



A Facial Touch  
Program for  
Rejuvenating  
your Body  
and Spirit

THE  
**NATURAL**  
FACE-LIFT

LINDA BURNHAM, N.D.

# Natural Face Lift A Facial Touch Program For Rejuvenating Your Body And Spirit

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## **Natural Face Lift A Facial Touch Program For Rejuvenating Your Body And Spirit:**

**The Natural Face-lift** Linda Burnham,2004 Presented here are instructions for self care routines and beauty rituals that use only gentle natural products as alternatives to Botox and harsh chemical cosmetics The author a naturopathic physician teaches ways to restore a youthful appearance to the face and release wrinkles while relaxing and restoring the entire body Aided by color photos she describes how to touch and gently massage specific facial areas in ways that replenish the skin while also nurturing the body and revitalizing the spirit Combined with daily recommended cleansing and moisturizing routines the author discusses the use of soaks and masks Special routines are recommended for specific problems such as aging skin Emphasis is on pure natural ingredients for both external and internal use Here is the key to a natural face lift for beauty and general well being Approximately 300 photos      **Forthcoming Books** Rose Army,2003-12      **The British**

**National Bibliography** Arthur James Wells,2005      The Natural Face-Lift Linda Burnham,2003 Any woman can look and feel younger by using the technique of facial touch presented in this book This guide shows you how to locate and activate the 12 major nerve centres on the face and neck Gentle touches and sweeps using your hand and fingers open energy flows and nerve pathways to ease contractions in the facial muscles balance organ systems and release a free flow of vital body energy reveals the secrets of deep relaxation along with techniques to soothe and heal troubled skin and natural alternatives to Botox and harsh cosmetics      *EastWest* ,1988      **New York Magazine** ,1996-12-23 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea      **Prevention** ,2006-03 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness health nutrition recipes anti aging diets

East West Journal ,1986      *New York* ,1996-12      **Atlanta** ,2003-08 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region      **Los Angeles Magazine** ,2003-09 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism

and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian Los Angeles Magazine ,2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian The Advocate ,2001-08-14 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States *Indianapolis Monthly* ,2001-12 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape

*Los Angeles Magazine* ,2001-02 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

**Ancient Secrets of Facial Rejuvenation** Victoria Mogilner,2006 This natural skin care program is designed around the principle that the face reveals what the body feels It incorporates whole body healing to prevent and counteract signs of aging without surgery or harsh chemicals and at no cost Derived from massage aromatherapy acupressure and traditional Chinese healing arts these gentle techniques produce a more youthful face and lead to a healthier lifestyle The book describes the layers of the skin and its function as one of the body s major organs and shows how to use touch and massage on the facial pressure points to improve the appearance of the skin and the health of the other organs The simple techniques take just minutes to do and are easy to include in regular morning routines like putting on makeup or shaving Breathing exercises routines for specific problems and affirmations to rid the body and mind of toxins round out the book Facial Gua Sha Clive Witham,2021-08-31 Facial Gua sha is an elegant anti aging beauty technique from the world of Chinese medicine which involves targeted light scraping techniques on your skin to help enhance and rejuvenate your face and help to combat and prevent frown lines worry lines eye bags crow s feet smile lines and other signs of aging In this revised edition of the classic Facial Gua sha book Clive Witham author of the Gua Sha Facial Gua sha and Holographic Gua sha series brings

his expertise to show you how your body can influence your face and how you can activate the vitality of your skin and muscle tone through ancient Chinese ideas of the natural world With sections on Gua sha tools an introduction to Ecology in Motion and over 100 colour illustrations he comprehensively shows the muscles channels and points involved in each part of the face and then how to complete five Gua sha sequences on your face head body arms and legs to optimize your whole face and neck area With this ecological approach to beauty now you can unlock your potential and look and feel your best both on the inside and outside Clive Witham LAc MSc is a licensed acupuncturist and health promotion specialist He is director of the Komorebi Institute creator of Ecology in Motion and author of various popular Gua sha books published in 5 languages He has used Gua sha professionally for over 20 years and runs the Gua sha Center in Barcelona Spain      **Ancient Secrets of Facial Rejuvenation** Victoria J. Mogilner, 2010-08 Presents a holistic alternative that nourishes the entire body This natural skin care program provides simple techniques that help counteract signs of aging through facial acupressure an ancient practice derived from Chinese med The Acupressure Facelift which involves lightly pressing certain points on the face takes only minutes a day and can easily be incorporated into morning routines Presents strategies for attaining outer beauty and inner well being including Acupressure techniques for conditions from stomach cramps to sinus pain Healthy nutrition from the Chinese perspective Simple ways to live in harmony with the seasons Essential oils and aromatherapy for younger skin and vitality and Info about tai chi qigong and self massage to stay energized      *The Face Lift Massage: Rejuvenate Your Skin and Reduce Fine Lines and Wrinkles* Narendra Mehta, Kundan Mehta, 2012-07-10 Find out how to give yourself a natural facelift with this illustrated guide to the art of face massage Discover the revolutionary non surgical techniques that slow down the ageing process iron out wrinkles tone tired skin and leave you feeling relaxed and rejuvenated      Facelift Naturally Julia M Busch, 2006-10 The pursuit for a youthful face is more than a sign of vanity It is a manifestation of the desire to be healthy and feel good FaceLift Naturally unites these ideas into a beautiful full color guide to natural face care This book tells us how to give oneself a natural face lift using your hands to nourish and beautify the skin It shows how to reduce worry lines relieve unwanted stress and uncover inner radiance without any scars pain and expense Step by step instructions illustrate how to do a full facial massage Unlike other books in the market Facelift Naturally presents custom designed weight bearing exercises that tighten facial muscles and improve definition This is a great book for men and women alike It illustrates that a lot can be done above and beyond focus on expensive and invasive surgery This book is elementary for multiple alternatives such as facial exercise breathing and facial massage It successfully combines the acumen of ancient oriental manipulation arts and the best of contemporary neuromuscular massage

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