

# Pure Harmony

WELLBEING & BEAUTY CLINIC

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## Energetic Facial Release

Our faces constantly reflect how we feel. A clenched jaw, furrowed brow and dark circles around the eyes are all tell tale signs of the emotional highs and lows that occur in daily life including stress, frustration or anxiety, all of which not only affect our facial muscles, but impact on our general health and wellbeing too.

The Energetic Facial Release is a gentle massage that uses a combination of specially formulated body cream (except in the case of allergies), specific hand positions and massage techniques. This tender approach offers the opportunity for buried tension and/or pent up stress to gently dissolve from the facial muscles, cheekbones, jaw and brow.

As the facial muscles begin to release, so corresponding muscles in the neck, shoulders and torso follow suit, prompting the whole body to surrender to this tender healing session.

Energetic Facial Release sessions are deeply nurturing and often leave the person feeling as if he or she has had a face lift as the facial muscles, freed from tension, regain their natural shape and equilibrium.

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Information & Booking

Pure Harmony

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# The Principles and Origin of Energetic Facial Release

This tender, powerful healing technique has its origins in an ageless ancient practice dating back to Ancient Egyptian times. During this period, strict rules prevented women having their bodies touched hence depriving them of any form of healing.

Consequently the Energetic Facial Release evolved as an unobtrusive form of massage that tenderly addresses issues buried in the face and body by working with the energetic and nervous system connections that unite them.

Brought through by Universal Medicine Healing Therapies, Energetic Facial Release can be a stand alone session or part of a deeper Esoteric Healing or Esoteric Massage session.



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