

Face-lifting Massage



With Rosenberg Technique of Facial Massage your face will not only look better...

After an hour's relaxing, gentle and pleasant facial massage, you will experience how effective the Rosenberg Technique can be. You will be able to see results in your face and enjoy a feeling of well-being in the rest of your body.

Your face is the mirror of your soul. Every moment of your life, you create, often unconsciously, a facial expression from the dynamic balance between all of the muscles of your face.

Most children begin with an open, natural and smooth face - but in the faces of many adults, we see a deeply wrinkled, barren mask, which might express tiredness, sadness, anxiety, or irritation. Seldom do we see people who look truly happy. With Rosenberg Technique, it is possible for you to let go and release expressions etched from a lifelong collection of unhappy feelings - and to get back to the relaxed state that you experienced long ago.

When psychologists try to find out what most people consider to be essential for a beautiful or handsome face, there are often 3 qualities that are most often mentioned: that the face is relaxed, symmetrical, and lively. By "lively", they mean that the face changes responsively and without conscious control when you communicate with another person.

By eliminating the accumulated stress from your skin and muscles, your face will look more relaxed.

... You will get a more vibrant and healthier skin

The structure of the skin is in 3 layers.

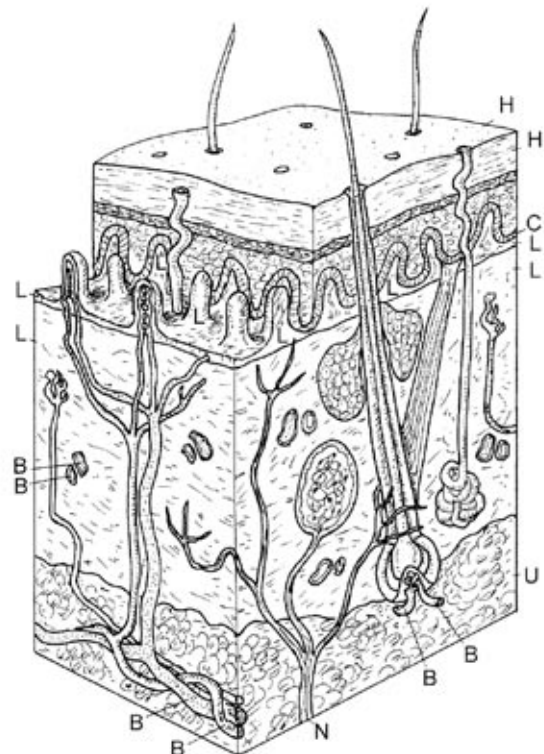
The outermost layer (R = epidermis) is built up of skin cells. The deepest lying cells in the outer layer make up the "basal layer" (C). These cells divide rapidly and the newly formed cells migrate up towards the surface. These cells die on their way up and eventually are scraped off, wash off, or wear off.

Both the middle layer (L) and the deepest (D) of the skin's 3 layers are connective tissue. Connective tissue is composed of living cells, collagen and elastic fibers, and a kind of jelly.

In the middle layer, there are many small blood vessels. They carry nourishment to the skin cells in the outermost layer. Tension in the middle layer can press these fine blood vessels and thus prevent the nourishment to reach up to the living skin cells in the outer layer. These skin cells become starved. The skin dries out and loses its vital appearance.

To counter that, many people use a lot of time and money on creams and lotions to try to give their skin a better appearance. These preparations can prevent the dead and dying cells in the outer layer from drying out completely, but they cannot feed the living skin cells in the basal layer (C).

Rosenberg Technique creates a lasting effect on the middle layer of skin. That layer has many nerve endings. These nerve endings, when stimulated with a special touch and in an exact direction, cause the middle layer of the skin to relax. Thus, you are insured the necessary circulation of blood to the skin cells. Your face will have a natural color and your skin will feel soft and elastic.





Before



After

When we look more closely, everyone's face is asymmetrical. But to what degree is it asymmetrical? Everyone tenses some muscles more on one side of their face and other muscles on the other side. The more tension in the facial muscles, the more asymmetrical someone will appear. These unique treatments will reduce the level of tension in all of your facial muscles, and the two sides of your face will come to look more alike.

An important factor when we look at another person is their capacity to give us a response. If their face is frozen in a stiff mask, they do not give any response in communication with other people. They seem to be unmoved, uninterested or unfriendly. It is not the large movements, but the small, fine movements, which mean so much. Therefore, plastic surgery is less that ideal. An operation not only takes the wrinkles, but unfortunately also stiffens the face even more - pretty in a photograph, but tight and without life. By contrast, Rosenberg Technique of facial massage makes your skin more elastic, your muscles have a better tone and your facial expression will be more vital and attractive.

... but you will also experience a greater feeling of well-being

of course people coming for treatments of the Rosenberg Technique of facial massage are interested in looking better. But many are happily surprised, because not only do they look better, but they also feel much better.

You can see that the same muscles of the face express sadness on the left side of the drawing and a smile on the right side. It is all a question of balance of tension in the facial muscles.



Rosenberg Technique helps you to get a better response from others

A Swedish psychologist found something interesting regarding our instinctive reaction to other people. If your face is working properly, without your noticing it, when you look at the face of another person, you automatically begin to tense the same muscles in your own face. The information transmitted from the nerves in these muscles back to your brain allows you to know instinctively what the other person feels. If your face is responsive, it will also help you to know what you feel about the other person.

Rosenberg Technique improves the function of your jaw

In Rosenberg technique, we balance the tension in 97 muscles. Some of these muscles open and close your jaw as well as move it from side to side when you chew. Asymmetrical tensing of some of these muscles and lack of muscle tone in others is one of the primary causes of an improper bite, TMJ syndrome, a receding or protruding jaw, grinding of teeth at night, and other related problems.

Rosenberg Technique helps relieve migraines as well as tension headaches

There are many kinds of headaches. In some migraines, part of the physical cause of is pressure on the arteries and veins as they pass from the head to the neck. Releasing the muscular tension in the muscles at the back of the head and neck can often normalize circulation. Tension headaches often come from tension in the muscles of the neck and face, from the area of the head and face which is in pain, the therapist can find the exactly muscles to treat.

How Rosenberg Technique helps you to feel better

Because our physical expression affects our feelings, in the Rosenberg Technique of facial massage, we work on all of the muscles to erase any trace of accumulated, unnecessary tension.

Instead of being held in old pattern of chronic tension by our facial muscles, we regain our capacity to experience all of the feelings and emotions which put us 100% in touch with life.

The possibility of facial movement - physically and emotionally -allows us to move more quickly out of the heavy, dark, unharmonious moods to feelings of joy, satisfaction and love.

Through the process of releasing our old facial tensions, we free up new reserves of physical, mental and emotional energy.

Rosenberg Techniques also improves your level of social engagement

When we meet someone face to face, we of listen to the words they speak. However, the words themselves convey only a small part of the total communication. Facial expression (or lack of it)as well as the quality of the voice (melodic or flat) have far greater impact than the words themselves.

Is the impression you make on others important for you – in your job, your leisure activities, your social life, your family life and in your intimate relations?

“It is not only what you say, but also how you say it”. Improving the aliveness of your face can greatly improve your non-verbal communication and make your life with others much easier.

How can improvements in the way you feel come from treating the muscles of the face?

Your body, your thoughts and your feelings are all inter-connected. In fact, the pattern of muscle tensions in your face is always involved in determining your emotional state.

When I was an acting teacher and theatre director, I learned the art of creating a real and believable emotional experience:
If an actor changes his facial expression and his

pattern of breathing, he transforms his own emotional state and at the same time, this influences his own non-verbal communication with others.

In an interesting research projects, psychologists have reported the same results. Having people physically smile for no special reason for even just a few seconds, they were able to measure changes in the nervous system and hormonal levels. These measurements showed that emotional changes from smiling brought people into the states of happiness and satisfaction.

Everyone agrees that feelings have an effect on the body. But the opposite is also true. The research of these psychologists confirms that the tensions in our facial expression affect our feelings.

This research explains what so many of our clients experience. By relaxing their patterns of muscular tension associated with anxiety, sadness, irritation and anger, and by making it for them easier to smile, they increase their capacity for satisfaction, joy and happiness.

How your physical expression affects your feelings

The physical expression of your face, body and breathing patterns works as a kind of filter. If your face and body are tensed in an expression of a certain emotion, in your experience of the events in your life, you will have a tendency to focus on those things that will justify your having that very emotion. You will filter out or pay little attention to the things, which do not fit that emotion.

A sad, irritated, anxious or depressed person does not get as much out of looking at a sundown as someone who is filled with love. Unhappy people have difficulty enjoying the good things in life

- hearing good music, tasting good food and wine, or enjoying being together with other friends and loved ones.

Interesting enough, it takes a lot more muscular effort for a person to tense the so-called "negative" emotions - feelings of sadness, anger or fear - than to express joy, satisfaction and love. The expression of the positive feelings takes only two muscles, one on each side, to pull the comers of your mouth gently back and up towards your ears and one to close the eyelids slightly.

You can see in the pictures on the opposite page how tensing individual muscles pulls your on skin and gives shape your facial expression:

How can you get sessions or training in Rosenberg Technique?

Only a relatively small number of therapists have completed the intensive training program at the Stanley Rosenberg Institute. Most of them live in Denmark.

Deedee Schmidt-Pedersen will be holding a short training on the island of Maui. She will also be available for people who want treatments in both Chicago and on Maui in February-March 2005.

A few therapists have indicated that they are willing to travel to the USA to work for short periods of 2 - 3 weeks. In that time frame, they could give clients the full series of 6 sessions.

If you or someone you know is interested in arranging for a visit of one of these skilled therapists, you could arrange a group of people interested in receiving sessions as well as a place for the therapist to work and to stay.