

# Facial Lymphatic and Pressure Point



Cheryl advocates an holistic approach to all facial treatments, incorporating dietary information and ideas for a healthier lifestyle, along side recommended products to reinforce the treatments at home.

Aromatherapy and Phytotherapy are at the heart of all skincare. Their natural benefits are essential to preserve the balance of the skin, giving vitality and freshness. The deep and rapid diffusion into the epidermis of the essential oils results in the highest performing natural anti-ageing skincare .

All facials incorporate a deep cleanse and tone, followed by exfoliation, aromatic cool steaming, application of specific treatment oils, and Cheryl's lymphatic and acupressure point facial massage routine. An extensive neck and shoulder massage is also included to ensure all areas of tension and fatigue are addressed. Resulting in accumulated toxins being dispersed thus clearing a sluggish skin. The techniques are modified to address the clients individual needs, with prescriptive products selected according to skin type. All conditions are provided for with the application of a prescription mask and protective treatment creams to conclude.



**Cheryl's acclaimed Facial Lymphatic and Pressure Point therapy is internationally renowned through her Seminar Programmes with the Federation of Holistic Therapists.**

# Module 1 Facial Lymphatic and Pressure Point

<p><b>Practical Content Includes;</b></p> <p><b>Preparation</b>          Client consultation          Record cards          Hygiene          Preparation of the couch and trolley</p> <p><b>Cheryl Cole's lymphatic drainage facial massage</b>          Specific drainage routine          Head, neck and shoulder routine          Specified acupressure points          Aftercare advice</p>	<p><b>Theoretical Content Includes;</b></p> <p>Theory of lymphatic drainage massage          Meridian therapy          Acupressure points used in the routine          Facial Diagnostics          Contra-indications          Contra-actions          Uses in therapy          Physiological effects</p> <p><b>Facial Anatomy and Physiology</b>          The skin – review          lymphatic nodes and drainage          Blood supply and capillary exchange</p>
---	---

## Module 1a Facial Lymphatic and Pressure Point

(For candidates without a facial qualification)

<p><b>Practical Content – As above plus</b></p> <p>Skin analysis,          Cleanse and tone          Exfoliation          Cool steaming - Pulveriser          Mask therapy          Moisturiser</p>	<p><b>Theoretical Content – As above plus</b></p> <p>Facial Preparations          Pulveriser, uses, effects and safety          Basic mask therapy          Skin types</p> <p><b>Facial Anatomy and Physiology</b>          The skin - (structure and functions).          Blood supply to the head and neck          Lymphatic drainage to the head and neck          Capillary exchange          Bones of the head, neck and shoulder girdle          Muscles of the head, neck and shoulder girdle</p>
---	---

### Duration of course;

3 days (Module 1) This is arranged 2 days intensive tuition and an additional day at a later date for assessment and consolidation. The assessment day is booked whilst on the course to suit your requirements.

4 days (Module 1a). This is arranged 3 days intensive tuition and an additional day at a later date for assessment and consolidation. The assessment day is booked whilst on the course to suit your requirements.

### Course Requirements;

Candidates need to hold a recognised beauty or holistic qualification prior to enrolling on the course.

### Candidates will need to bring;

- Salon Overalls
- A file with divider cards and pen and paper. A comprehensive training manual is included. All tools and equipment will be provided for the course, however candidates will need their own appropriate preparations for their case studies.

### Course Dates Available

Courses organised on a continuous rolling basis.

Please phone for availability and to arrange dates. Tel 01487 830971