

Facing up to a new form of reflexology

A credible alternative to botox and fillers is now available thanks to a new beauty treatment rooted in reflexology, as TANYA FROST discovers

Most women are undoubtedly happy to submit themselves for a 'standard' treatment to the face such as a facial or a massage but the next steps of botox and fillers may seem a little daunting to many.

While not decrying their benefits and effectiveness – many a TV or movie star seems rejuvenated and ageless thanks to a little injection here or there – if, like me, you currently baulk at the invasiveness or, indeed, cost of this route but want to stay young looking then a treatment I discovered at the hands of Lesley Tucker may just prove the solution.

Lesley is a reflexologist based in Barnstaple and she has just introduced her Zone Face Lift, which is a holistic facial treatment developed using reflexology points on the face along with advanced Japanese massage techniques and specialist facial tools.



Lesley Tucker gives one of her clients a Zone Face Lift

Zone Face Lift uses reflexology techniques to improve your appearance from the inside out. It is a facial treatment designed to work on the mind, body and spirit. It works on the reflex points on the face so will give you the same holistic benefits as foot reflexology with the added bonus that it promotes the production of new skin tissue and improves skin tone.

As someone with a natural aversion to anyone touching my feet, I have never seen reflexology as something for me. However, having spent a supremely relaxing hour being treated by Lesley I can honestly say I am a convert when it comes to using it on my face!

The Zone Face Lift is a new holistic treatment that was developed by Ziggie Bergman. The techniques used combine facial reflexology points with Japanese massage techniques and specialist facial tools including gua sha and quartz crystals.

I was pleasantly surprised at how relaxing the treatment was. I was soon almost drifting off as Lesley worked her way gently but effectively around my face. Afterwards I felt rejuvenated and refreshed and my skin felt smoother.

Only natural and organic products are used, giving you a truly holistic and effective facial treatment. All treatment plans are bespoke and customised to suit each individual to maximise the benefit.

You will be shown techniques to use daily at home and if you sign up for the 12-week programme you will receive a bottle of the Zone Face Lift Elixir and a jade sculpting tool.

Typical results include:

- Naturally stimulating the production of collagen and elastin.
- Helping to release emotional strain from the face.
- Smoothing and lifting of the face giving a glowing complexion.
- Reduced stress levels.

As well as her clinic in North Devon, Lesley is also now offering treatments from a location in Exeter, so there is twice the opportunity to find out for yourself what worked so well for me. ♦

lesleytuckerreflexology.co.uk

WHAT IS REFLEXOLOGY?

Reflexology is a complementary therapy based on the belief that there are reflex areas in the feet, hands and face which are believed to correspond to all organs and parts of the body.

By applying pressure to these reflex points it stimulates healing in the corresponding organs, glands and structures of the body. It works on an individual basis and may alleviate and improve symptoms such as everyday stress and tension.

It is a very relaxing therapy and provides an excellent way of relieving stress and tension. It may help with many conditions including anxiety, depression, migraines, stress, insomnia, PMT and menopausal symptoms as well as digestive disorders. It can also be very stimulating and can be used to alleviate muscle tension & back problems.