

# London School of Reflexology Certificate in



## ZONEFACELIFT™

*Aims to take off 10 Years in 12 Weeks*

**Recommended by**

**TATLER COSMOPOLITAN BAZAAR The Telegraph**

**2017**

**DATES:** Saturday 29th & Sunday 30th July or

Saturday 2nd and Sunday 3rd Sept or

**Monday 13th and Tuesday 14th November** (*following the Advanced FR on 12th November useful for those travelling long distances for training*)

**TIME:** 10am -5.15pm **COST:** £245

**LOCATION:** Regents College, Regents Park, London

**Includes:** **Bonus ZFL Marketing Module (extended for a limited time)**

**PRE-REQUISITE:** Bergman Method Facial Reflexology and Advanced Facial Reflexology CPD courses for qualified Reflexologists only

*“A Spiritual facial treatment...unlike any other” Sunday Express*

Beauty is an inside job! The Zone Face Lift promotes a kinder, holistic approach to helping women naturally look and feel their best. We hope your clients have already experienced the unique benefits Bergman Method Facial Reflexology with a focus on wellbeing. The Zone Face Lift training has been created to help you take the anti-aging aspects of this amazing treatment to the next level to get great results inside and out.

The Zone Face Lift CPD training is a two day practical course with a bonus self-study marketing module. 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 and treatments.

The ultimate “all natural alternative to botox” - Hip & Healthy, Zone Face Lift aims to lift your face and spirits and combines the very best and most effective ancient and modern techniques including Japanese facelift massage which works by freeing constrictions both within the facial 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 two-day Zone Face lift course will include:

**Day 1** - An introduction to the 12 week 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 2** - 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.

**Bonus Online** - Our self-study module focusses on how to promote your new Zone Face Lift 12 week Programme, what your clients can expect at each stage, and also includes downloadable templates with marketing advice and how to get in the press to boost this new aspect of your practice.

**Case History** - Students will complete one case history treating one 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.

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

Taught by Ziggy Bergman winner of the AoR award for Excellence and innovation in modern facial reflexology and considered the ‘UK’s leading Facial Reflexologist’ - Mail on Sunday

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

---

### COURSE BOOKING FORM

I wish to confirm my place for **Zone Face Lift** on: .....

and I enclose my course fee of £..... to **Z Bergman**

*(Please print your name, course and dates of course on the back of your cheque)* Places are limited. Alternatively email for bank transfer details.

Name .....

Address.....

.....

Phone Number .....e- mail .....

**We require a copy of your facial reflexology certificates 1 & 2 attached to your registration form or confirmation of dates registered.**

Please return your completed application form and payment to:

**London School of Reflexology, 13 Brookfield Mansions,  
Highgate West Hill, London N6 6AS**

**Tel: 07429 441 124   www.zonefacelift.com**

Terms and conditions are the same as the London School of Reflexology’s ABC Diploma course. The school does not give refunds and can offer an available alternative date for courses cancelled within 12 days’ notice before the course date