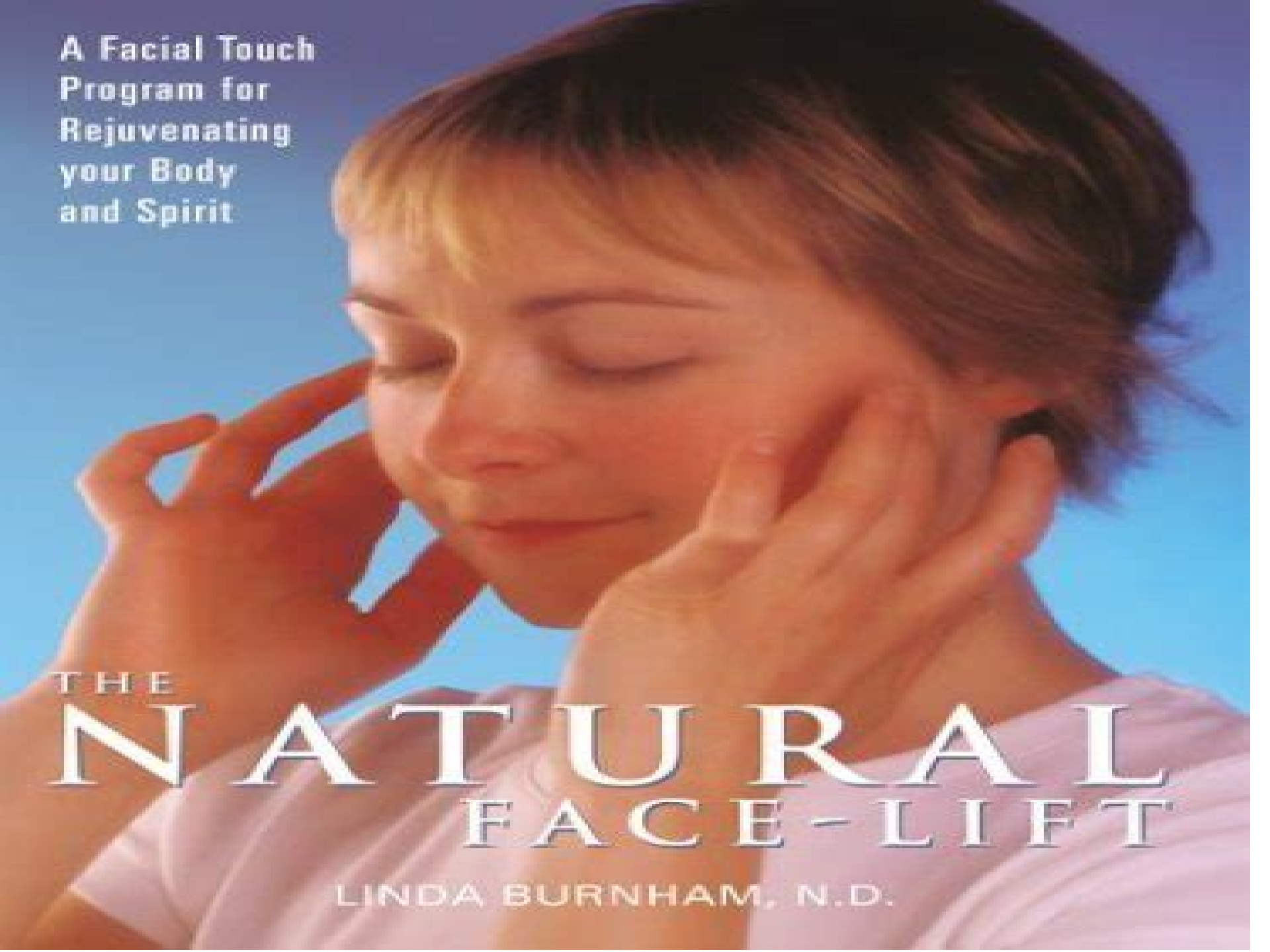




A Facial Touch
Program for
Rejuvenating
your Body
and Spirit

THE
NATURAL
FACE-LIFT

LINDA BURNHAM, N.D.

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

Linda Burnham



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

Forthcoming Books Rose Army,2003-12 **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 **The British National Bibliography** Arthur James Wells,2005 **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 **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 *East West Journal* ,1986 **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 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

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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