin, healing visualisations to release emotions held in the face and advanced facial tools including Guasha and rollers which helps “iron out” wrinkles and stimulate collagen and elastin tightening and sculpting the jawline, helping to lift and reduce any puffiness. It is a gentle, non-invasive, approach to looking younger which aims to offer a glowingly radiant complexion even after the very first treatment.

The five day Zone Face lift CPD course for *non-reflexologists* will include:

Day 1 - An introduction to Facial Reflexology and how it works which includes learning a basic 6 point sequence to revitalise.

Day 2 & 3 - You will learn Bergman Method Facial Reflexology which forms part of the Zone Face Lift treatment. (This is **not** a separate Facial Reflexology certification. You would need to train as a reflexologist first to offer this as a stand alone treatment).

Day 4 - Introduction to the 12 week Zone Face Lift programme and how it works by metaphorically peeling away the layers to let go of emotions held in the face. You will learn how to apply a holistic facial including hot towels, cleansing and exfoliating the face, and concluding with an organic facial mask. You will also learn how to safely use advanced facial tools such as gua sha and facial rollers which will speed up results.

Day 5 - The Zone Face Lift Massage combines the very best and most effective original movements including galloping horses and scissors technique, Japanese facelifting methods as well as Tapotement, Champissage, Friction, Effleurage, Percussion, Petrissage and Vibration. This day will include learning to use quartz healing crystal spheres, as well as understand the benefits of using simple organic facial oils which will help enhance the treatment and provide a luxury experience for your clients.

Case Histories - To qualify students will complete three Facial Reflexology case histories x3 people x3 times after day 3 and one complete Zone Face Lift Programme case history treating x1 client for the full 12-week programme to include before and after pictures you will use in promotion. These need to be weekly treatments or as close to this as possible to get maximum results.

BONUS: Marketing Module (Included for a limited time)

“An all-natural alternative to botox with internal benefits to boot” - Hip & Healthy

On completing this course you will be awarded with a certificate in Zone Face Lift.

COURSE BOOKING FORM

I wish to confirm my place for **Zone Face Lift 2017 course for NON-REFLEXOLOGISTS** and I enclose my fee of £599 to Z Bergman

(Please print your name, course and dates of course on the back of your cheque) Places are limited

Name.....

Address.....

.....

Phone Numbere- mail

Where did you hear about this course?.....

We require a copy of your professional therapy qualification attached to your registration.

Please return your completed application form to:

Ziggie Bergman, Flat 1, 61-63 Holmes Rd, London NW5 3AN

Tel: 07429 441 124 www.zonefacelift.com

Terms and conditions are the same as the (ABC Diploma) course. We do not give refunds and can offer an available alternative date for courses cancelled with 12 days' notice before the course date