

FACIAL RADIANCE

Facial radiance uses specific massage techniques of the face, neck and chest using essential oils. These are adapted specifically to the individual needs of the client. Special attention is given to the face.

WHAT ARE THE BENEFITS?

This treatment can benefit all types of skin helping:

- Regeneration of cells
- Reduce wrinkles and facial lines
- Reduce inflammation
- Enhance suppleness of the skin
- Reduce acne and marks
- Improve skin exposed to the sun
- Improve muscle tone and vitality of the skin
- Improve circulation and lymphatic drainage
- Reduce dark circles around the eyes
- Help anti-aging and give a more youthful look
- Reduce stress
- Bring a total feeling of relaxation and well-being

A face lift without surgery!

SWEDISH BACK MASSAGE

This treatment is specifically designed to work out tension in the back, shoulders and neck areas. With the physical and mental stresses of everyday life these muscles are very susceptible to problems. Regular treatments can help maintain a healthy upper body and bring about a feeling of total well-being.

Benefits include:

- Helps disperse toxins from tense and knotted muscles.
- Reduces muscle fatigue
- Brings a total feeling of well being.
- Helps maintain a healthy upper body
- Relaxation of upper body muscles



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Complementary therapies

Reflexology

Facial radiance

Swedish back massage

Treatments for tired legs

Hot stone therapy

Chocolate wrap

Facial (100% natural)

Indian head massage

Hopi ear candles

Reiki

Chinese foot baths

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ASSOCIATION OF
REFLEXOLOGISTS



Fédération Française des Réflexologues

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REFLEXOLOGY

Reflexology is an ancient healing art known to man for many thousands of years. It was first practised by the early Indian, Chinese, Egyptian and Grecian people.

First introduced to the West in 1913 by the American surgeon Dr. William Fitzgerald who divided the body into 10 vertical zones, ending in the fingers and toes. He concluded that reflex areas on the hands and feet are linked to other areas and organs of the body within the same zone and that pressure on one part of a zone could affect everything else within that zone.

His work was furthered by Eunice Ingham in the 1930's who refined the theory into what is now known as foot reflexology. She observed that if congestion or tension in any part of the foot was treated, there could be a relaxing or healing effect on the congestion or tension in a corresponding part of the body.

As reflexology treats the whole person to maintain peak health it has helped many people with a vast range of health problems including;

Sleeping problems, migraines, arthritis, general lack of energy, constipation, digestive / nervous problems, menopause, depression, painful period and all stress related illness.

Benefits include:

- Relieves stress and tension
- Improves blood supply and circulation
- Promotes the unblocking of nerve impulses aiding a balancing of the systems in the body
- Helps nature achieve homeostasis leading to whole body well-being

FACIAL 100% NATURAL

These ingredients come from the most luxurious flowers of France. The philosophy is based on the alternative medicine, naturotherapy. The use of these ingredients provides the perfect complete facial treatment.

REIKI

Reiki is the simple yet powerful technique of healing using energy channelled through the hands of a practitioner. Thought to have originated in Tibet, Reiki was re-discovered by Dr Mikao Usui and introduced to Japan in the 1880's. While Reiki is spiritual in nature it is not a religion. There is nothing you must believe in order to learn, give or receive Reiki.

HOT STONE THERAPY

This treatment was practised by the American Indians for therapeutic benefits and is widely used today for total relaxation of body and mind.

They are known for helping;

- Reduce stress, tension and promote relaxation
- Alleviate tiredness and aching muscles

CHOCOLATE WRAP

Using natural products, indulge in this energising wrap bringing total relaxation to the body.

TIRED LEGS

This wonderful relaxing therapy using oils and/or hot and cold stones revitalises tired legs giving a total feeling of well-being.

INDIAN HEAD MASSAGE

Indian Head Massage is part of the ancient healing system of Ayurveda - the science of life, which is probably the oldest recorded form of medical treatment dating back thousands of years. It has played a very important role in Indian life as a principle method of relieving pain and healing.

It focuses on the upper body, back, shoulders, neck and head; the areas most vulnerable to stress and tension.

Indian Head Massage disperses toxins from tense and knotted muscles, improves blood circulation and helps oxygenate the brain. It relieves stress through inducing a state of calm, peace and tranquillity and promotes a high level of alertness and concentration.

HOPI EAR CANDLES

Hopi candles are named after the Native American Hopi Indians who first introduced this gentle therapy to the modern age. The Hopi people are renowned for their extensive knowledge of healing and their spiritual lifestyle.

The candles are still made today following the traditional formula originating from the Hopi Indians. Ingredients include beeswax, honey and sage.

Ear Candling relieves pressure and pain, mainly in the ear and head area. It is soothing and helpful for conditions such as headaches, compacted ear wax, sinus problems, ear noise (tinnitus) and more, and is a very relaxing therapy in its own right.