

Indian Facial Rejuvenation (Natural Face Lift Massage)

Diploma Course accredited by the
London Centre of Indian Champissage International
(LCICI)

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ABOUT... Indian Facial Rejuvenation (Natural Face Lift Massage)

A natural facelift through massage, the treatment is designed to be a gentle non-invasive approach to looking younger. It works primarily by freeing constrictions both within the facial muscles and in the connective tissue.

Tension can build up within our facial muscles from the pressures of everyday life without our realising it. It can be easy for certain thoughts and emotions to become habitual, locking themselves into expressions on our faces - sometimes over the duration of a whole lifetime. Under such conditions muscles can actually “dry up” and contract, inhibiting freedom of expression. This can encourage ageing and the formation of wrinkles as the face loses its muscle tone and elasticity and begins to sag.

Through gentle massage of the face, we can help to delay the ageing process. This is achieved by using simple massage techniques and energy balancing, thereby giving the facial muscles a lift and a new lease of life.

This is a precise healthcare modality, working the face systematically, releasing deep-seated tensions, freeing layers of muscle and connective tissue so that there is space for the muscles to relax, encouraging an opening so that micro circulation and elimination can begin again and the tissues can glide smoothly over the deeper layers of muscle and bone. Although it is difficult to stave off the ageing process, we can do much to extend the appearance of youth and beauty by using simple, natural and effective massage techniques and energy balancing to take care of the assets we possess.

To achieve optimum results facial exercises are tailored to the client's specific needs along with general lifestyle advice.

ABOUT... the London Centre of Indian Champissage International (LCICI)

The LCICI was established in 1995 by Narendra Mehta and Kundan Mehta to provide the highest standards of education in Indian Champissage™ (Indian Head Massage) and subsequently Natural Face Lift Massage™ or Facial Rejuvenation. Narendra is the pioneer of Indian Champissage and the author of the book 'Indian Head Massage'.

Kundan Mehta, Narendra's wife, has pioneered the delivery of training in Facial Rejuvenation which, since its introduction in 2000, is rapidly becoming one of the most attractive and popular therapies for the 21st century.

Your Diploma will be issued by the LCICI after passing a practical assessment and multiple choice exam (in Littlehampton) in addition to successfully completing five case studies. The awarding of the Diploma means you are deemed competent in using the techniques and considered capable of offering others the benefits of the training. Diplomas are only issued as a reflection of the ability to perform the techniques and a full grasp of the subject matter.

The LCICI strives for excellence in maintaining and developing training standards.

ABOUT the Tutor

Carol is qualified to practise Reflexology, Natural Facials, Ear Candling, Indian Head Massage, Reiki, Seated Chair Massage, Holistic Massage, Hot Stone Fusion and, of course, Indian Facial Rejuvenation. She has a City & Guilds teaching qualification and teaches various one-day courses.

She works from a dedicated treatment suite in her home in Littlehampton's Beachtown conservation area.

She qualified with the LCICI as a therapist at the beginning of 2005 and then as an accredited Tutor in June 2006. Carol has assisted Kundan Mehta teach courses in the London Centre and has also worked with her at exhibitions in London.

ABOUT the Venue

The course is taught at 3 Western Road, a Georgian townhouse in the Beachtown conservation area of Littlehampton, West Sussex, just two minutes walk from the sea.

There is a large open-plan kitchen and dining room in which to take breaks, as well as a pretty walled garden.

It is suggested that for convenience students bring a packed lunch each day (there is a micro-wave available for heating food) which can be eaten in the dining room or the garden if weather permits.... or taken across to the beach. There are one or two cafes within walking distance and a small general shop and a newsagent at the end of the road.

There is usually street parking nearby.

HOW TO GET HERE...

We are about 15/20 minutes walk from Littlehampton Station, or about a £4 taxi ride. I would recommend the latter on the first day.

You may be interested to know that there are three houses in our road with the number 3 on them! Ours is at the western end, 2nd from the corner, a grey house with white garage door.

ABOUT the Course

The aim of the course is to provide a comprehensive grounding in the theoretical basis and practical application of Facial Rejuvenation (Natural Facelift), so that students will be able to use the techniques as a principal part of their professional practice.

COURSE STRUCTURE

DAY 1

- Introduction
- Background
- Benefits and Contra-indications
- Technique Practice
 - Preparation
 - Pressure Points
 - Initial Releases
 - Smoothing Out Tension

DAY 2

- Facial Exercises
- How Facial Rejuvenation works
- Technique Practice
 - Connective Tissue Release
 - Revision

DAY 3

- Theory / Facial Rejuvenation & your body
- Technique Practice
 - Healing Pulses
 - Revision

DAY 4

- Guidance for Case Studies & Exam
- Technique Practice
 - Lymphatic Drainage
 - Finishing Procedures
 - Full Treatment Revision

Students will be provided with a comprehensive manual. Recommended reading is 'The Face Lift Massage' by Kundan & Narendra Mehta (£8.99, isbn 0-00-715741-X) which is available from the LCICI and Amazon.

TIMING: The course will take place between 10.00 & 17.00 each day.

DATES : please refer to web-site or call Carol on 01903 719012

CLASS SIZE

A maximum of 6 students per class will not be exceeded so as to keep the standard high and allow the tutor to monitor personal progress and development. Students will work in pairs during practical sessions.

At the end of the four days students will receive a Certificate of Attendance issued by the LCICI.

The LCICI Diploma is only awarded to students who have completed the course, successfully passed the required written exam and practical assessment, and submitted 5 detailed case studies (having given six treatments of one hour to each person) with an overall summary of minimum 500 words.

EXAMINATIONS

The exam is taken in two parts over one day:

- One hour practical assessment
- One hour multiple choice paper

There is no fixed period of time for the completion of the case studies and home study, although a minimum period of three months is advised. When the student has done the required work and feels that he or she is ready, an exam date can be arranged with the tutor on a mutually convenient basis.

COURSE FEES

Course Fee: £365 *

Exam Fee: £55 (to be paid on the Exam day)

- * *The attached application form must be completed and sent with a deposit of £100 to secure your place on the course, the balance to be paid two weeks before the start date.*

Cheques should be made payable to: **CAROL ANDERSON**

In the event of a course being cancelled by Carol Anderson, any fees paid by the student will be refunded. In nearly all other circumstances they will not be refundable. This is because when your application is accepted, arrangements are made on the assumption that you will join the course, including preparing your course materials and turning away other applicants for your place.

INDIAN FACIAL REJUVENATION

Course Booking Form

(Please PRINT your details clearly)

Name: Date of birth:
(as you would like it to appear on your Certificate)

Address:.....

.....

.....

Telephone (home & business):.....

E-mail:.....

Website:.....

Details of qualifications currently held:

.....

.....

I wish to attend on:.....

(Please phone or email before sending to check availability of places)

I enclose a cheque for £

Where did you hear about this course?:.....

Please complete this form, and send it with your cheque made payable to CAROL ANDERSON to the following address:

Carol Anderson
3 Western Road, Littlehampton, West Sussex BN17 5NP

For any further information please phone 01903 719012
or e-mail at mail@carol-anderson.co.uk