



# London School of Reflexology

Certificated CPD Course in



## FACIAL REFLEXOLOGY

*To Reduce Stress for Health and Wellbeing with Ziggie Bergman*



**DATES:** Sunday 15th October or Saturday 11th November or Sunday 3rd December 2017 or Sunday 4th February Saturday 24th March 2018.

**VENUE:** Regents University, Regents Park, Inner Circle, London

**COST:** £120      **TIME:** 10am-5.15PM

Pre-requisite: For qualified (level 3 minimum or equivalent) reflexologists only

This fascinating, hands-on practical day will enable you to learn all the skills you need to provide a Facial Reflexology treatment to reduce stress for health and wellbeing. This is a wonderful specialist skill to expand your reflexology practice and offer an attractive treatment to your clients and to build up your client base and reputation. The unique benefit of Facial Reflexology is that not only does it aim to help clients improve their health and wellbeing, it also can help them to look better, younger and have a healthy glow on the outside.

The face provides a beautiful and precise tool to read what is going on within the body's internal organs, central nervous system and neuro-biological system. You will learn about how to use special therapeutic techniques, Facial Reflexology tool, massage movements and specific reflex points and learn an effective Facial Reflexology treatment. This distinct specialist area of reflexology will offer you a sought-after skill and qualification to expand and complement your clinical practice.

Bergman Method Facial Reflexology is built on a combination of Native American techniques and Asian body maps that chart the reflex points on the face, combined with Zone Theory making it easier to grasp for Reflexologists. The face's proximity to the brain is key to the effectiveness of manipulating facial reflex points which directly connect to the body's neuro-pathways. Facial Reflexology can be a wonderful therapy to help identify reflexes out of balance and to help your clients improve their health and well-being.

As an added benefit to the treatment session, the face will feel and look smoother and more toned as you increase the circulation and help to release muscle tension. Some clients call it their 'mini facelift' by helping to improve skin tone and promote lymphatic drainage.

You will be provided with ground-breakingly clear and simple Face Reflexology charts and sequence notes, along with a specific Facial Reflexology Consultation form. We will be working on Facial Reflexology points to help relieve a number of stress-related ailments to help your clients receive the benefits from Facial Re-

flexology. This course will allow you to add new skills to your repertoire and treat your clients with a totally new approach.

You will be taught by Ziggy Bergman Winner of the 2017 Excellence Award for Innovation in modern Facial Reflexology for the method you will learn.

**On completing this course you will be awarded with a Facial Reflexology Certificate.**

\* This course and Advanced Facial Reflexology are pre-requisites for the Zone Face Lift CPD course.

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## COURSE BOOKING

I wish to confirm my place for **Facial Reflexology** on: .....

*(Write the date above)*

and I enclose my course fee of **£120** to Z. Bergman. Please write your name and course on the back of cheque. We require a copy of your Reflexology qualification attached to the registration form.

Name .....

Address.....

Phone .....Email.....

**How did you hear about this course**.....

Please return your completed application form to:

**Ziggy Bergman**

**1 Prince of Wales Rd, Flat 12**

**London NW5 3LW**

www.learnreflexology.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 before 10 days' of the course date.