

SPANISH FACELIFT MASSAGE

The goal of the Spanish facelift massage is to make it better and easier for anyone looking to acquire a younger looking skin without going through aggressive and expensive alternative procedures such as Botox, laser resurfacing, fat injections and even plastic surgery.

As time passes, our facial muscles and skin begin to feel and show the hardships of daily stress, pollution, and sunlight exposure through fine lines, wrinkles, sagging eye brows and dull complexion.

The Spanish facelift massage has become very popular because of its simplicity and effective results. If you are interested in looking younger while increasing circulation and muscle tone with a safe and effective procedure in such a way that no one can tell but can see visible results, it is time to give the facelift massage a chance to work for you.

Spanish facelift massage involves firming, lifting, and contouring treatments that restore the skin radiance while toning the muscles. Because massaging penetrates the deeper layers of sensitive facial skin and underlying muscles, it increases circulation and repairs the damaged skin. It is proven ideal for skin that is beginning to show loss of tone; it can iron out small wrinkles, remove puffiness and swelling.

Spanish facelift massage has a deeply relaxing and therapeutic effect that can relieve symptoms of temporomandibular joints (TMJ) and sinus problems, improves lymph drainage, breakdown of constrictive tissue to supply more glide and movement to the protein fibers, and increased circulation.

Since muscles have memory, repeated sessions are required to keep the face taut and youthful, therefore, the more stimulation you give to your face, the greater the results. We recommend at least 10 consecutive massages.

SIDE EFFECTS

During the first few sessions the body starts a cleansing process. Because massage improves lymph drainage it may cause the skin to irritate and toxins may surface which may cause the skin to breakout.

It may increase blood pressure which might experience a healing crisis. The healing crisis is a series of reactions the body may go through while it rids itself of toxins being released by the massage. Some of the reactions may be severe headaches, a feeling of flu or cold symptoms during the following 24 hours after the massage session.

After the massage, it is recommended to clean your face with cleanser of your choice (soap, toner, etc.) by opening your pores and help your skin breath. If your skin very dry, apply some light lotion or cream of choice this should minimize the effects of this reaction.

After the massage it is recommended to have an Epsom salt hot bath for at least one half hour and a cool shower at the end. Make sure to drink at least eight 8oz glasses of PLAIN CLEAR WATER

CONTRAINDICATIONS

- high blood pressure
- blood or lymph issues
- heart issues
- heavy acne or other skin conditions

The above information is for your knowledge of what may occur during any of the massage sessions. Signing this form informs you and me that you are aware and understand the procedure, reactions and contraindications.

PRINTED NAME

DATE

SIGNATURE