

# SH'ZEN

## TOUCH THERAPY

**Touch** reassures us that we are loved, nourished, secure and safe.

Our first sense of touch is as infants cradled in our mother's arms and this memory is stored deep within our old brain or the limbic system. Every person needs touch. Babies thrive on touch and older people eventually suffer the loss of touch.

The loss of touch is a huge loss for humanity in the world we live in today. The sense of touch is valued less and less as we communicate via an electronic world, and many of us have lost the ability to communicate in this time-honoured healing way – the nurturing connection of touch.

**Touch** or **massage** is a bridge by which you physically enter into another person's energy level, both the giver and receiver share in an energetic exchange that builds the bridge of care and trust.

The skin, our largest organ is designed to process every sensation of touch. The sensitivity of the skin with its thousands of underlying nerve cells relays the information of touch to the rest of the body, and it is this soothing connection that makes a facial, hand, foot or body massage so comforting.

**Massage** also improves the function of the lymphatic system, allowing the drainage of toxins, and it accelerates cell energy and blood flow that have incredible health benefits.

**Facials** are a beautiful non-invasive **touch-therapy** for both men and women and in this month of May we have a Sh'Zen treasure chest of facial products that adds immense value to our **facial massage** with exquisite aromas and textures that awaken the memory of being nurtured.

The afterglow of a facial treatment lingers in the mind and builds that bridge of trust and confidence in both the product and in you, it draws people in to want to become a part of your bridge-building team and to share this precious connection with their friends.

Even in today's world we can teach the benefits of massage by demonstrating the touch-therapy to a small group of people who will all grow in the process of experiencing the value of **self-massage** in their lives, especially when it is combined with essential oils that take a direct route to the brain, triggering a release of good brain hormones, while the skin benefits are equally staggering, resulting in a unique touch-therapy experience.

In May our newly found energy that we experienced at the beginning of the year is starting to flag!

We have designed a quick **pick-me-up massage** as an energizing routine for yourself or to share with a group of friends as a real ice-breaker.

It's called the **Chinese Acupressure Massage** and works on the basis that the face holds a micro-map of the body just as the feet do. A complex network of nerve bundles beneath the skin – when pressed and moved with the fingers – sends stimulating energy to the body as a whole that leaves you energized and feeling great.

### THE CHINESE ACUPRESSURE FACIAL MASSAGE METHOD:

This technique stimulates the **acupressure points** by using strong finger tapping to unblock vital energy and to relieve congestion.

Start with facial cleansing, followed by spritzing with the facial mist, apply a facial essence of your choice in a light sweeping **effleurage** from the neck up and over the face.

**1.** Start with the Yin-Yang clap, by rubbing your hands briskly, then clap your hands twice to bring the opposing energies of yin and yang together. Shake the hands to clear the energetic levels.

**2.** Tap all over your face briskly with your fingertips, from the forehead down over the cheeks and jawline, down the neck and collarbone.

**3.** Following the **ACUPRESSURE FACIAL MAP**, work the specific organ-points with deep finger-pressure, from the forehead down to the chin, working each area at least three times.

**4.** Eyebrow pinch by slowly squeezing both eyebrows with your thumb and index finger from the bridge of the nose to the end of the brows, to refresh tired eyes and sinus congestion.

**5.** Press and slide softly underneath the eyes three times to relieve fluid retention and puffiness.

**6.** Press and slide deeply from the nose over the upper cheeks to the ear three times.

**7.** Press and slide deeply from the nostrils out over the cheeks to the earlobes three times. These stimulate the colon and lung pressure-points.

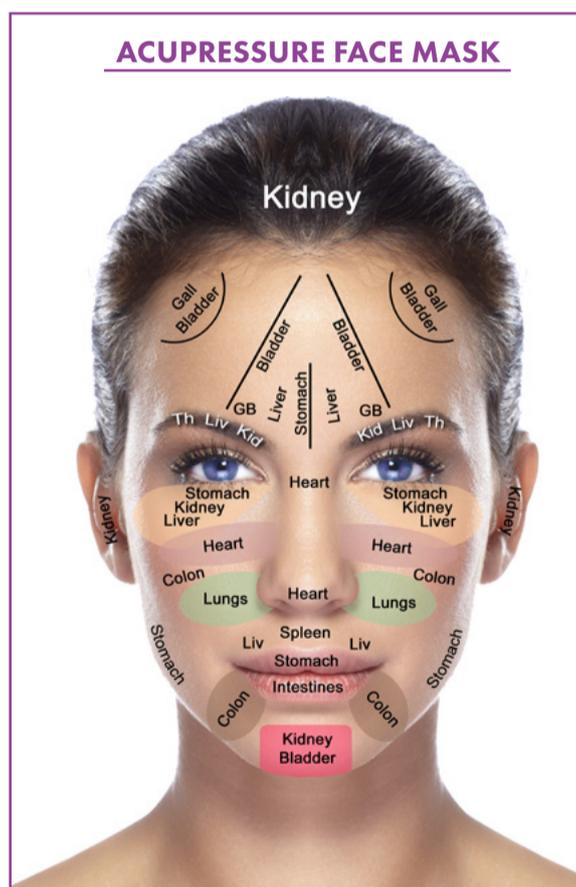
**8.** Press the spleen point above your lips with both your middle fingers, then press the top lip and then the bottom lip.

**9.** With thumbs and index fingers pinch the chin and all along the jawline to the ears three times.

**10.** With open hands cup your face and gently smooth-out all tension from the jawline and the cheeks, come up over the nose to the forehead and sweep out over the forehead three times. Breathe-in deeply and relax.

This simple routine can be used whenever you experience a drop in your energy levels or you are in need of a quick pick-up mentally to refresh your mind. The Temple Balm or the Sh'Zen Serums, or the Aloe Jellies all work well in this **uplifting touch-therapy**.

**Written by Tertia Marriott – Sh'Zen Clinical Aromatherapist**



# SH'ZEN

## BEAUTY **BLOG**

### ANTI-INFLAMMATORY SKINCARE

---



In 2022, as health and wellness has come into focus more than ever before, a new awareness of how external and internal inflammation impacts on our lives has hit the skincare industry.

Anti-inflammatory skincare is highlighted, as more people understand that inflammation can cause a host of skin problems such as skin redness, irritations, itchy flaking skin and discoloration, plus acute inflammation triggered by sun exposure that can lead to chronic inflammation, including rosacea and eczema.

Transitioning to a better skincare routine and natural products that strengthen the skin-barrier function and the skin's microbiome has become the "new focus". This means transitioning to products that deliver "skin cell energy" and deliver what the skin "needs" to desensitize; products that contain natural botanical compounds that include essential fatty acids, bisobalol, azulene and antioxidants.

With the focus on sun damage and photo-ageing, we created **Blue Cocoon Duo** to desensitize, soothe and cocoon the skin during the hot summer season. Sunflower energy is derived from the sunflower genus of plants known as the Asteraceae family which include **German Chamomile**, **Cape Chamomile** and **Blue Yarrow** that deliver deep blue **Azulene-rich** essential oils. These essential oils have been specifically chosen for their amazing bisabolol and chamazulene properties, ie. they help reduce redness and irritation, rashes and burns and also promote peace and tranquillity! They are powerful natural anti-inflammatories and antioxidants, resulting in skin that is stronger and better protected.

The ageing process is accelerated by inflammation and free radical damage within the cells, resulting in redness, congestion, irritation and dark spots. **Blue Cocoon Duo** with blue essential oils limits free radical damage, soothes and calms sun damage, skin irritations and breakouts, and slows the signs of premature ageing.

Colour has tremendous impact on the psyche. The colour **BLUE** can bring down internal stress levels; it is the color of the sky and the sea; it transmits a feeling of serenity, peace and tranquillity – a color "full of grace". We need the blues in hot uncomfortable situations to cool and calm both skin and psyche, as internal inflammation is also triggered by the stress hormone cortisol.

**Blue Cocoon Duo** delivers on two levels:

#### → **Blue Cocoon Aloe Jelly**

wraps the skin in comfort as it cocoons the skin in the outstanding healing properties of **Cape Aloe Leaf Gel** blended to perfection with the trio of blue essential oils, transmitting their desensitizing, cooling bioprotective properties to refresh inflamed or sensitized summer skin.



#### → **Blue Azure Facial Oil**

delivers an intense yet gentle soothing energy to the skin and uplifts the mind with its grounding earth apple scent. Natural plant derived anti-inflammatory actives of **Chamomile**, **Yarrow** and **Lavender** rejuvenate the skin on a more meaningful level, plus the cell rejuvenating action of **Geranium** and **Neroli** are beautifully balanced with the antimicrobial and antiseptic action of **Cedarwood**. Essential fatty acids in **Cape Grapeseed** plant oil restore elasticity and strengthen the skin barrier, thereby reducing trans-dermal water loss.



**Blue Cocoon Duo** is your natural answer to anti-inflammatory skincare, a rescue remedy to sensitized skin, and the best news is – **Blue Cocoon Duo** suits all skin types, is non-greasy and is absorbed quickly.

**Written by Tertia Marriott – Sh'Zen Clinical Aromatherapist**