

Facial Reflexology

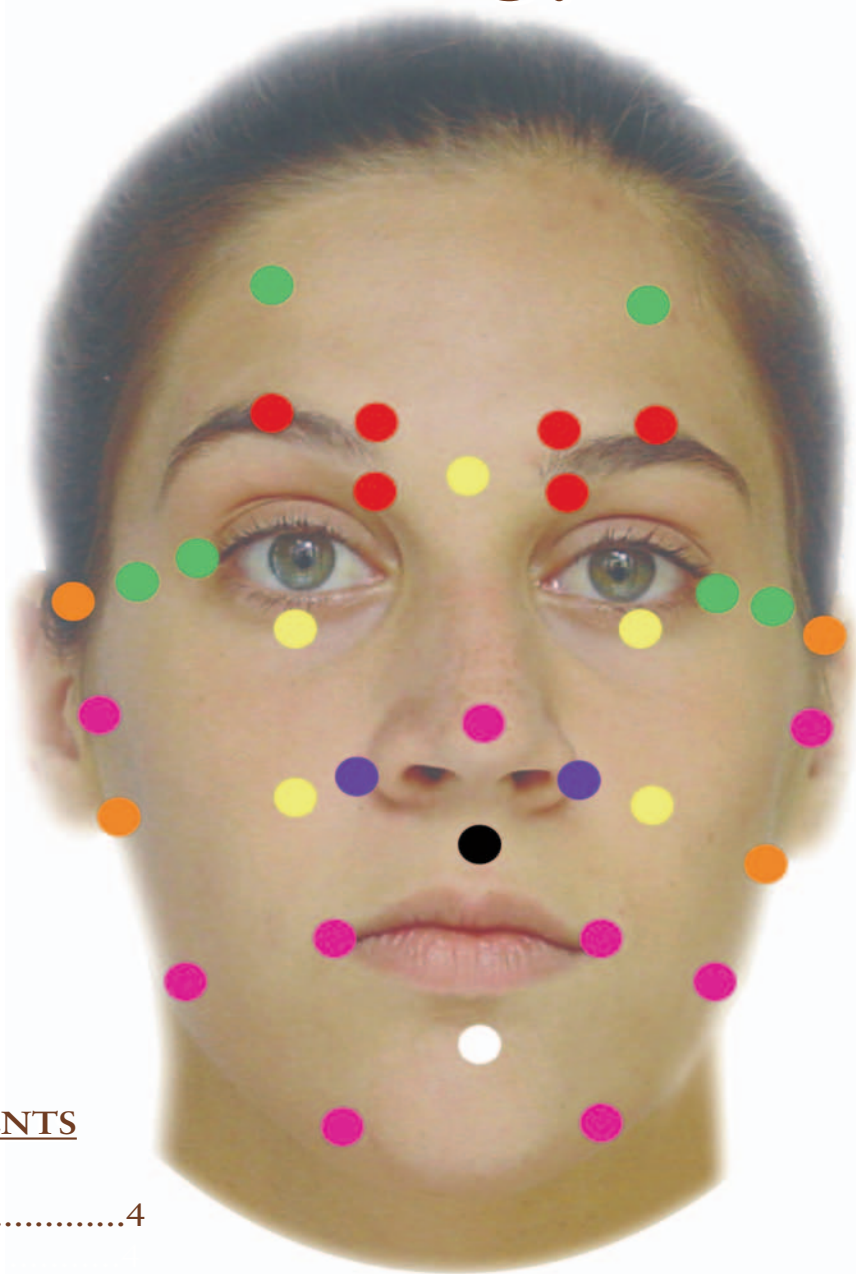


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Greetings From Team RAC

I hope that, by the time you are reading this, spring has arrived and you have put the memories of this long, cold winter behind us. It is amazing how the arrival of sunshine and warmer days brings renewed vigour to almost all of us and helps us push forward with our various endeavours.

Throughout the winter TEAM RAC has been working hard, on behalf of each and every member, and, bit by bit, is moving forward with new plans and initiatives to benefit members. We thank you all for your commitment to RAC and to reflexology.

Plans for the 2008 AGM and Conference are coming together well and members are beginning to reserve their place at what promises to be the biggest and best ever RAC AGM and Conference. With 3 full days of workshops, training, and speakers from all over the world, the 2008 Conference will offer wonderful opportunities for learning and also for meeting and sharing with fellow reflexologists from across Canada and beyond.

We have worked hard to ensure that the Conference is affordable for all and, at just \$299 plus tax for members with early bird bookings, we believe it will be wonderful value for money. Don't forget that, for the first time ever, we are offering a layaway plan that enables members to save a little each month toward the conference costs. RAC has also negotiated hotel rates in order to help ensure this event offers the very best value to each and every RAC member.

The Conference is important but, in many ways, the AGM represents one of the most important activities in the Association's year. It is the time for every member to express her/his views and to influence the direction in which RAC will move in the future. RAC

encourages each and every one of you to attend if you can.

Everyone at TEAM RAC wishes you the best as you head in to Summer and reminds you that, for RAC, the answer is YES. You need only to ask the question – we are here to answer and to ensure that your member service experience is a great one. ❖

Mot de bienvenue de l'Équipe-ACR

Au moment que vous lisez ceci, j'espère que le printemps soit arrivé et que vous ayez mis de côté les souvenirs des journées froides de cet hiver beaucoup trop long. Il est étonnant à quel point l'arrivée du soleil et des journées chaudes fait renaître la vitalité chez la plupart d'entre nous et nous aide à poursuivre nos projets variés.

Pendant l'hiver, l'équipe ACR a concentré tous ses efforts sur le développement continu de nouveaux plans et de nouvelles initiatives dont profitera chaque membre de l'ACR. Nous vous remercions de votre dévouement à notre association et à la réflexologie.

Les plans de l'assemblée générale annuelle et de la conférence 2008 commencent à se préciser et les membres ont commencé à réserver leurs places pour ce qui se révélera sans doute la meilleure et la plus grande conférence ACR jamais. Offrant trois jours complets d'ateliers, de formation et de discours de participants du monde entier, la conférence de 2008 présentera non seulement des occasions d'apprentissage mais également la chance de rencontrer et de partager ses expériences avec des réflexologues de partout au Canada et d'un peu partout au monde.

Nous avons fait tous nos efforts pour que la conférence soit abordable pour tous. À 299 \$ (taxes en sus) pour les membres réservant d'avance, nous croyons offrir de grande valeur à petit prix. Et n'oubliez pas que, pour la toute première fois, nous offrons un plan

Mot de bienvenue de l'Équipe-ACR

de paiement par versements permettant aux membres de payer mensuellement une partie des frais de conférence. L'ACR a également négocié le prix des chambres d'hôtel afin d'assurer que cet événement offre le plus possible à chacun de ses membres.

La conférence est importante mais, à bien des égards, pour l'Association, l'assemblée générale annuelle s'agit d'une des activités les plus importantes de l'année. C'est le moment où tout membre peut exprimer son point de vue et influencer la direction future de l'ACR. L'ACR encourage chacun de ses membres à y assister si possible.

L'équipe ACR vous souhaite un été plein de succès et vous rappelle que, pour l'ACR, la réponse est OUI. Vous n'avez qu'à poser la question. Nous sommes toujours à votre disposition pour répondre à vos questions et pour vous offrir un service exceptionnel. ❖

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The **RAC** Board met in a special strategic planning session during the weekend of April 18-20. Many areas were covered and the results of the meeting are now being mapped so that members can be presented with the overall plan later in the year. Meanwhile, one of the things that was agreed was to replace the existing Mission Statement with a new one as follows -

*To take the reflexology profession and **RAC** members to the highest level of excellence and unity through education, innovation, communication and advocacy.*

The Board believes that this statement better states the intent of **RAC** and its commitment to the future.

In keeping with the Board's policy of maintaining and improving standards throughout the profession in Canada, four Value Statements have been created as a guide to the values, philosophy and conduct of the Association and its members:

RAC

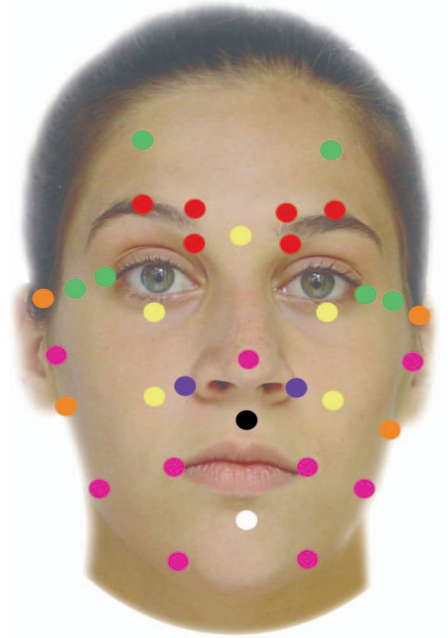
1. Encourages excellence in service;
2. Embraces the values of trust and respect;
3. Is committed to the continual development of professional standards and education; and
4. Recognizes its accountability to the profession, members and general public.

Facial Reflexology

Author: Lone Sorensen is a therapist trained in reflexology, acupuncture, kinesiology and neurology and has 30 years experience in the field of reflexotherapy.

She teaches reflexology therapies, laser-therapy and anatomy and established the initial three foot and face reflexology schools in Argentina. Ms. Sorensen also established a school in Copenhagen, Denmark and Gothenburg, Sweden. At the present time, Lone Sorensen, teach her techniques in Spain, Denmark, Sweden, Finland, Italy, Poland, England, Ireland, Holland, Argentina, Australia, Mexico, and Japan.

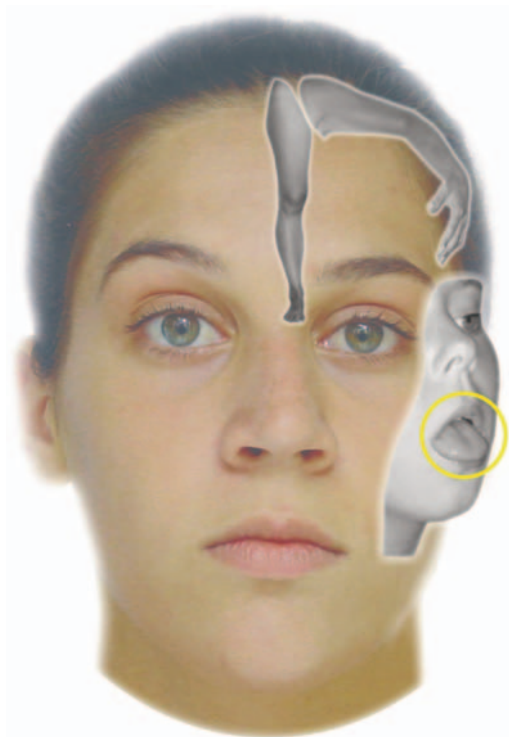
Ms. Sorensen is fascinated by the face primarily because of its proximity to the brain. Early experimentation, using a combination of foot reflexology and facial acupressure on children with special needs, yielded such remarkable results that it started Lone on a quest to develop a healing



Courtesy L. Sorensen Lopez

Step 1 stimulates acupuncture points that have a triple function: A nerve point, a capillary point and an acupuncture point.

therapy on the face. Her facial reflexology techniques have evolved over the course of 30 years. The result has earned her three honorary awards from the Argentinean office of the World Health Organization in 2001.



Courtesy L. Sorensen Lopez

Facial Area for the Brain Cortex

FACIAL REFLEXOLOGY

Facial Reflexology is a therapeutic method that combines the use of several healing systems including the Oriental meridians, acupuncture points, South American facial maps and clinical neurology. Utilizing these systems on the face also addresses four of our five senses: smell, hearing, sight, and touch. It is a very natural technique that is free of toxic factors and very relaxing.

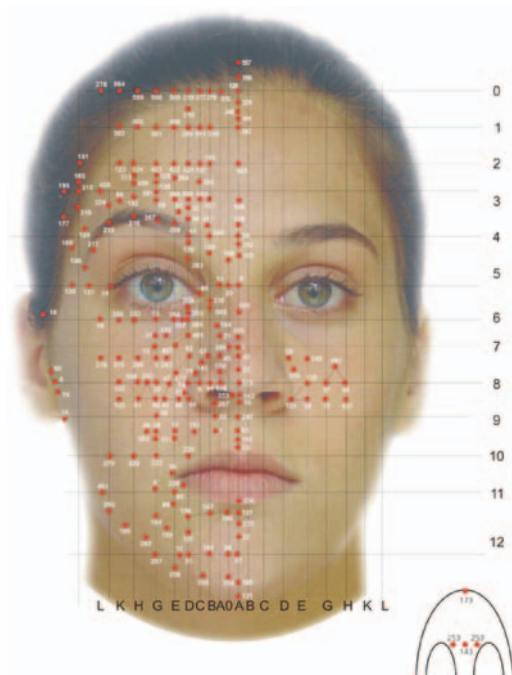
Facial reflexology can also improve the appearance of the face. The treatment helps improve circulation in the skin, resulting in an improved colour and better skin tissue and muscle tone.

Facial Reflexology (cont.)

Facial reflexology can also have a positive impact on other skin problems including liver spots, rosacea, acne, and eczema. It can also help achieve a state of equilibrium in the body's organic physiology, circulatory system, lymphatic system, etc., through the stimulation of points and reflex zones in the face. In addition it can be used to help deal with emotional symptoms such as anguish, mental lethargy, memory loss, insomnia, etc.

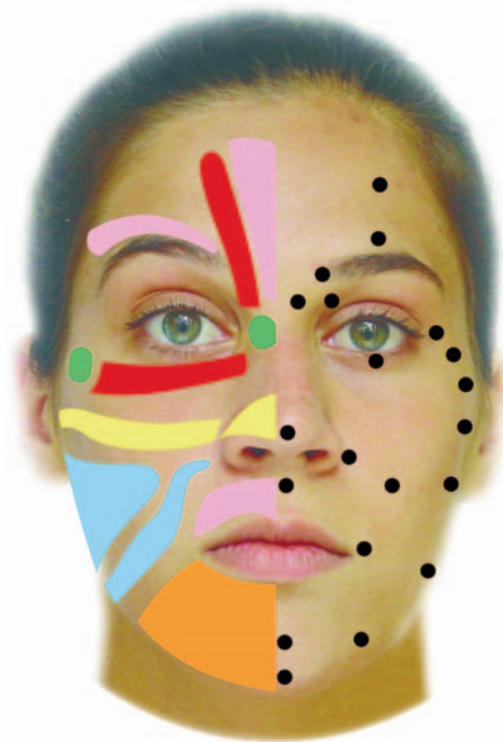
Facial Reflexology can be applied as a holistic and preventative treatment but also works as a post-surgical treatment by regulating the wound regeneration process and the organic reactions produced by the surgery or the anaesthetic.

Facial Reflexology is an auxiliary therapy that had its origin in ancient oriental medicine and was later researched, and



Courtesy L. Sorensen Lopez

Neuro Face Points



Courtesy L. Sorensen Lopez

*Facial Step 1 and 2:
Step 1 Acupuncture points for manual stimulation
Step 2 Zones from aboriginal facial stimulation method*

CONFERENCE LAYAWAY PLAN

In recognition of the financial pressures that can sometimes make Conference attendance more difficult, RAC is introducing a *Conference Layaway Plan*.

RAC members can make monthly deposits, in amounts of \$10 or more, in to a layaway account from now until 2008 registration closes. The total amount saved will then be applied to the registration fee with any balance being returned to the member in order to help cover hotel and travel costs.

Start saving now and take the pressure off!

Contact **Alana Friesen** at 1-877-722-3338 or alana.rheanne@reflexolog.org for details and a sign up form. The sign up form is also available at www.reflexologycanada.ca.

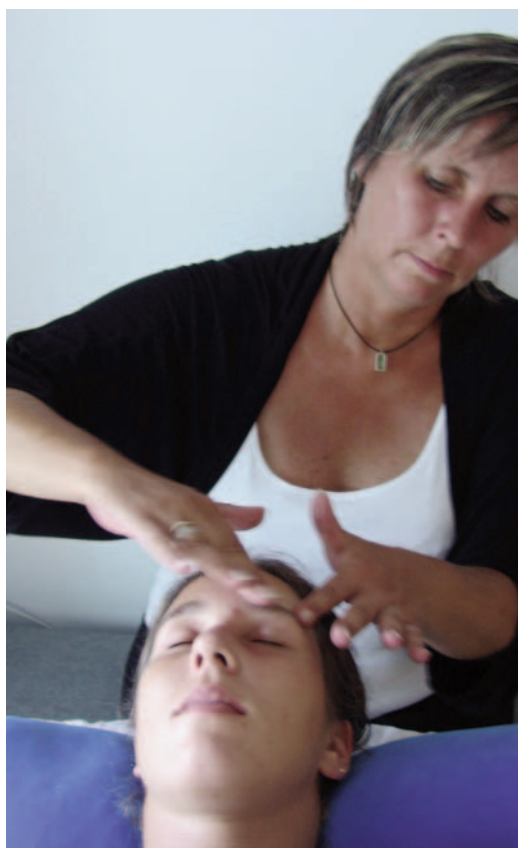
**See you in Montreal,
November 7 to 11, 2008!**

Facial Reflexology (cont.)

modified, by European and American doctors.

Facial Reflexology is practiced by means of seven basic zonal treatments and involves a thorough look at the face for visual indicators that vary from patient to patient. It also involves a stimulation of the neuro-biological system and the central nervous system by pressing specific points along the meridians, and on zones that stimulate blood flow. The primary effect is a deep overall relaxation and secondary effects include a relaxation of the muscular and nervous systems.

A cutaneous-nervous reflex is reached through the manual stimulation of points and specific zones or areas. The impulse reaches other segments of the peripheral nervous system and the vegetative nervous system through the



Courtesy L. Sorensen Lopez

The author working with facial reflexology (Step 2)

reticular formation. As a result it reaches skeletal muscles, articulations, the bones, etc., and both the organs and visceral parts. As a result, a particular pressure, on specific points or zones, will affect on the neuro-motor and the neuro-vegetative systems. The results are governed by the release of neurotransmitters and endorphins.

The stimulation achieved by this technique is highly specific. Facial Reflexology can also be used as a preventative method. Many altered signals can be detected at an early stage on the zones of the feet and can give the practitioner an indication of which of the systems is suffering from dysfunctions.

A basic treatment procedure comprises seven basic steps and as many as six additional protocols which are used to tailor an individual treatment session to the client's health requirements. Treatment begins with rotation work on the thirty-five facial points.

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Facial Reflexology (cont.)



Courtesy L. Sorensen Lopez

Author working with a 2 year old suffering with Bulemia.

Each of the facial points meets three criteria they are an acupuncture point, important blood circulation areas, and rich in nerve endings.

There then follows an assessment of the entire surface of the face (except the eye lids) for deposits within the deeper dermis layer of the skin. A slow, deep massaging movement explores facial body maps (based on those used in the Andes by a nomadic tribe called Peuhenche). These maps are aligned with neurologically rich areas of the face that also connect with the various systems of the body. A five-scale grading system is used to assess the worst of the deposits and the area concerned dictates the focus of the rest of the treatment session.

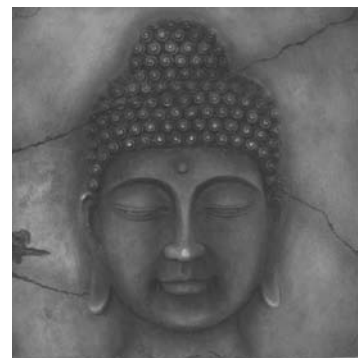
Stimulation, using three Oriental facial maps that address the nervous system and physical body, follows and culminates in the seventh and last stage of the treatment – a delicious harmonizing face massage that unites the mental, physical and emotional aspects of the body. Additional procedures include the use of cranial lines, acu-points, hormonal balancing, a choice of 564 facial nerve points and muscle stimulation.

The face reflexologist is trained using Rose Hip oil from the Andes because of its healing properties. The rose essence that has been added to this oil provides beneficial aromatherapy qualities. Music therapy (principally using music by Mozart, Schubert, and Verdi) is also used to stimulate the auditory sense. Twelve Chinese Meridians (which are colour-coded) provide the important visual stimulus during a treatment session.

It is, finally, the sense of touch (that of the therapist's fingers and the client's own physical sensations) that are the most important part of the treatment. It is through this sense of touch that the therapist is able to assess the client's health status.

For more information on Facial Reflexology contact the author at sorensensistem@post.tele.dk. ❖

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La fin de semaine du 18 au 20 avril, le conseil de l'ACR a tenu une séance de planification stratégique. Les sujets de discussion étaient multiples et l'analyse des résultats de la réunion est maintenant en cours pour qu'ils puissent être présentés aux membres en sein du plan global plus tard dans l'année. Cela dit, un des points discutés était le remplacement de l'énoncé de mission actuel par le suivant :

Que notre profession, ainsi que les membres de l'ACR, visent un niveau supérieur d'excellence et d'union par le biais de la formation, de l'innovation, de la communication et de la sensibilisation.

Il est de l'opinion du conseil que cet énoncé cerne mieux les objectifs de l'ACR ainsi que son engagement à son avenir.

Suivant la politique du conseil relatif au respect et à l'amélioration des normes s'appliquant à la profession au Canada, quatre Énoncés de valeur sont proposés afin de guider les valeurs, la philosophie et la conduite de l'Association et de ses membres:

L'ACR

1. encourage un service exceptionnel;
2. valorise la confiance et le respect;
3. s'engage au développement continu de normes professionnelles et d'initiatives de formation;
4. reconnaît ses responsabilités envers la profession, ses membres et le grand public.

2008 CONFERENCE & AGM MIDTOWN HOLIDAY INN, MONTREAL • NOVEMBER 6 to 10, 2008

- SPEAKERS INCLUDE

- BERYL CRANE – MERIDIAN THEORY
- DR MARTINE FAURE ALDERSON – CRANIO-SACRAL REFLEXOLOGY
- LONE SORENSEN – FACIAL REFLEXOLOGY
- CHRIS STORMER
- FARIDA IRANI - Ayurvedic specialist, aromatherapist, and Bowen teacher



- ADDITIONAL SPEAKERS TO BE ANNOUNCED COVERING

- WORKING WITH PREGNANT WOMEN
- WORKING WITH INDIGENOUS OILS OF QUEBEC AS HEALING TOOLS
- FELINE REFLEXOLOGY

- TRADE SHOW AND DISPLAYS

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- LONE SORENSEN – RÉFLEXOLOGIE FACIALE
- CHRIS STORMER
- FARIDA IRANI – Spécialiste Ayurvédique, Aromathérapeute, Enseignante de la Technique Bowen

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For submission guidelines contact
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Les soumissions d'articles provenant de membres risquent de gagner un prix de 500,00\$ ainsi que la cotisation annuelle des frais de membres. Les détails de ce prix d'écriture se trouvent à la page web : www.reflexologycanada.ca

Un guide au sujet des soumissions est disponible.
Contactez 902.442.3882 ou editor@CanadianJournalOfReflexology.com.

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November 7 - 11, 2008

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