

Holistic facial

Learning objectives

This chapter covers the following:

- **what an holistic facial is**
- **skin types**
- **skin care products**
- **preparing for an holistic facial**
- **carrying out a skin analysis**
- **basic face reading**
- **cleansing**
- **facial massage**
- **adaptation to massage**
- **masks**
- **contra actions and after care**

This chapter will look at a useful addition to the treatment repertoire – a service that can be given when many others may be contra indicated for health reasons.

The holistic facial will improve the texture of the skin, increase circulation and encourage cellular activity and rejuvenation. It will both stimulate and soothe the nerve endings of the skin. It is also a wonderful way to relax and promote a sense of well-being. This facial uses technique rather than complex and expensive products; nevertheless it still achieves fantastic results.