**Face The World Treatments**



**Tibetan Arm and Hand massage** - Pronounced “Coon-Yee”, in its most simple terms means Ku – to apply oil and Nye - to massage. A good hand massage will help tremendously to de-stress, open energy channels and create a feeling of well-being. This wonderful, ancient massage has taken place throughout the Himalayan region and Tibet for thousands of years and draws on Indian, Chinese and Persian wisdom as well as its own traditions. As with many Eastern massage treatments, it uses an holistic approach in viewing the body as a whole – and balancing energy flow and life-force as well as physical benefits. Tibetan Medicine believes that we are made up of five basic elements: earth, water, fire, wind and space. It is the wind element that is the focus of Ku Nye.

The hands-on techniques applied in Tibetan massage are surprisingly similar to those used in Western methods! Such methods include rubbing, kneading, stroking and stimulation of acupressure points. The oil/medium used in the massage treatment not only provides slip for the therapist, but binds the wind element in place and brings it into balance.

Created just for Face The World, the music soundtrack accompanying the treatment incorporates Tibetan chimes, singing bowls and the unmistakable sounds of Tibetan monks chanting.

* **Tibetan chimes** (Ting-sha) have been used in prayer and religious rituals for as long as the Tibetan Monasteries have existed. The pure tones are said to cleanse the air and banish negative frequencies – energising Chi and readying the environment for prayer, mediation and healing.
* **Singing Bowls** produce sound waves with frequencies that resonate and enable the theta state of the brain as well as restore a healthy vibrational state of the body, mind and spirit. Theta brainwaves induce the state of deep meditation and relaxation that is also said to enhance intuition, creative thinking and promote healing from disorders such as stress, anxiety, depression and insomnia.
* A **Buddhist Chant** or “deep voice” chanting is incredibly hard to master. The phaynx or false vocal chords are controlled in such a way as to create a second or even third/fourth overtone to be amplified at the same time as the first note. This is reputed to be a multidimensional waveform which operates on several levels of the body and mind. This sound is said to be in synch with the creative force of the Universe, in Hindu known as AUM (Om), which was the sound that initiated creation.

**Face The World Treatments**



**Thai Foot Massage** - (Nuat Phaen Boran) as we know it today is an ancient, holistic treatment passed down from generation to generation over thousands of years… but it has clearly stood the test of time. And not without reason! This treatment uses wonderfully relaxing and healing massage techniques. It is still taught by Buddhist monks in the temples of Thailand, and it incorporates elements of Shiatsu, Reflexology, Chinese massage and Yoga.

***Benefits for the feet*** –

• Encourages a healthy blood circulation, especially important for diabetics.
• Eases arthritic aches and pains.
• Aids mobility and flexibility of the joints.
• Helps to break down uric acid build up that can crystallise in the feet which can alleviate symptoms of gout.
• Detoxifies the feet and increases lymphatic drainage.
• Invigorates tired feet and legs – an essential boost for those of us in sedentary/desk jobs.
• Helps prevent blood and lymph from pooling, preventing early onset of varicose veins and burst capillaries.

It doesn’t stop there though. Many of us are already aware that reflexology principals within a Thai foot massage will also give benefit to the whole body – not just the region being treated. In Thai teaching, there are no fewer than 10 Sen or energy lines in the feet that map to all areas of the body.

Applying the correct techniques and pressure can have an **amazing effect on the whole body** including:

• Prevention and relief of numerous problems including headache, migraine, cystitis, gall bladder problems, sinusitis and constipation.
• Boosts the immune system.
• Improves digestive and skin problems.
• Increases energy levels.
• Alleviates stress, anxiety and general lethargy.
• Aids physical healing and improves sleep quality.
• Lifts the mood and promotes mental clarity.

**Face The World Treatments**

 



**Moroccan Sacred Candlelight Massage -** Combining the benefits of black olive "beldi" soap and exfoliating kessa mitts (ethically and fairtrade sourced from Morocco) - with a beautiful rose otto oil, natural soy candle to melt into the skin (along with shea butter, sweet almond oil and vitamin E). Bliss.

**The Guedra Blessing -** The Guedra takes its name from the Moroccan drum, made from a clay cooking pot of the same name, used to keep the heartbeat rhythm of the dance. It is done throughout the North African regions inhabited by the Tamachek, also known as the Tuareg or Blue People, so named because of the blue hue their indigo-dyed garments impart to their skin.The ritual is performed to impart blessings and good energy to the community, and can also be done in connection with courtships and weddings. The music is said to spread the soul’s love and peace to the Beat of the Heart. In a nomadic society, what can be carried by one person is limited, so every item must be essential and multi-purpose. In classical Arabic, the word “guedra” means cauldron/cooking pot. That pot was covered with an animal skin to make a drum, to play the heart-beat rhythm (life’s basic rhythm).

The Guedra is a night-time ritual, around a fire under the light of the moon or inside one of the larger tents by fire or candlelight. For this treatment, we focus on the light from a candle and use the traditional Djembe drum to represent the heartbeat in the bespoke music.

**The Sacred Candlelight -** Candles and candlelight have been used and revered across all cultures and sacred rituals across the globe for 1000’s of years. From churches to monasteries to mosques to mandirs – **candles represent serenity and the desire for peace**. We light candles in memory of loved ones and love the story that just one candle burning in the darkness can be used to light other candles without dimming it’s own brightness.

The Back Massage

The use of fairtrade-sourced, Moroccan black beldi soap and the genuine “hammam spa” kessa mitts for exfoliation will encourage the removal of dead skin cells which will aid new skin growth, thus leaving the skin feeling smoother and looking more bright and vibrant. The black olive paste is rich in oleic acid and vitamin E – and is a highly potent moisturiser.

The use of the exclusive Face The World “Moroccan Rose” massage candle aims to connect the mind, body and soul allowing the client to feel more relaxed and at one with themselves. Gives a sense of well being and tranquillity. The natural soy wax melts at low temperature and also contains sweet almond oil, shea butter, Vitamin E and rose otto oil… bliss.

Other benefits include:

• Relieves Lower Back Pain
• Improves Circulation
• Relieves Tension from Upper Back
• Stimulates Lymphatic Drainage
• Releases “Feel Good” Chemicals
• Helps Remove Toxins
• Reduces Stiffness and Improves Flexibility
• Improves Sleep
• Helps the Healing Process
• Feels Good and Eases Stress

**Face The World Treatments**



**FTW Signature Facial** - This beautiful, award-winning, holistic treatment will give you something completely unique - taking you on a blissful, multi-sensory, choreographed journey around the world - all within a 1 hour experience. It's truly mind-blowing!



**STEP 1: Rain Forest**

**Deep cleanse and tone.** We start our journey floating through the lush canopy of a tropical rainforest. Feel all your tensions melt away whilst the beautiful birdsong and haunting pipes carry you to a forest waterfall. Experience the ultimate deep cleanse using soothing fluid hand movements, cooling lotions and refreshing aromas of peppermint, orange flower and galbanum. All the daily pollutants are lifted from your skin. Simply heavenly.



**STEP 2: Australia**

**Exfoliation.** The deep vibrations of Aboriginal music provide food for the spirit as the

rejuvenating aromas of eucalyptus, tonka bean and bergamot clarify and calm your mind. Our natural facial scrub is gently smoothed over your skin with soft featherlike swirls to cleanse and refine to a deeper level, removing skin debris and toxins and leaving your skin feeling soft, supple and receptive to be loaded with nutrients and goodness during the second phase of the Journey.



**STEP 3: Tibet**

**Massage.** Soaring over the mountains and monasteries of Tibet, we harness the knowledge of the Eastern ancients in this balancing facial pressure point massage that works on the Chakras throughout your whole body. Move into deeper realms of relaxation whilst your facial lymphatic system is purified and we treat you to a neck and shoulder massage. Lie back and enjoy the heady aromas of patchouli and nutmeg as your skin is transformed in our hands.



**STEP 4: Ocean Rain Skin Drench**

**Mask and mini-treatment.** There’s little that can be as simple, beautiful and uplifting as the sound of rain and crashing waves. As the raindrops patter onto your skin via the expert fingertips of your therapist, rest assured that each drop is packed with vitamins, minerals and cutting edge nutrients. Then float away on the ocean waves whilst being further indulged with your choice of either a revitalising Thai Foot Massage or a soothing Tibetan Hand Massage. You’ll not want this paradise to end.



**STEP 5: South Africa**

**Moisturise.** You head home over the grand safari plains of South Africa, truly enlightened by the powerful, soul-stirring native choral singing and sweet aromas of local violets and rambling rose. Gentle cosseting sweeps will deliver all the final ingredients and moisture your skin can hold to maintain youthfulness and well-being.

Face the World

Eastern Acupressure Facial Massage



This ancient Chinese treatment of acupressure has been practiced and perfected for over 5000 years? In simple terms, it was discovered that **by pressing certain points of the body, pain or disease were alleviated** – and often in regions of the body remote from the pain or pressure point!

By pressing certain meridian/reflex points in the face, not only are there benefits to the facial area but **for the whole body** – a great bonus:

**For the face…**

* Improvement of muscular tone and facial contours, including the area between the nose and mouth (specifically a problem for smokers)
* Stimulation of circulation and nutrient flow to the facial skin
* Promotes an effective lymphatic flow and removal of toxins
* Glowing and healthier-looking complexion due to improved skin oxygen levels
* Soothing of forehead wrinkles, creases between the brows and ‘crows feet’
* Alleviation of sinus problems and improvement of air flow – may help tinnatus
* Reduction of puffiness around the eyes, nose bleeds and eye strain
* Reduction of facial spasms, tics and nervous twitches

**For the body…**

* Balancing energy levels and general flow of Chi
* Eases stress and feelings of anxiety
* Improved sleep and feeling of well-being
* Correction of hunger and appetite issues
* Reduction in pain associated with toothache and migraine
* May help to prevent hair loss