














THE ULTIMATE  
**Facial  
Massage  
Course**

A COMPREHENSIVE GUIDE TO  
*THE MOST EFFECTIVE FACIAL*  
MASSAGE COURSE

jr fullerton



# contents

welcome & disclaimer	3	
so you want a fit face?	5	
<b>1</b> facial exercises	9	
<b>2</b> head exercises	37	
<b>3</b> neck & shoulder exercises	39	
<b>4</b> antioxidants for beauty	47	
<b>5</b> vital vitamins & minerals	49	
<b>6</b> beauty recipes	63	
<b>7</b> beautifying essential oils	64	
<b>8</b> juices & smoothies	75	
<b>9</b> directory	82	



## welcome ...and disclaimer

Welcome to *'the ultimate facial massage course'* and to the truly rewarding world of massage therapy, so thank you! and congratulations for taking your first step to a more youthful and radiant you!

Our aim is to gently introduce you to massage therapy and in particular, to the benefits of face and head massage therapy, which is considered to be one of the oldest forms of healing. We will take you on a step by step guide which covers all aspects of face, head and shoulder massage, which in addition to reducing head and shoulder tension, can also bring visible benefits to your face and complexion, such as smoother, firmer and more radiant skin. Regular facial massage will also help release toxins and impurities which interfere with your skin's normal moisture balance, allowing your skin to radiate due to the reduced tension.

The benefits of head massages in particular, have their roots based in ancient healing therapies and used daily, they help relieve stress and tension in the head, neck and shoulders. The massage process reduces headaches, increases blood flow and helps to nourish hair follicles.

### **Disclaimer**

*'the ultimate facial massage course'* is an outstandingly pleasurable and rewarding experience and is intended for people who want to learn facial exercise and massage techniques for personal use.

By following this comprehensive program, you too will experience real benefits every single day, however, before you embark on any exercise or dietary advice contained in this manual, we strongly recommended that you consult your doctor if you suffer from any health problems or special conditions, or if you are in any doubt as to its suitability.

The information contained in this book is intended to be informative and is not intended to be prescriptive in any way.

*'the ultimate facial massage course'* is very easy to use, but must be treated with respect and its instructions followed carefully if they are to be safe and effective. *'the ultimate facial massage course'* should not be considered as a substitute for professional medical care and treatment. A professional therapist or doctor should be consulted in all matters concerning health, especially in relation to any symptoms which may require a professional diagnosis or medical attention.

The user agrees that any outcome (by using this ebook) will be the result of the user's own effort. The user agrees that neither the author nor



## welcome ...and disclaimer continued

any parties involved in producing or distributing or any activity directly or indirectly relating to this ebook can be held liable on any outcome whatsoever arising directly or indirectly from the use and application of any contents of this ebook. As the publishers, we cannot accept any liability or responsibility for injuries or illness arising out of a failure by any reader to take professional medical advice.

Please use caution when exercising around the eyes, as the skin around your eyes is extremely delicate and thinner than the rest of your face. Special care should also be taken during pregnancy, particularly in the use of essential oils and pressure points. Essential oils should not be ingested and they should not be used on babies, or children, except on professional medical advice.

It is a natural feature of the face to produce more oil than other parts of the body, but for added comfort, you may find it beneficial to use a small amount of facial massage oil. (see Beautifying Essential Oils on page 64)

This book does not endorse any one brand, diet or massage technique over another, rather we will endeavour to illustrate the best and most effective benefits of the natural products and techniques described. Please use caution when indicated, but above all, please enjoy this book as much as we have.

© M Sellars and J Fullerton 2013

This ebook is produced in the UK (2013)

Protection is under Copyright, Designs and Patents Act 1988.



# so you want a fit face?

## So, You Want a Fit Face?

Research has shown that daily facial massage stimulates the muscles and improves skin tone. Firm, toned facial muscles, smooth and vibrant skin can be yours, whatever your age.

*'the ultimate facial massage course'* takes a natural approach to the signs of ageing. The Programme stimulates and strengthens weakened facial muscles, improves skin tone and complexion and reduces facial tension. The benefits to the skin include the triggering of a natural healing process in the dermis the 'living skin' which eliminates toxins (through improved circulation of both blood and lymph), clears blemishes, regulates sebum, improves muscle tone and hydrates, as well as producing a significant increase in white blood cells, which are the essential building blocks of a healthy immune system. Improved nutrition, with particular emphasis on natural foods and vitamin and mineral packed fruit and vegetable juices, high in antioxidants, protect skin from cellular damage, one of the main causes of early ageing.

### ***'the ultimate facial massage course'* helps promote and encourage...**

- Smooth, radiant skin
- A reduction of stress and tension in the face neck and shoulders
- A vital helping hand to the immune system
- Effective control of headaches
- An increased sense of well-being

### ***'the ultimate facial massage course'* helps reduce or eliminate...**

- Facial tension
- Wrinkles and stress lines
- Sagging and loose skin on the face and neck
- Bags and circles under the eyes
- Lack of colour and vitality in the face

The alternatives offered by the cosmetic industry are extensive and can be extremely expensive, ranging from anti-ageing creams and body treatments through to cosmetic surgery (face lift, collagen injections and much more in order to erase wrinkles, under eye bag removal and sagging skin).



## so you want a fit face? continued

However, the cosmetic industry's approach is symptomatic, that is, they offer skin treatments after the damage has been done, whether that damage is a result of too much sun, poor nutrition or a lack of exercise etc.

The holistic approach to ageing is based first and foremost on caring for the skin through facial exercises and massage, first-rate nutrition and natural skin care.

The ageing of the skin is a gradual process, not something that has simply happened overnight. The protection of collagen and elastin along with the toning of the facial muscles will ensure a youthful appearance for years to come, and must therefore form the foundations of any long term skin care programme.

Facial exercise and massage will help you keep a youthful appearance, but the benefits are in direct proportion to your own efforts. In addition, a diet rich in proteins (helping build muscle), fresh foods packed with vitamins and minerals, in particular the free radical zapping antioxidants, nourish the skin from the inside and your complexion will simply bloom. Hydration of the skin through drinking plenty of water and fresh fruit and vegetable juices, are more beneficial than any moisturiser you may put on your skin.

At least 2 litres of water a day is necessary, just to replace the 1.5 to 2.0 litres we lose through normal bodily functions.

'*the ultimate facial massage course*' should take you between 10 and 15 minutes per day once you become familiar with the exercises.

For the first month all areas should be massaged every day, and thereafter, 3 to 4 days each week.

With this programme, you can take control of the signs of ageing and with dedication, you could knock years off your age.

If you incorporate the entire concept of 'the ultimate facial massage course' which not only includes exercise and massage, but our advice to include an abundance of fresh fruit, vegetable and vegetable juices, then your quest for a youthful, almost ageless appearance is closer than you think.

### **Skin and Muscle Physiology of The Face, Neck and Head (an overview)**

Beneath the skin there are muscles and connective tissue, namely collagen and elastin (which gives your skin elasticity and suppleness),



## so you want a fit face? continued

sebaceous glands (produces sebum, a lubricant for skin and hair), subcutaneous tissue (fat), blood and lymph vessels. The muscles of the face are extremely responsive to exercise, and muscle tone develops more quickly in the face due to their compact size, and as a result, they can be quickly and easily toned.

Localised massage strengthens the orbicularis oculi (the muscle which surrounds the eye) which reduces under eye bags, strengthens frontalis (forehead muscles) and reduces frown lines, and so on. If the facial muscles are not exercised, the loss of muscle tone will become evident as early as age 30 (earlier if a person has had too much sun).

The loss of muscle tone will be evident in the face (facial muscles being attached to the bone and the skin), as muscles atrophy, the results are clearly visible as sagging and drooping skin. In addition, the loss of subcutaneous tissue (fatty tissue) on the face becomes quite apparent. The loss of muscle tone combined with the loss of fatty tissue gives an overall aged and drawn appearance, even though the person may only be in their 30's or 40's. The most effective results are achieved by following the exercises exactly as they are set out in 'the ultimate facial massage course' program.

There is real beauty in symmetry and the repetition of the following exercises should be the same on each side of the face in order to achieve this. These massage exercises have been developed to build the underlying facial muscles gradually. Within the first few days you will certainly notice an improvement in your appearance, however, sometimes within the first few days, blemishes may appear, don't be put off by this, the cells are working more efficiently and have taken the opportunity to remove any toxins, which can only be a good thing.

Your complexion will appear rosier than usual after the first few days of exercising due to improved blood circulation. The true benefits will follow within 4 to 6 weeks, as improvements will become clear for all to see.

Massage improves blood and lymph circulation in the face, becoming visible as a rosier complexion. The blood brings the vital nutrients for skin health, vitamins A, C & E, and minerals selenium and zinc, which together help combat the breakdown of collagen and elastin.

Their antioxidant properties have been proven to protect the skin and body from the damaging effects of free radicals, which are known to cause skin damage at a cellular level.

Blood has the heart as an internal pump to move it around the body, however, the lymph also makes use of this internal pump, but benefits



## so you want a fit face? continued

greatly from massage and exercise to help move it around the body. Sluggish lymph, is visible in the face as bloating and under eye bags. The lymphatic system is part of the immune system and plays a major part in the body's defences against infection. This is where massage and exercise are extremely effective and as a result, lymph fluid is circulated more efficiently around the face. The overall effects of improved circulation in the face become evident as your complexion takes on a healthy, vibrant glow.

Massage, aromatherapy, nutrition, exercise, deep breathing and relaxation techniques have been used for centuries and in some cases thousands of years for beauty and health. Bringing all of these disciplines together reinforces the benefits of each method. By using this programme regularly, you can in time slow down the loss of elastin and the break up of collagen, which are the main causes of wrinkling. The use of appropriate essential oils can help repair tissue, hydrate the skin and regulate sebum.

Facial warm ups are important for both face and body. The warm up will help relieve tension in those muscles to be exercised and also increase blood circulation.

(Please refer to Beautifying Essential Oils, for suitable oil).

Left to their own devices, facial muscles are extremely unfit, therefore it may take a little practice to master each one, however, with dedication, your efforts will be repaid ten fold. Don't be surprised if your muscles ache after your first lesson, just remember to do each exercise correctly and at a steady pace, never rush them. The skin should never be dragged or stretched beyond what you would consider normal, listen to your body during these exercises and if a particular exercise is too much or unduly uncomfortable, stop and move on to the next exercise.

As we mentioned earlier, it is a natural feature of the face to produce more oil than other parts of the body, so for added comfort, you may find it beneficial to use a small amount of facial massage oil.

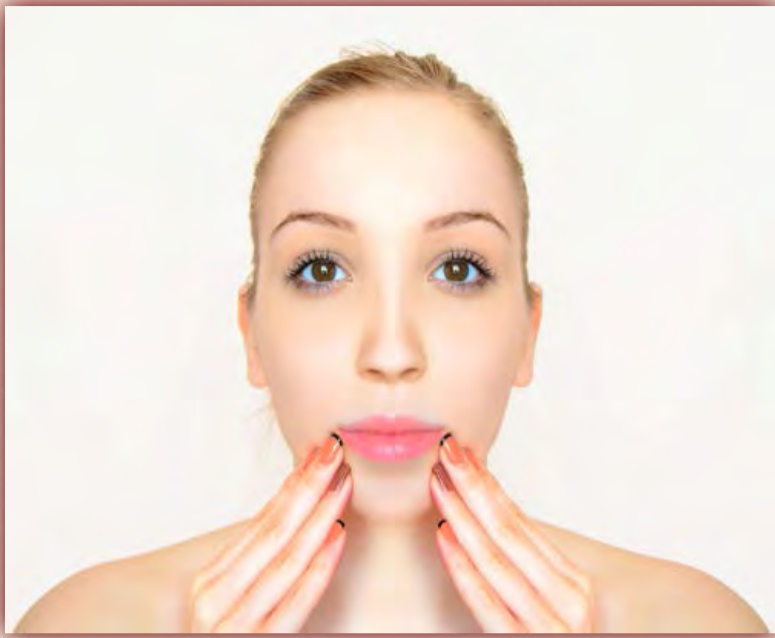
Please be patient and keep in mind that this area of the body has the most under used muscles, but due to their compact size, they are extremely responsive when you do decide to exercise.

All that remains is to wish you well as you embark on this very rewarding journey.

Above all, enjoy.







## 1. facial exercises

### Exercise 1

#### The Warm Up:

Rub your hands together to warm them. With smooth and flowing strokes, take time to allow your hands to become familiar with the feel and shape of your face. Ensure your hands are relaxed, so they become flexible and are able to mould into your facial contours. For added comfort, you may prefer to use a little facial massage oil during the warm up.

This movement is known as 'effleurage', which prepares the body's soft tissues and warms the muscles. Effleurage simply means 'stroking' and is a free flowing, continuous movement made with the flat of the hands, both hands at a steady pressure.

#### Technique:

- To begin, place both hands on the jaw line.
- With steady light pressure, slide both hands up either side of the nose, sweeping across the forehead and back down to the original position.

**Repetitions:** Six





## 1. facial exercises continued

### Exercise 2

#### Technique:

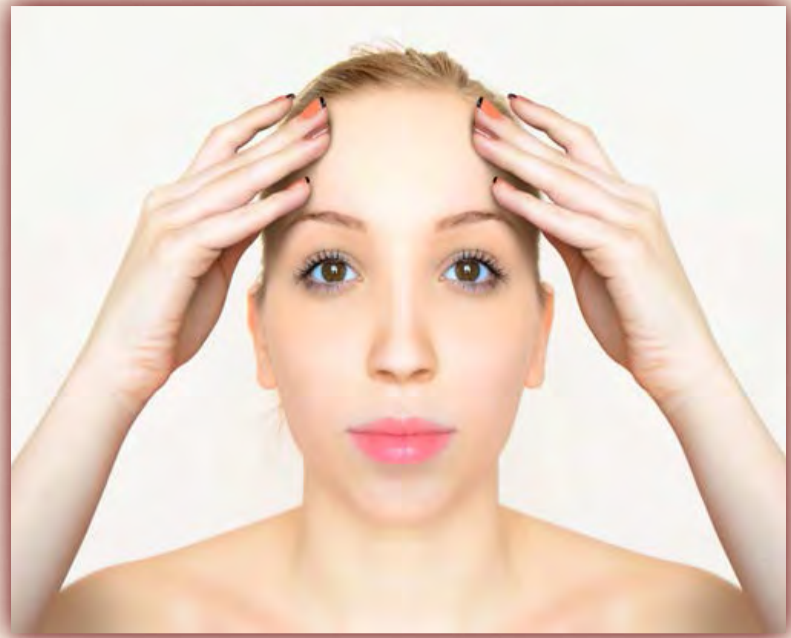
- With the thumb and index finger, begin gently but firmly pinching along the eyebrow, from inner to outer eyebrow.
- Repeat the same pinching technique, starting from the centre of the chin, and moving along the jawline, to finish at the base of the ear.
- Please exercise caution around the eyes!

**Repetitions:** Two



10





## 1. facial exercises continued

### Exercise 3

#### **This Warm Up:**

This movement can help smooth out frown lines, due to tension.

#### **Technique:**

- Position the pads of your fingers at the top of the nose, between the eyebrows.
- Slide up and out in a continuous movement to the area on the forehead, about an inch above the middle of each eyebrow.

**Repetitions:** Three





## 1. facial exercises continued

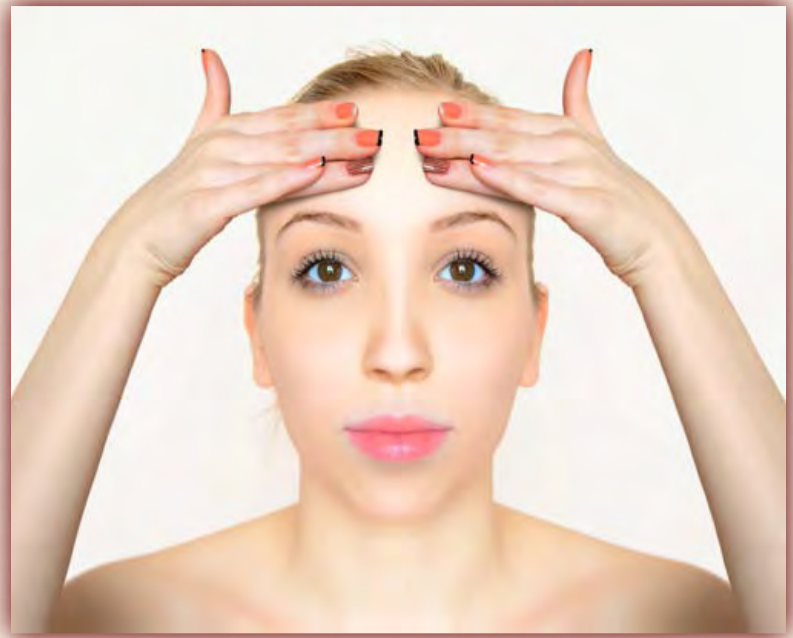
### Exercise 4

#### Technique:

- Position the pads of your fingers centrally in the middle of the forehead.
- Gently slide your fingers out toward your temples, smoothing the skin as you do so.

**Repetitions:** Three





## 1. facial exercises continued

### Exercise 5

#### Technique:

- Position the pads of your fingers at the top of the nose, between the eyebrows.
- Gently glide upwards to the central frown line to the top of the forehead, at the hairline.

**Repetitions:** Three





## 1. facial exercises continued

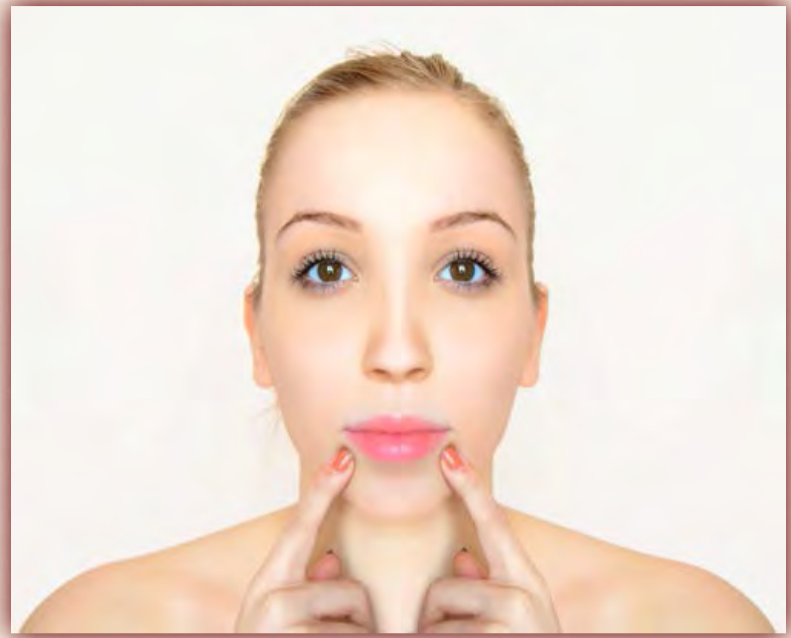
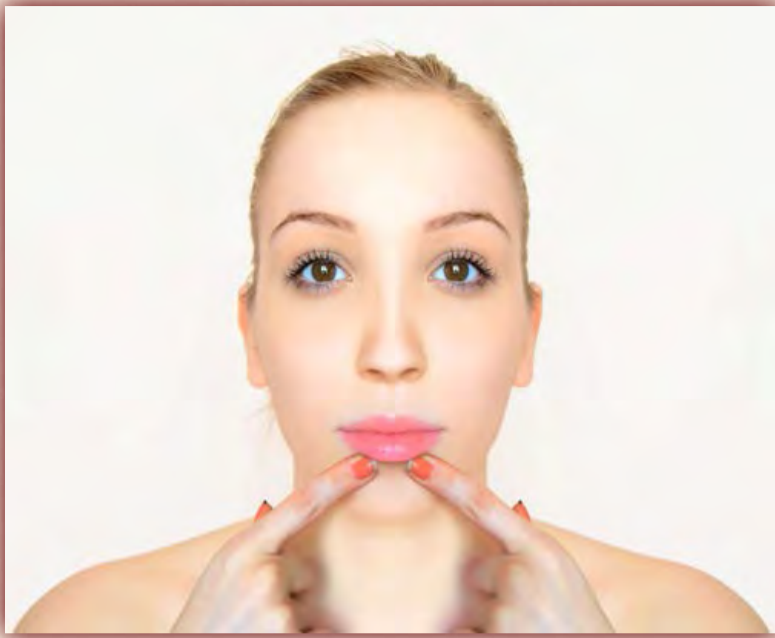
### Exercise 6

#### Technique:

- Position the flat of your hands to sit on each cheek, finger pads resting above the eyebrows.
- Ensure your palms are sitting on your cheeks.
- With gentle yet firm pressure, move your fingers out over the eyebrows and temples, and finish at the top of the ears.

**Repetitions:** Three





## 1. facial exercises continued

### Exercise 7

#### **This Warm Up:**

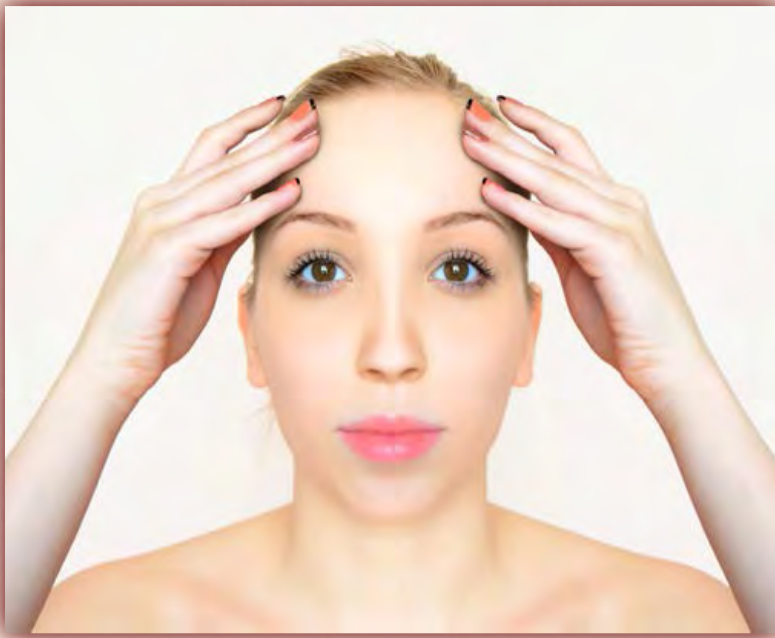
Lymph glands are in the area of the chin. This movement is therefore a good technique for aiding toxin removal.

#### **Technique:**

- With the pads of the index fingers, make firm, tiny rotations from the pressure point on the chin, about half an inch below middle of lower lip to the pressure point on the lower jaw line either side of chin, simply tracing a semi circle from the lower lip to the jawline.

**Repetitions:** Four





## 1. facial exercises continued

### **Exercise 8**

**Please note:** Do not tap on the soft part of the inner eye!

#### **This Warm Up:**

This movement is gently stimulating, encouraging fresh blood to the area, which contains oxygen and nutrients, which then removes cell waste products.

#### **Technique:**

- Begin lightly tapping on the forehead and continue to cover all of the face and neck.
- With the middle finger, begin tapping on the inner eyebrow and continue this around the whole of the eye socket. (only on the bone!).
- Next, continue lightly tapping either side of the nostrils and work down the nasal labial fold, to the corners of the mouth.
- Then continue on to the chin, start from the centre and work out towards your lower ears.

**Repetitions:** Two







## 1. facial exercises continued

### Exercise 9

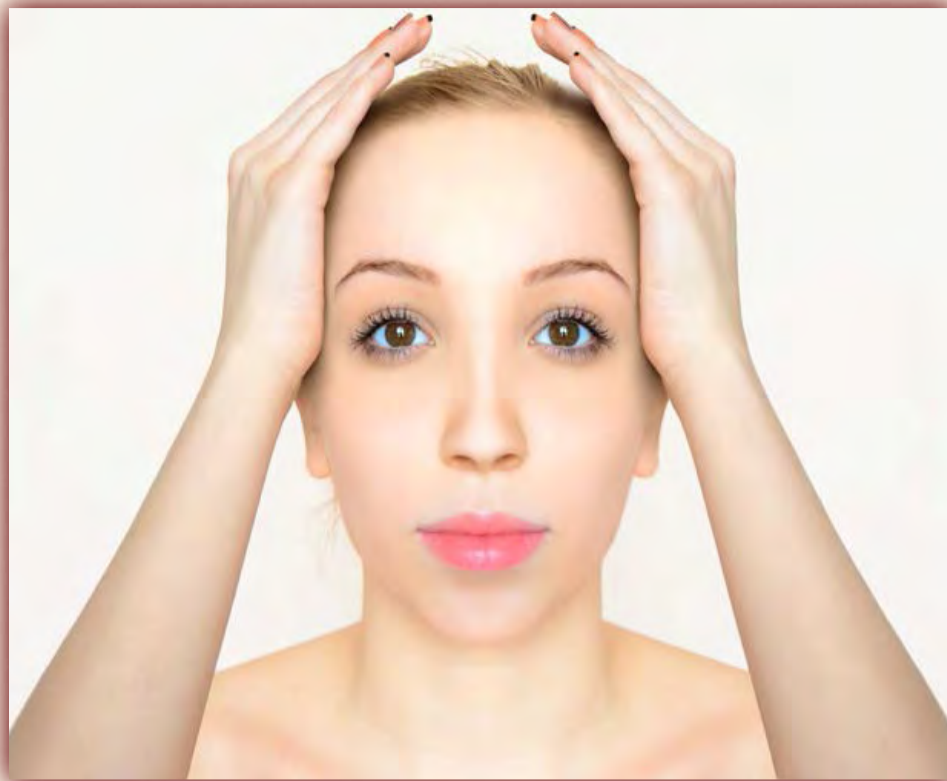
#### Technique:

- Position the flattened palms over the whole of the ear, fingers pointing towards the back of the neck.
- Begin to gently rub your palms up and down the ears, moving on to circular movements, using very light pressure.
- Begin to gently squeeze the ears with the thumb and forefingers, working your way up and down the ears.
- Pull the ears up and down.
- Finish the ear movements by gently flicking the ears.

#### Repetition: Once

This ear massage gives a lovely warm tingly feeling all over the face and ears, due to numerous nerve endings in this area. You will simply glow after this!





## 1. facial exercises continued

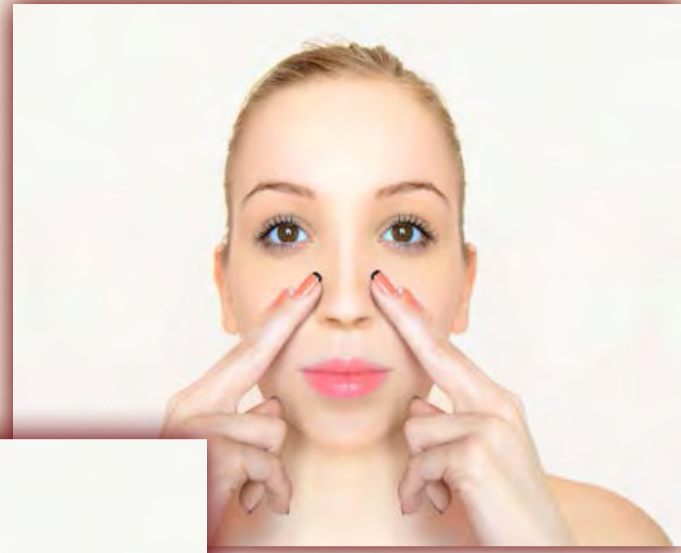
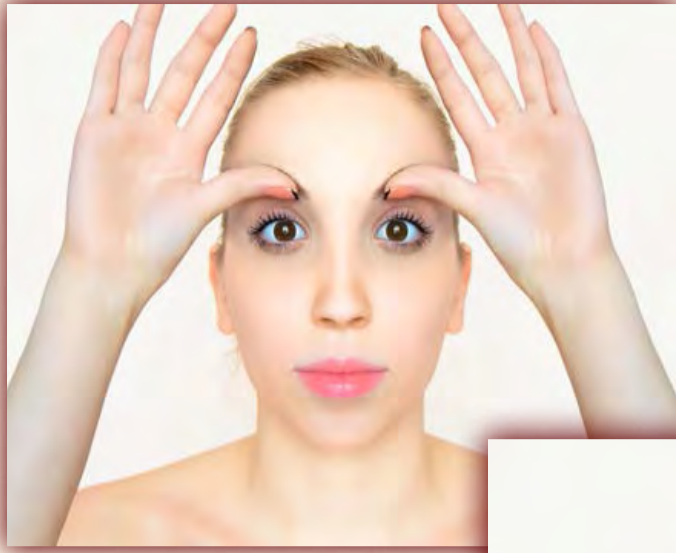
### Exercise 10

#### Technique:

- Squeeze at the temples with the heels of the hands and make slow, wide circular movements.

**Repetitions:** Five





## 1. facial exercises continued

### Exercise 11

#### **This massage:**

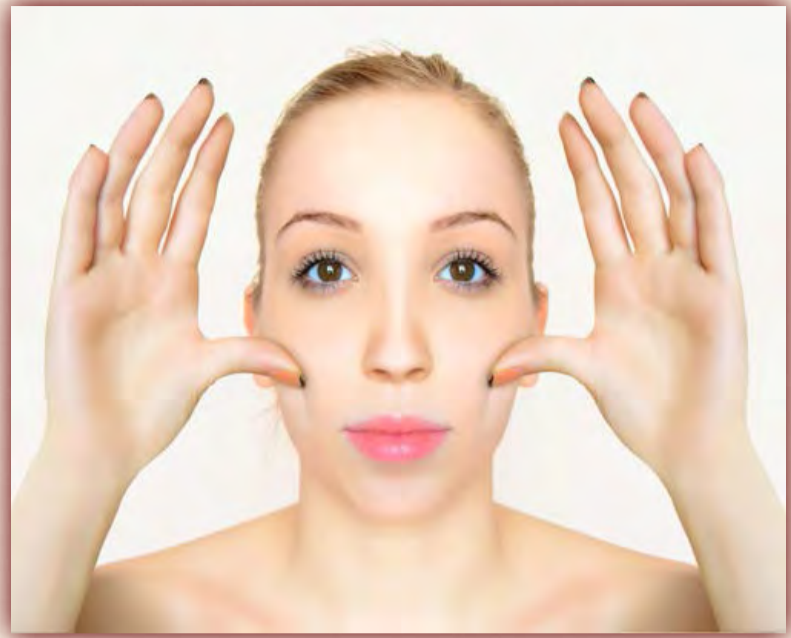
Follow your instincts and use the amount of pressure you feel comfortable with. This is a very useful point to massage if you are suffering from tired eyes, headaches or sinus congestion.

#### **Technique:**

- Place the balls of your thumbs just underneath the inner edge of your eyebrow.
- Hold the pressure for 10 seconds, release and hold for another 10 seconds.
- This can be quite a tender area so you may need to control the amount of pressure you apply here.
- Place your middle two fingers on either side of the nose at the top.
- Breathe in, and as you breathe out, slowly glide the fingers down the nose, over the nostrils and onto the cheeks.

**Repetitions:** Once, but five times if suffering from sinusitis.





## 1. facial exercises continued

### Exercise 12

#### Technique:

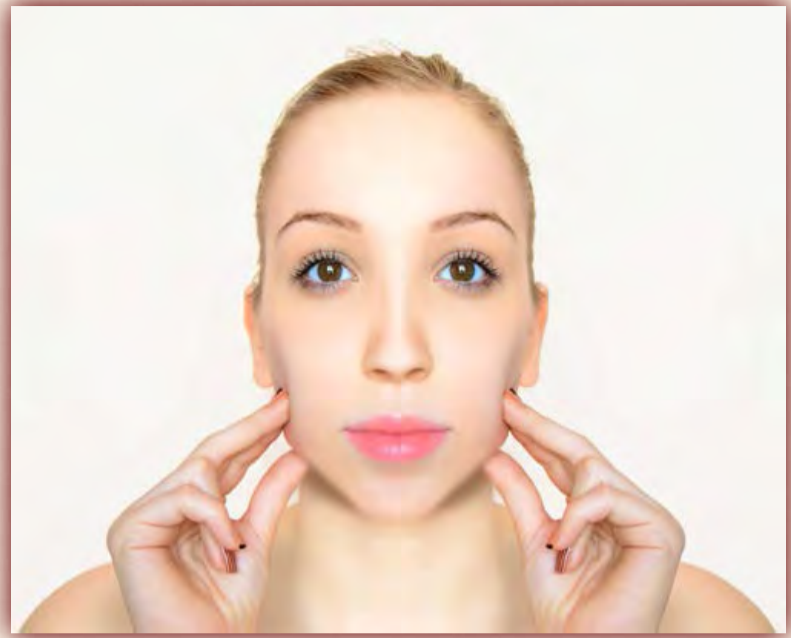
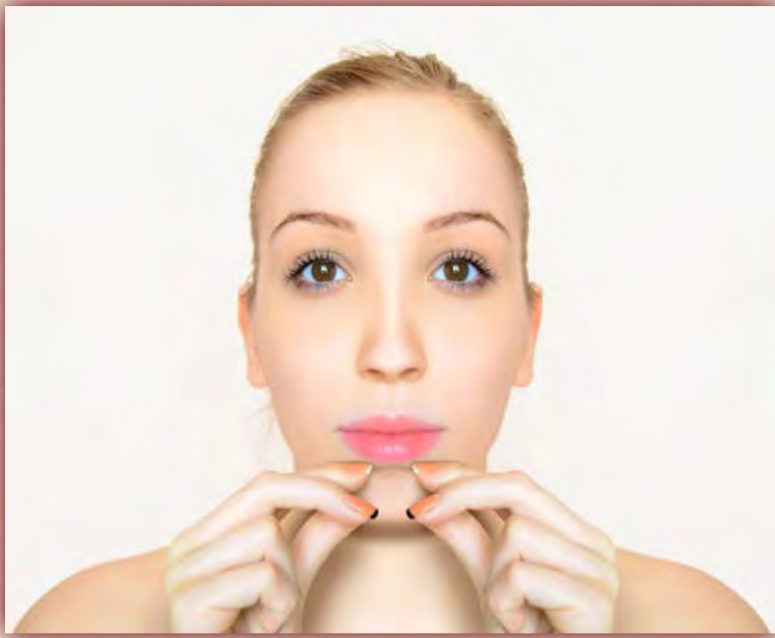
- Place the balls of your thumbs under your cheekbones, just either side of your nostrils.
- Rest the weight of your head and neck into your thumbs.
- Breathe in, and as you breathe out, slowly glide your thumbs across the cheek bones and up to the ears.
- You can also use your thumbs to maintain stationary pressure, holding the point for 10 seconds, then repeating further along until you have reached the ears. This is good for sinus congestion.

**Repetitions:** Once



20





## 1. facial exercises continued

### Exercise 13

#### Technique:

- Take hold of your jawbone at the point of the chin, between your fingers and thumbs.
- Press firmly into the jaw.
- Breathe in, and as you breathe out, slowly rotate your fingers into the bone keeping your thumbs pressed firmly in at the same time.
- Work outwards up to the ears on either side.

**Repetitions:** Once, or five times if you suffer from jaw tension, or if you grind your teeth at night.





## 1. facial exercises continued

### Exercise 14 – Bright Eyes Part A

#### **This massage:**

Gently stimulates the flow of blood to the eye area, strengthening the upper and lower eyelids, which opens up the eye area, resulting in a more youthful and wide awake appearance.

Strengthening the muscles of the under eye will help remove puffiness, bags, hollows and lines in the under eye area.

#### **Technique:**

- Place the right hand over the left eye, index finger firmly on the upper eye socket and middle finger on the lower eye socket. The skin surrounding the eye should be smooth.
- Put your left middle finger horizontally facing inwards over the outer corner of your eye and squeeze against the pressure of your finger.
- Alternate now and work on the other side.

**Repetitions:** Six





## 1. facial exercises continued

### Exercise 15 – Bright Eyes Part B

**This massage:**

Once again, gently stimulates the flow of blood to the eye area, strengthening the upper and lower eyelids, which opens up the eye area, resulting in a more youthful and wide awake appearance.

**Technique:**

- Position both index fingers horizontally on your lower eye sockets (on the bone, not the inner eye)
- Lift lower lids upwards, in the tiniest of movements against the resistance of your fingers, to ever so gently produce a squint, and hold for a count of 6.
- Release lower lids, again in the tiniest of movements.

**Repetitions:** Eight





## 1. facial exercises continued

### Exercise 16 – Upper Eye Strengthenener

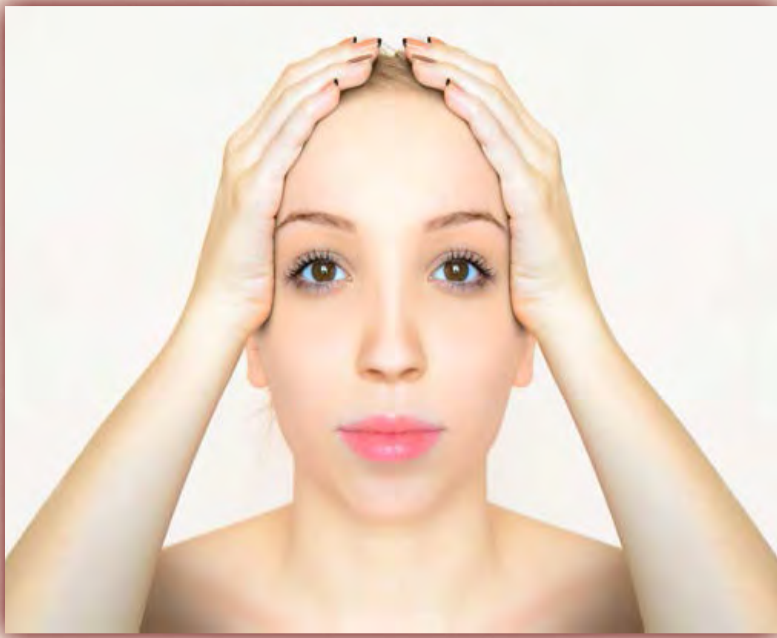
#### Technique:

- Curve the index fingers of both hands and place under the eyebrows.
- Push eyebrows gently upwards and hold the position on the bone.
- Close eyelids and gently stretch the upper eyelids downwards, while at the same time stretching the eyebrows upwards. (you should feel a real stretch)
- Hold for a count of 8 seconds and release slowly.
- Squeeze your eyes tightly shut and hold for a count of 15 seconds.

**Repetitions:** Three







## 1. facial exercises continued

### Exercise 17 – Frown Line Eliminator

#### Technique:

- Clasp hands together firmly on the top of your head, just above the hairline.
- Stretch the eyebrows down, against the resistance of your hands.
- You should feel a good stretch across the forehead.
- Squeeze your eyes tightly shut and hold for a count of 15 seconds and release slowly.

**Repetitions:** Twice



25





## 1. facial exercises continued

### Exercise 18 - Mini Eyebrow Lifts

#### Technique:

- Curve the index fingers of both hands and place just above the eyebrows.
- With the fingers firmly pressed down, work against this resistance and begin to lift the eyebrows upwards against the pressure of your fingers.

**Repetitions:** Five





## 1. facial exercises continued

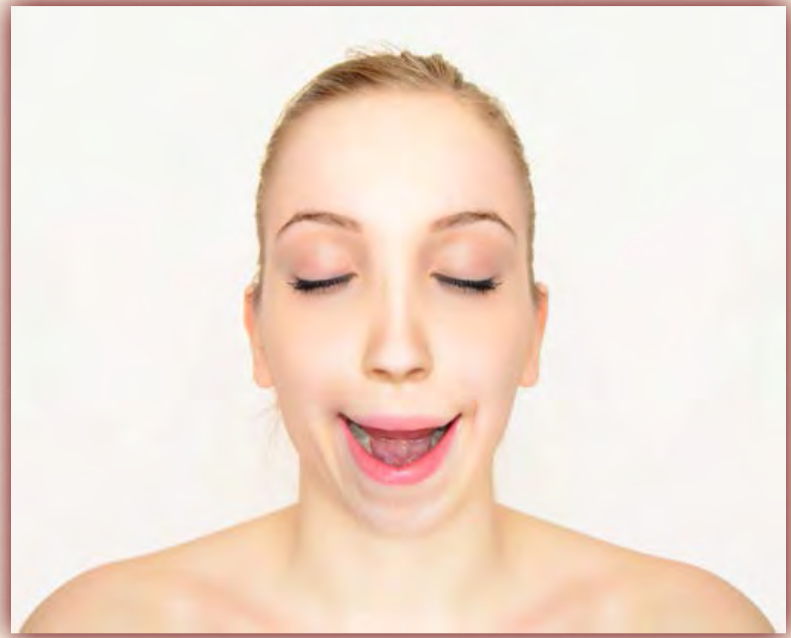
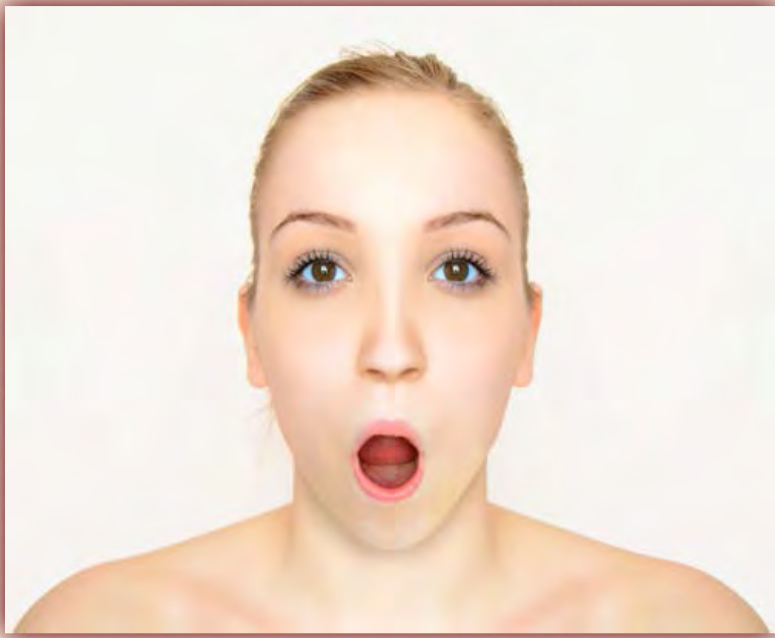
### Exercise 19 – Eyebrow Line Eliminator

#### Technique:

- Position the index fingers on the bridge of the nose. (fingers touching).
- Place both middle fingers above the index fingers, and pull index and middle fingers down gently.
- Hold firmly and stretch up with the muscles above your finger hold.
- Hold for a count of 8 seconds and release slowly.
- Smooth the forehead down with the flat of your hand.

**Repetitions:** Three





## 1. facial exercises continued

### Exercise 20 – Pump up the Cheeks

#### **This massage:**

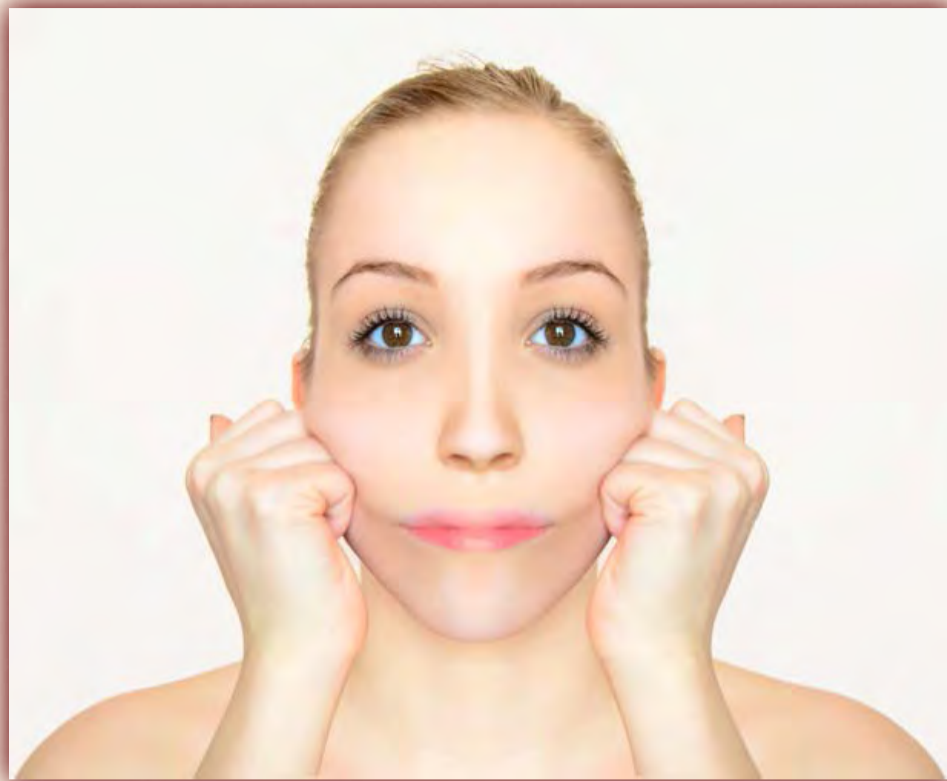
Strengthens the orbicularis oris muscle (surrounds the mouth), orbicularis oculi muscle (surrounds the eyes) and the cheek muscles. This plumps up the cheek muscles, removes under eye puffiness and hollows, and strengthens the lips and surrounding muscles.

#### **Technique:**

- Open your mouth, pulling upper and lower lips away from each other, forming an 'O' shape.
- Press the upper lip firmly against the teeth.
- Smile with your mouth corners.
- Mouth the letters (really exaggerate!) 'E' & 'O' while performing the exercises.

**Repetitions:** Twenty





## 1. facial exercises continued

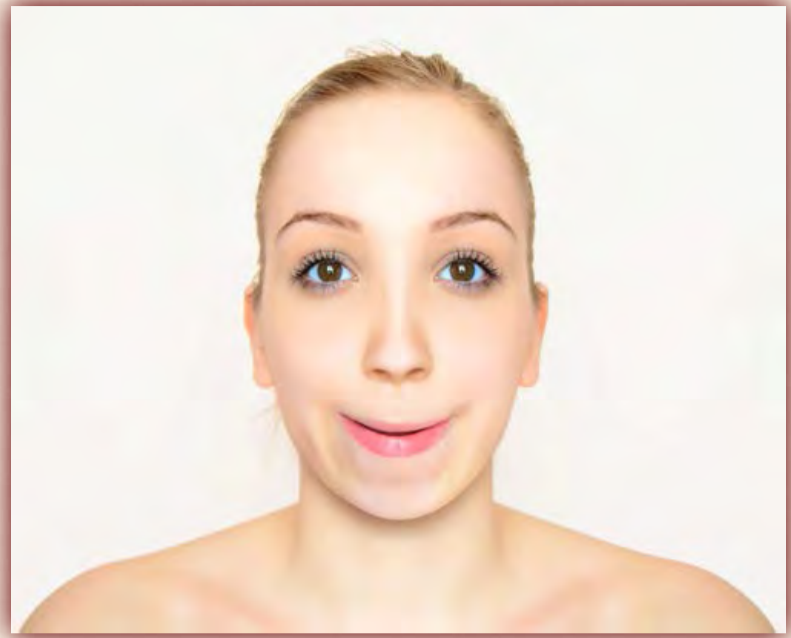
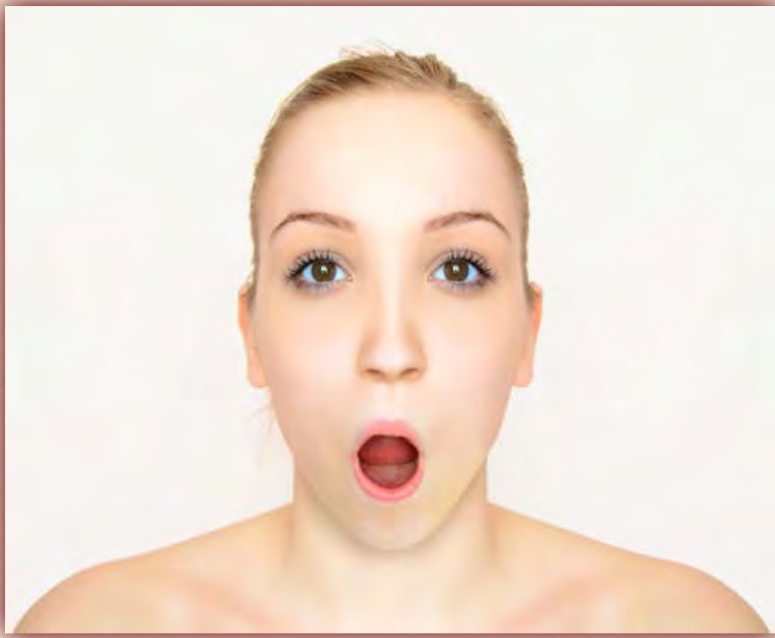
### Exercise 21 - Cheek Shaper

**Technique:**

- Place the knuckles of both hands firmly under the cheek bones.
- Push the cheek muscles up against the resistance of your knuckles.
- Hold for a count of 4 seconds and release slowly.

**Repetitions:** Four





## 1. facial exercises continued

### Exercise 22 – Face Shaper

#### Technique:

- Pull your upper and lower lips away from each other, forming a long 'O' shape.
- Press the upper lip firmly against the teeth.
- Smile with your mouth corners.
- Ensure the skin above the top lip is taut.
- Wrinkle your nose upwards, feeling the pull from either side of the nose and down to the corners of the mouth.
- Hold for a count of 6 seconds and release slowly.

**Repetitions:** Twenty



30





## 1. facial exercises continued

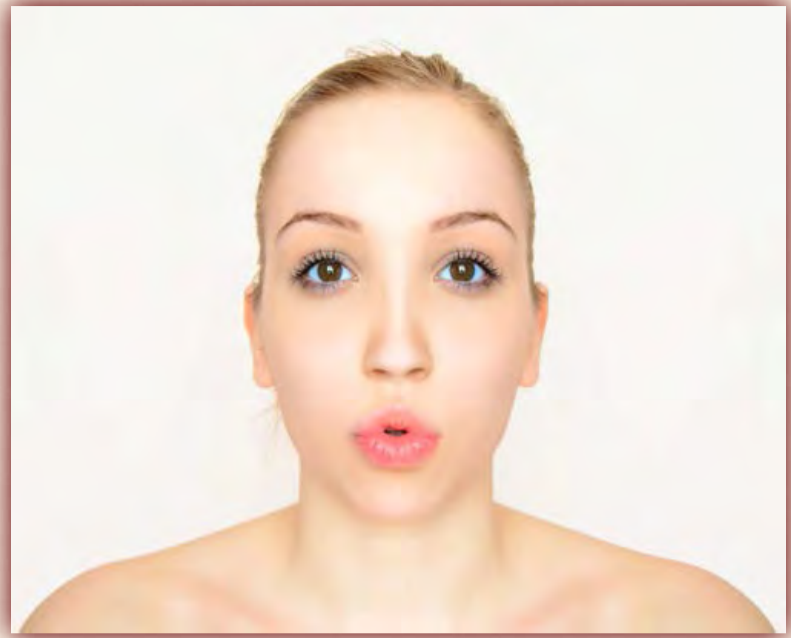
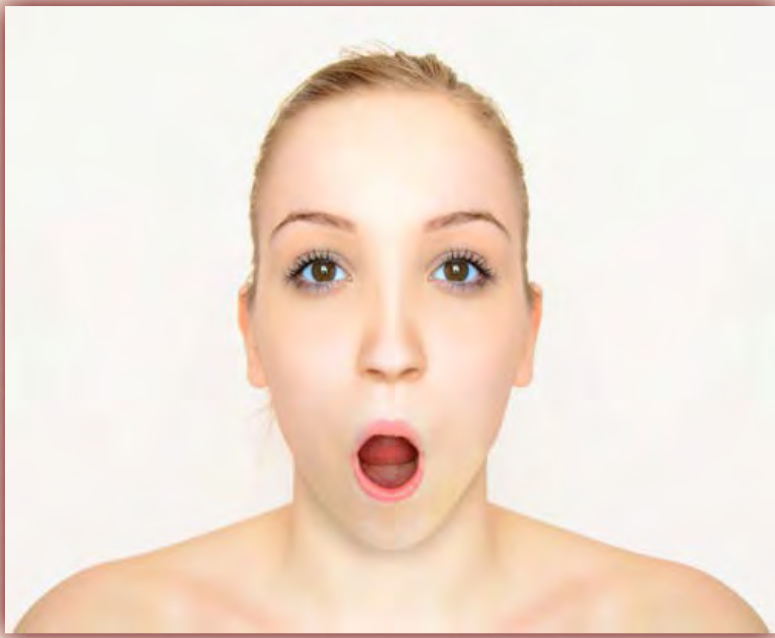
### Exercise 23 – Nose Shaper

#### Technique:

- Pinch your nostrils at the top and gently lift upwards.
- Pull the nose down by pulling the upper lip and pressing firmly against the teeth.
- Hold for a count of 3 seconds and release slowly.

**Repetitions:** 10 times





## 1. facial exercises continued

### Exercise 24 – Kissable Lips

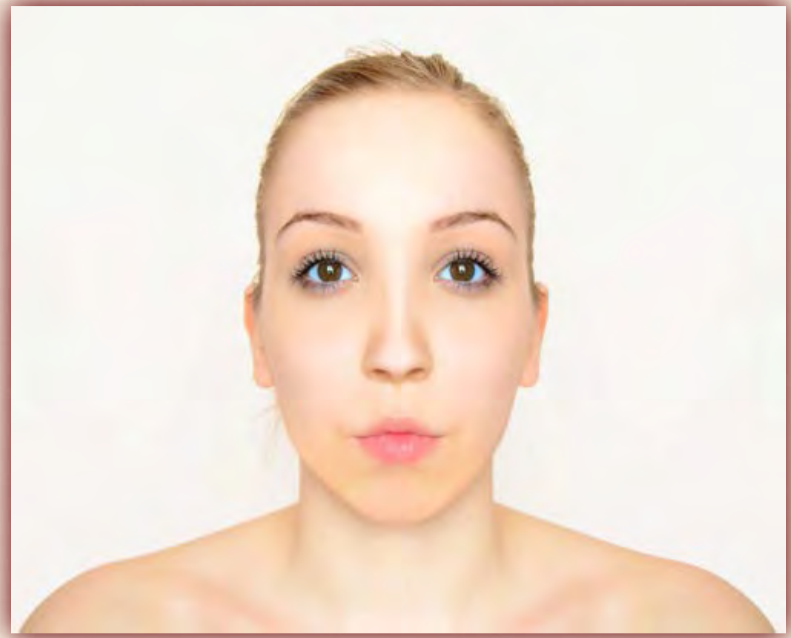
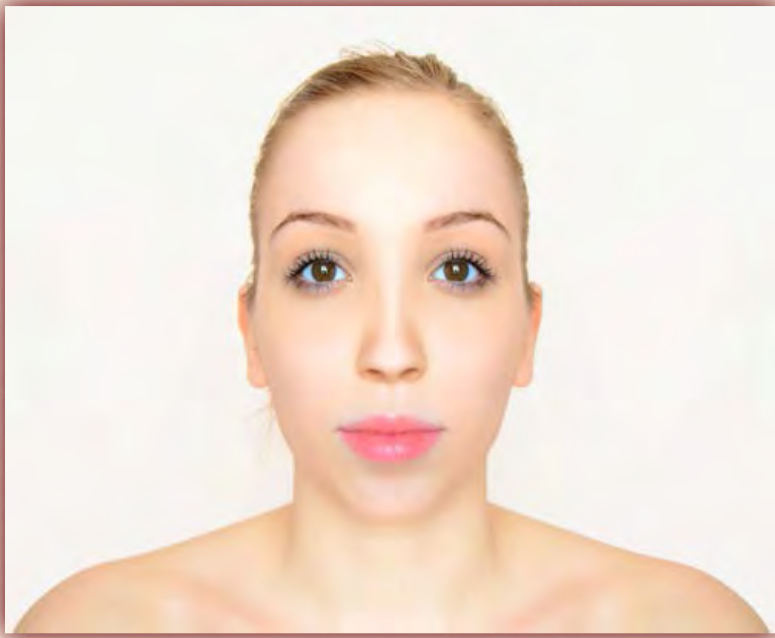
#### Technique:

- Pull your upper and lower lips away from each other, forming an 'O' shape.
- Gradually form a long 'O' shape.
- Shape your mouth as if to blow a kiss, feeling a real stretch all around the mouth. Hold for a count of 6 seconds and release slowly.

**Repetitions:** Ten







## 1. facial exercises continued

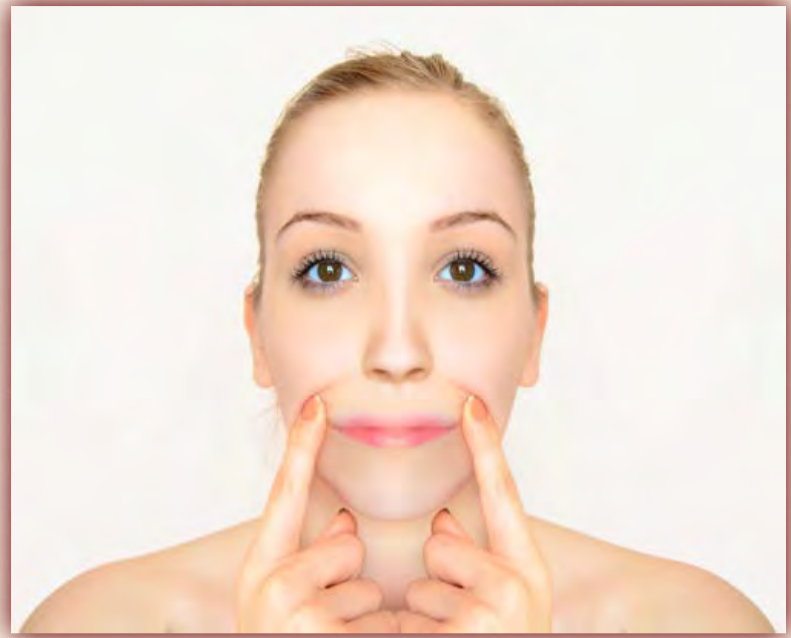
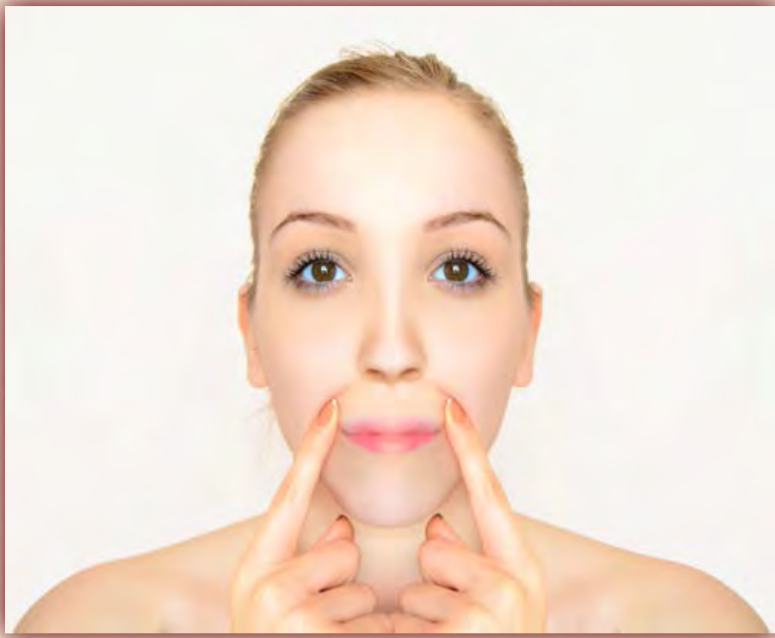
### Exercise 25 – Lip Strengthenener

#### Technique:

- Lips closed and relaxed.
- Press lips together and hold for a count of 20 seconds and release slowly.

**Repetitions:** Twice





## 1. facial exercises continued

### Exercise 26 – Chin Strengthenener

#### Technique:

- Position the index fingers on either side of the chin.
- Press the pads of the index fingers just under the mouth corners.
- Gently stretch from the mid point towards your fingers, against the resistance of your fingers.
- Hold for a count of 6 seconds and release slowly.

**Repetitions:** Twice





## 1. facial exercises continued

### Exercise 27 – Neck & Jaw Strengtheners

#### Technique:

- Move the head gently backwards, point chin upwards.
- The skin on the neck should feel a gentle stretch and be quite taut.
- Place lower lip over the top lip, and then smile. (towards temples)
- Place your fingers along the jaw line. You should feel a real stretch when you smile.
- Hold for a count of six and release slowly.

**Repetitions:** Twice





## 1. facial exercises continued

### Exercise 28

**Technique:**

- With elbows rested on a table and hands cupped over both eyes, let your head sink into the palms of your hands.
- This is very soothing. Relax for a minute or two.





## 2. head exercises

### Exercise 29

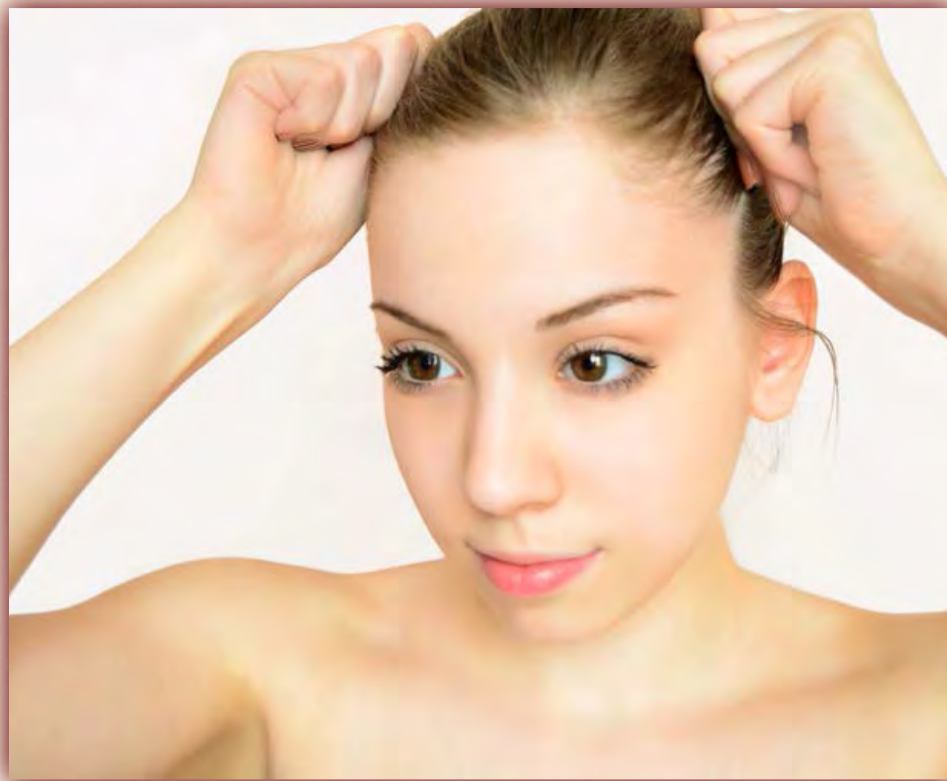
#### **This massage:**

Moves the scalp Technique

- With the tips of your fingers and thumbs, begin to gently but firmly massage the whole of the scalp from back to front, to release any tension.
- Steadily build up the pressure to a stronger friction.

**Repetitions:** Twice





## 2. head exercises continued

### Exercise 30

**This massage:**

Very gentle yet stimulating.

**Technique:**

- Grasp handfuls of hair at the root and gently tug from side to side. (the aim is to only apply enough pressure to stimulate the scalp, not to remove any hair)
- Keep the knuckles close to the scalp.

**Repetitions:** Twice





### 3. neck & shoulder exercises

#### Exercise 31

**This massage:**

Relieves a stiff neck or headaches due to neck tension.

**Technique:**

- Place your fingers on the top of the neck behind the ears.
- Lean your head forward slightly so that you stretch the muscles and make them more accessible.
- Breathe in, and as you breathe out, press the pads of your fingers into either side of your neck and rotate slowly.
- Make sure that you keep pressing your fingers into the neck as you rotate them.
- Work slowly and thoroughly down to the base of the neck.

**Repetitions:** Two





### 3. neck & shoulder exercises continued

#### Exercise 32

**This massage:**

The back of the neck contains a complex network of muscles and nerves and so is particularly vulnerable to tension and strains. The techniques shown here are excellent for relieving stiff, sore neck muscles and minor strains.

**Technique:**

- Look down slightly and massage the back of the neck by squeezing and rolling the muscles.
- Start at the top of the neck and work your way down.
- Alternate , first with one hand and then the other.

**Repetitions :** Three







### 3. neck & shoulder exercises continued

#### **Exercise 33**

##### **Technique:**

- Place the thumb of your left hand under the left occipital area (at the base of the head) and the thumb of your right hand under the right occipital area and relax the tight muscles by using friction or a slight rubbing movement.

**Repetitions:** Two





### 3. neck & shoulder exercises continued

#### Exercise 34

##### Technique:

- Rest one hand on the table and bring your other hand to rest on the opposite shoulder. Begin nearest the neck, tilting your head slightly to one side to make it easier to work here. Squeeze the muscle slowly and deeply between the heel of your hand and your fingers. Continue this movement along the length of the muscle to your shoulder joint.

**Repetitions:** Two





### 3. neck & shoulder exercises continued

#### Exercise 35

##### Technique:

- Place the pads of your fingers on the top of your shoulder muscle. Beginning nearest the neck, breathe in, and as you breathe out, press your fingers into the muscle and rotate slowly. Move along the top of the muscle in this way. Check that you are still pressing your fingers into this muscle as you rotate them, or you will work too lightly to have an effect.

**Repetitions : Two**





### 3. neck & shoulder exercises continued

#### Exercise 36

##### Technique:

- Bring your hand up to your shoulder. Make it into a relaxed fist shape. Breathe in, and as you breathe out, bounce your fist up and down on the side of your shoulder. Begin lightly and gently, gradually increasing the impact. Make the movement rapid, keeping your fist close to your neck and shoulder. Keep breathing as you work to release and let go of the tightness. This is a very powerful way to free up chronic tension in this area.

**Repetitions:** Twice

Repeat exercise on the other side of the body.





### 3. neck & shoulder exercises continued

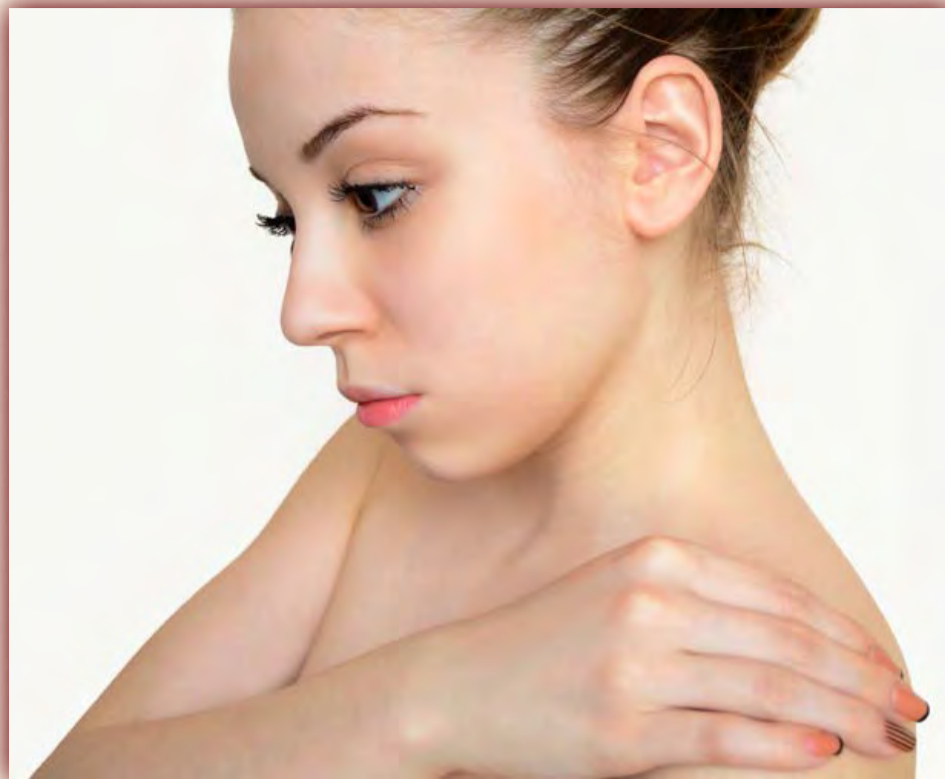
#### Exercise 37

##### Technique:

- Squeezing down the arm, begin at your shoulder and work down to the elbow. Grasp the skin and pull upwards.
- Avoid pinching movements.

**Repetitions:** Twice





### 3. neck & shoulder exercises continued

#### **Exercise 38**

##### **This massage:**

This rubbing technique will help to release and disperse toxins from tight muscles and improve blood circulation. You can help in the removal of toxins by drinking water and eating lots of raw fruit and vegetables which are 70% - 80% water content.

##### **Technique:**

- Place the flattened palm of your right hand beside the base of your neck on the left hand shoulder. Rub along the top of your left shoulder and continue down your left arm. When you reach the elbow, go back to the base of the neck and repeat the action twice. Change arms and work the other side.

**Repetitions:** Twice



## 4. antioxidants for beauty

### **Antioxidants For Beauty**

A youthful complexion, healthy body and overall 'rejuvenation' effect is possible for all of us by ensuring that natural whole foods, facial massage and exercise (both body and face), relaxation techniques, such as deep breathing and meditation, natural skin care and essential oils, form part of our daily routines.

Avoid the following, and you'll be half way there.

#### **Free Radicals.**

Highly reactive particles, which form toxic peroxides in the presence of oxygen. If left unchecked these peroxides may damage collagen and elastin (which gives skin resilience and keeps muscles firm).

Keep free radicals in check as they are the number one enemy of skin by ensuring Vitamin A, C and E, selenium and zinc, the most potent antioxidants (neutralise the destructive elements of free radicals) form a regular part of your diet (Refer to Vital Vitamins & Minerals).

Free radicals are mainly present due to the consumption of highly processed fats, oils and foods, radiation exposure, excessive stress, air pollution, pesticides and chemical food additives.

#### **Stay out of the Sun.**

Radiation UVA and UVB damages the skin at a cellular level, and destroys collagen and elastin.

Try to stay out of the midday sun, and wear sun protection cream, which contains vitamin A, C and E, to help zap harmful free radicals. However, on a positive note, moderate sunlight triggers the formation of vitamin D and will give you a feeling of wellbeing.

#### **Lack of Exercise.**

This is one of the best ways of keeping you from looking younger. When muscle mass decreases, hormones from the adrenal and sex glands reduce in direct proportion. These hormones are essential for maintenance of young looking, wrinkle free skin and healthy hair.

#### **Stresses.**

There are many effects of stress, one being that blood is redirected to the muscles. If your skin is not receiving a regular supply of fresh,



## 4. antioxidants for beauty continued

oxygenated blood, while at the same time removing waste matter, skin cell repair and maintenance is placed on hold, not a good thing for the health of your skin.

If you are suffering from stress on a regular basis, then by depriving skin of its 'life blood' your skin will develop signs of ageing at an early age.

### **Alcohol, Coffee & Cigarettes.**

The diuretic properties of both coffee and alcohol will dehydrate the skin. Both alcohol and cigarettes will rob the body of vitamin C and oxygen.

### **New Habits**

All habits, whether good or bad, take some time to develop, but we all have the ability to interrupt our bad habits and make lasting change for the better.

Just tell yourself that you've have made a decision to look and feel good, and that is surely a great start, a really positive outlook. Just consider, that all of these things are habitual and routine, for example each morning try replacing your coffee, with a freshly squeezed orange juice. New habit, but now, your new habit is packed with vitamin C and bioflavonoids, which is a potent antioxidant and will protect your skin, in particular collagen. Coffee as a diuretic will dehydrate the skin, whereas the high water content 75 to 80 per cent of fresh squeezed juice, will hydrate. You know what your goals are, firmer, youthful, healthy skin, and obviously the sooner you include good habits, and drop bad ones, the results will be reflected in your face. If this isn't possible don't be disheartened, just keep your goals in mind and achieve this at your own pace, it's not a race.

By following '*the ultimate facial massage course*', a beautiful complexion and firmer healthier skin, will be yours much sooner than you think.

If you add to this program, nutritious foods and exercise, you can't help but develop a youthful, firm body as well.





## 5. vital vitamins & minerals

### Vital Vitamins & Minerals

The health of your skin depends on optimum nutrition. Nutrients contribute to your overall health and wellbeing, but their role in your quest for a youthful and clear complexion, muscle tone, resilient collagen and elastin, skin hydration has largely been ignored until recently.

Consider the early signs of ageing skin e.g. wrinkles and dehydration, are a reflection of deficiencies of these nutrients, internal and external pollution and stress. Protect your skin with Vitamins A, C and E, selenium and zinc, for their antioxidant properties.

#### **Vitamin A**

*Properties...*

Antioxidant

Helps slow down the accumulation of keratin

Strengthens the immune system

Promotes the growth of strong bones, hair, teeth, skin and gums

Regulates the production of sebum

*Best Sources...*

Butter, cheese, dairy foods, eggs, fish liver oils, herring liver, mackerel, offal, oily fish, salmon

*Signs of Deficiency...*

Excessively oily skin & hair, acne, skin blemishes

*Benefits Enhanced With...*

Vitamin E & D, and sufficient zinc are necessary for proper absorption and use of Vitamin A

#### **Betacarotene**

*Properties...*

Protection against the ageing effects of ultraviolet rays.

Not a vitamin in itself, but is converted into vitamin A in the body.

Protection against disease.

Boosts the immune system.



## 5. vital vitamins & minerals continued

### **Betacarotene** ...continued

#### *Best Sources...*

Apricots, cabbage, carrots, chard, dark green lettuce, dark leafy greens, mangoes, oranges, peppers, pumpkin, red leaf lettuce, red peppers, spinach, squash, sweet potatoes, tomatoes, watercress, yellow melons, yellow peppers.

### **Vitamin B Complex**

#### *Properties...*

Essential for skin health.

Helps keep hair healthy.

Essential for the health of the brain and nervous system.

Essential for the correct metabolism of carbohydrates and fats .

#### *Best Sources...*

Blackstrap molasses, brewers yeast, fruit, liver, pumpkin seeds, sesame seeds, sunflower seeds, vegetables, wheatgerm, whole grains.

#### *Signs of Deficiency...*

Skin problems, acne, hair loss and premature grey hair.

### **Vitamin B (Biotin)**

#### *Properties...*

Improves oily skin.

Helps the body use essential fats.

Involved in the metabolism of nutrients and food.

#### *Best Sources...*

Beans, brewers yeast, brown rice, eggs, fish, kidneys, liver, nuts, wheat bran, wheatgerm, wholegrains.

#### *Signs of Deficiency...*

Overactive sebaceous glands, fine scaly dermatitis, hair loss, antibiotics can seriously disrupt manufacture in the intestines.

### **Vitamin B (Choline)**

#### *Properties...*

Protects liver from the accumulation of fat.



## 5. vital vitamins & minerals continued

### **Vitamin B (Choline) ...continued**

Important in the development of the immune system.

Important in the use of fats in the body.

Health of the nerves.

#### *Best Sources...*

Brewers yeast, lecithin, liver.

#### *Benefits enhanced with...*

Combined with folic acid and B12, protects the immune system against disease.

### **Vitamin B (Inositol)**

#### *Properties...*

Important in fat metabolism.

Helps prevent fatty build up in the arteries.

Important for the brain cells.

Aids the elimination of fatty deposits in the liver.

#### *Best Sources...*

Beef heart, blackstrap molasses, brewers yeast, brown rice, lecithin, legumes, liver, whole grain.

#### *Signs of deficiency...*

High serum cholesterol levels, constipation.

### **Vitamin B (PABA)**

#### *Properties...*

Maintains the health of the skin.

Helps prevent skin ageing.

Aids protein metabolism.

Helps the manufacture of red blood cells.

#### *Best Sources...*

Blackstrap molasses, Brewers yeast, brown rice, eggs, liver, wheatgerm.

Vitamin B3 (Niacin)



## 5. vital vitamins & minerals continued

### **Vitamin B (PABA) ...continued**

#### *Properties...*

Helps the skin produce natural sun screening substances.

Helps clear out toxic waste in the tissues.

Improves circulation.

Helps clear up acne.

Important for healthy skin.

Important for brain and nerve function.

Breaks down protein, fats and carbohydrates.

#### *Best Sources...*

Brewers yeast, broccoli, brown rice, cereal, cheese, chicken, dried fruits, eggs, fish, kidneys, liver, nuts, oily fish, soybeans, tuna.

#### *Signs of Deficiency...*

Skin problems, digestive problems, fatigue.

### **Vitamin B5 (Pantothenic Acid)**

#### *Properties...*

Helps prevent premature ageing and wrinkles.

Important for the formation of new skin tissue.

Important for the health and maintenance of good skin.

Protects against radiation damage to cells, a major factor in premature ageing.

Important for health and maintenance of strong nerves.

Increases the body's ability to withstand stress.

#### *Best Sources...*

Brewers yeast, brown rice, eggs, kidneys, legumes, lentils, liver, wholegrain cereals.

#### *Signs of Deficiency...*

In times of illness and stress, more B5 is needed.

### **Vitamin B6 (Pyridoxine)**

#### *Properties...*

Important in the formation of collagen and elastin, DNA and RNA.

Reduces tiny wrinkles.



## 5. vital vitamins & minerals continued

### **Vitamin B6 (Pyridoxine) ...continued**

Helps to prevent premature ageing.  
Helps maintain normal oil balance in the skin.  
Stabilises the nerves.  
Protein conversion.

#### *Best Sources...*

Bananas, beef, brewers yeast, broccoli, brown rice, chicken, cod, fish, hazelnuts, lentils, liver, muscle meats, milk, peanuts, peas, poultry, sunflower seeds, salmon, walnuts, wheatgerm, wholegrains, yeast extract.

#### *Signs of Deficiency...*

Eczema, acne, tiny wrinkles around the mouth, stretch marks.

### **Vitamin B9 (Folic Acid)**

#### *Properties...*

Moisture loss from the skin slowed down.  
Important in premature ageing due to folic acid directly needed for the metabolism of RNA & DNA.  
Prevention of birth defects.

#### *Best Sources...*

Brewers yeast, bran, citrus fruits, dried fruits, leafy green vegetables, liver, molasses, nuts, pulses, soya flour, spinach, wheatgerm.

#### *Signs of Deficiency...*

Stress, the pill and shock increase a persons need for folic acid.

#### *Benefits Enhanced With...*

Together with B12 and Vitamin C, as a co-enzyme to metabolise proteins.

### **Vitamin B12**

#### *Properties...*

Helps blood carry oxygen to the skin.  
Plays an important role in the synthesis of nucleic acid - the DNA and RNA in cells.  
Helps eliminate toxins.



## 5. vital vitamins & minerals continued

### **Vitamin B12 ...continued**

Helps metabolise proteins, fats and carbohydrates.

Involved in the formation of red blood cells, called the 'anti anaemia' vitamin.

Healthy nervous system.

#### *Best Sources...*

Beef, cheese, clams, eggs, herring, kidneys, lamb, liver, milk, oily fish, pork, Seaweed, wheatgerm.

#### *Signs of Deficiency...*

Fatigue, poor circulation, osteoporosis.

### **Vitamin C (Ascorbic Acid)**

#### *Properties...*

The most powerful natural antioxidant.

Helps protect against free radicals.

Essential for the production and manufacture of collagen, the elastic tissue in the skin.

Helps protect and preserve healthy skin.

Anti bacterial, helps against skin infections.

Prevention of wrinkles.

Protects the body against the damaging effects of pollution.

Helps eliminate waste products.

Strengthens the immune system.

Detoxifies the body of heavy metals such as lead.

#### *Best Sources...*

Berries, blackcurrants, broccoli, cherries, citrus fruits eg. Oranges, currants, green vegetables, kiwi fruit, lettuce, mango, peppers, pineapple, spinach, strawberries, tomatoes, watercress.

#### *Signs of Deficiency...*

Scaly skin, poor circulation, dry scalp.

#### *Benefits Enhanced With...*

Absorption is improved, if taken with bioflavonoids (vitamin P), improves the absorption of iron.



## 5. vital vitamins & minerals continued

### **Vitamin D**

#### *Properties...*

Important for bone formation.

Prevents tooth decay.

Essential for metabolic function related to the heart, nervous system and the eyes.

#### *Best Sources...*

Canned sardines, eggs, evaporated milk, fish, fish liver oils, fresh tuna, herring, kippers, mackerel, salmon, trout, tuna.

#### *Signs of Deficiency...*

Rickets, osteoporosis, osteomalacia (softening of the bones).

#### *Benefits Enhanced With...*

With vitamin A helps reduce the incidence of colds, increases the absorption of calcium and phosphates from foods.

### **Vitamin E**

#### *Properties...*

Helps retard the ageing process and cell damage.

Powerful natural antioxidant.

Helps rebuild tissue and skin.

Stimulates cell metabolism.

Helps combat collagen fibre shrinkage, and therefore prevents wrinkles.

Protects cells from genetic damage.

Aids cell respiration.

Important for the formation of new cells.

Helps protect B complex and C from oxidation and destruction in the body.

Calms itchy dry skin.

Boosts the immune system.

Helps maintain good circulation.

Strengthen blood vessels.

#### *Best Sources...*

Almonds, avocado, beans, broccoli, green leafy vegetables, mayonnaise, nuts, oily fish, olive oil, peanut butter, seed oils, safflower oil, seeds,



## 5. vital vitamins & minerals continued

### **Vitamin E ...continued**

spinach, sunflower oil, sweet potato, vegetable based fats, watercress, wheatgerm,

#### *Signs of Deficiency...*

Shrinkage of collagen, which results in wrinkles, abnormal deposits of fat, muscle wasting.

#### *Benefits Enhanced With...*

Encourages the use of iron in the body, with vitamin C and Zinc, most effective combination to protect and preserve health and beauty.

### **Essential Fatty Acids (Vitamin F)**

#### *Properties...*

Important for skin health and vitality.

Improves the flexibility of blood cells, which allows them to pass through into the capillaries, which carry oxygen and nutrients to the skin.

Deters the formation of wrinkles.

Strengthens cell membranes.

Reduces excessive cholesterol.

Speeds up cell metabolism.

#### *Best Sources...*

Cold pressed oils, such as sesame, walnut, soybean, olive oil, grains, seeds especially linseeds, nuts. Nuts are best kept in the fridge, as they are prone to go rancid.

#### *Signs of Deficiency...*

Acne, dry skin, poor hair condition, dandruff, PMT, loss of muscle tone, hormonal imbalance.

### **Vitamin K**

#### *Properties...*

Essential for blood clotting.

Important for liver function.

#### *Best Sources...*

Blackstrap molasses, eggs, fish liver oils, milk, yoghurt.





## 5. vital vitamins & minerals continued

### **Bioflavonoids (Vitamin P)**

#### *Properties...*

Natural antioxidant.

Strengthens and heals small capillaries and blood vessels, which feed the skin.

Slows down the deterioration of the connective tissue.

Increases vitamin C's ability to preserve collagen, which prevents premature ageing and wrinkles.

Increases the body's resistance to illness and stress.

#### *Best Sources...*

Pith and rind of citrus fruits, especially lemons, apples, apricots, blackberries, buckwheat, cherries.

#### *Benefits Enhanced With...*

Absorption of vitamin C is improved when taken with bioflavonoid (vitamin P), works with vitamin C to protect the health of the capillaries and connective tissue.

### **Mineral - Calcium**

#### *Properties...*

Helps skin regeneration.

Helps maintain the skins acid-alkaline balance.

Prevents premature ageing.

Helps the body use iron.

Helps regulate the passage of nutrients through cell walls.

Natural tranquilliser.

Prevention of osteoporosis.

The body's most important mineral, required on a daily basis for the vital functions of the body.

#### *Best Sources...*

Almonds, brazil nuts, brewers yeast, cheese, chickpeas, dries seaweed, figs, green leafy vegetables, kelp, milk, nuts, parsley, sardines, shellfish, sprouted grains and seeds, tofu, watercress, whitebait, wholegrains, yoghurt.



## 5. vital vitamins & minerals continued

### **Mineral - Calcium** ...continued

*Signs of Deficiency...*

Osteoporosis.

*Benefits Enhanced With Properties...*

With vitamin A, helps keep skin healthy, vitamin D is essential for the absorption of calcium.

### **Mineral - Chromium**

*Properties...*

Important for the regulation of blood sugar.

Inhibits the formation of aortic plaque.

*Best Sources...*

Brewers yeast, clams, fruit, meat, vegetables, wholegrain cereals.

### **Mineral - Copper**

*Properties...*

Important for the synthesis of RNA and the formation of elastin, an important component of muscle and skin fibre.

Preserves natural hair colour.

Aids healing.

*Best Sources...*

Brains, kelp, liver, seafood, wholegrains, yeast.

### **Mineral - Iodine**

*Properties...*

Protects against wrinkled and rough skin.

Helps maintain strong and healthy hair.

Vital to the proper functioning of the thyroid gland (concerned with metabolism).

*Best Sources...*

Cockles, cod, fish liver oils, haddock, Kelp, legumes, milk, mussels, onions, seafood, seaweed, smoked mackerel, smoked haddock, vegetables grown in soil near the sea, whelks.



## 5. vital vitamins & minerals continued

### **Mineral - Iodine** ...continued

#### *Benefits Enhanced With...*

Vitamin C, aids iron absorption and usage.

Mineral - Magnesium

#### *Properties...*

Important for healthy muscle tone .

With calcium works to slow down age related shrinkage, that produces wrinkles.

Aids digestion of food.

Essential for energy, growth and repair.

#### *Best Sources...*

Almonds, apples, bran, brazil nuts, brown rice, cashews, celery, figs, grapefruit, green vegetables, lemons, milk, nuts, oily fish, peas, pine nuts, raw wheatgerm, rice, seafood, sesame seeds, soya based protein, soybeans, sunflower seeds, wholegrains, yellow corn.

#### *Benefits Enhanced With...*

Helps absorption and metabolism of other minerals, such as calcium and phosphorus, essential for the function of vitamins B1 and B6.

### **Mineral - Manganese**

#### *Properties...*

Important for normal skeletal development.

Important role in fat and carbohydrate metabolism.

#### *Best Sources...*

Egg yolk, nuts, leafy green vegetables, legumes, spinach, wholegrains.

### **Mineral - Phosphorus**

#### *Properties...*

Important for a clear complexion.

Helps maintain a healthy acid-alkaline balance in the tissues and blood.

Aids metabolism of food.

Promotes healthy kidney function.



## 5. vital vitamins & minerals continued

### **Mineral - Phosphorus ...continued**

#### *Best Sources...*

Cranberries, egg yolk, dairy products, fish, meat, red cabbage.

#### *Benefits Enhanced With...*

Calcium helps maintain strong bones.

### **Mineral - Potassium**

#### *Properties...*

Helps prevent dry skin.

Important for the acid-alkaline balance.

Helps the body dispose of waste products.

Aids in the metabolism of glucose and cells, and muscle protein synthesis.

Helps balance sodium levels in the body.

Essential for normal nerve and cell function.

#### *Best Sources...*

Bananas, cheese, citrus fruits, dried fruits, figs, fish, fruit, green peppers, meat, molasses, nuts, tea, vegetables, watercress, wholegrains, wholemeal bread.

#### *Benefits Enhanced With...*

More sodium in the diet requires more potassium.

### **Mineral - Selenium**

#### *Properties...*

Powerful antioxidant.

Retards the process of ageing.

Helps preserve the elasticity of the tissues.

Protects against the toxic effects of heavy metals such as lead and mercury.

Reduces skin inflammation.

Relieves high blood pressure.

Important for the health of the digestive system.

#### *Best Sources...*

Brazil nuts, brewers yeast, broccoli, eggs, garlic, herring, lambs kidneys, lentils, liver, molasses, mushrooms, onions, oysters, sardines, sunflower



## 5. vital vitamins & minerals continued

### **Mineral - Selenium ...continued**

seeds, tomatoes, tuna, walnuts, wholemeal bread, white fish.

#### *Benefits Enhanced With...*

Helps the body use vitamin E, which retards the process of ageing.

### **Mineral - Sodium**

#### *Properties...*

Helps to maintain healthy function of nervous, muscular, lymph and blood systems.

Too much sodium causes fluid retention.

#### *Best Sources...*

Bacon, bread, cheese, poultry, seafood, most prepared foods.

#### *Benefits Enhanced With...*

More sodium in diet requires more potassium.

### **Mineral - Sulphur**

#### *Properties...*

Fights bacterial infection, which helps keep skin clear.

Called the 'beauty mineral' as it keeps skin, nails and hair in excellent condition.

Important in collagen synthesis.

Aids detoxification by stimulating bile secretion.

Essential for the formation of red blood cells.

Important for tissue respiration.

#### *Best Sources...*

Cabbage, dried beans, eggs, fish, lean beef, legumes, onions, sprouts.

#### *Benefits Enhanced With...*

Together with zinc for skin, hair and nail problems, with B complex, ensures health of the nerves and aids clear thinking.

### **Mineral - Zinc**

#### *Properties...*

Essential for the formation of RNA and DNA.



## 5. vital vitamins & minerals continued

### **Mineral - Zinc** ...continued

Helps collagen synthesis and slows down the age related weakening of collagen and elastin fibres.

Helps rebuild cells.

Powerful antioxidant.

Strengthens the immune system.

Involved in food digestion, tissue respiration and normal gland functions.

#### *Best Sources...*

Beans, brewers yeast, cheese, chicken, dried seaweed, eggs, legumes, liver, meat, nuts, oysters, pine nuts, seafood, sesame seeds, shellfish, soy lecithin, sunflower seeds, wheatbran, wheatgerm, wholegrains, wholemeal bread.

#### *Signs of Deficiency...*

White marks on the nails, stretch marks.

#### *Benefits Enhanced With...*

Helps make the protein, which carries vitamin A to the skin, deficiency more common in women on the pill.



## 6. beauty recipes

### Recipes & natural skin care treatments

It is advisable to carry out a patch test before trying out any of these skin care recipes.

#### Facial oils...

*Skin Type : Ageing*

- 2 drops neroli
- 1 drop myrrh
- 1 drop geranium 10 ml avocado oil
- 15 ml sweet almond oil

*Skin Type : Sensitive*

- 2 drops lavender
- 25 ml apricot kernel oil

#### Face masks...

Masks are excellent for rejuvenating the skin. They nourish, stimulate the circulation, refine and tighten the pores, in affect a 'natural face lift'.

**Apricot...** Mash some raw, fresh apricot to a pulp and apply to skin. Leave for fifteen minutes. Wash with warm and then cool water to close pores. Exfoliates, hydrates and improves skin texture.

**Avocado...** An extremely effective moisturiser. Mash some raw, fresh avocado to a pulp and apply to skin. Leave to dry, then wash with warm and then cool water to close pores. Skin will feel soft and supple.

**Honey...** Firms the skin and imparts a dewy glow, by extracting moisture from the air. Apply honey and leave for 20 minutes. Apply this before a warm bath, for best results. Wash with warm and then cool water to close pores.

**Potato...** Is extremely effective for treating skin blemishes, fading dark circles, exfoliating the skin and melting wrinkles away. This is due to the high content of potassium, sulphur, phosphorus and chlorine, which helps in clearing blemishes and reducing wrinkles. Apply grated potato or potato juice for 20, minutes. Wash with warm and then cool water to close pores.



## 7. beautifying essential oils

### Essential Oils

*'The physician must be experienced in many things but assuredly rubbing. The way to health is to have an aromatic bath and scented massage every day' Hippocrates.*

Aromatherapy has a history dating back thousands of years, the Egyptians are generally regarded as the founders. Modern aromatherapy has many similarities to these early beginnings, with oils that were blended with herbs and wax, however, their use of heavy animal fats, would probably not appeal to our more refined tastes!

The skin is the perfect medium, for aromatherapy.

Essential oils incorporated into lotions, creams, carrier oils and toilet waters, forming part of your regular skincare routine, have many overall benefits and particularly for skin health.

Natural health and skin care complement each other beautifully, natures 'rejuvenators' if you will.

*The overall benefits for your skin include...*

- Improves blood circulation and lymph drainage, and thus aids the elimination of tissue waste matter and dead cells, and speeds up the replacement of healthy, new cells.
- The antiseptic and antibacterial properties help keep the skin free of blemishes and congestion.
- Improved hydration, tone and elasticity.

### Important...

**Caution!** If you are pregnant or have any health problems, speak to your doctor or qualified aromatherapist, before using essential oils. In addition, essential oils should not be ingested or used on babies or children, except on professional medical advice.

On this and the following pages, you will find a glossary of essential oils for your information only. We do not offer brand endorsements and offer no recommendation of their use. When using essential oils it is very important that the manufacturers instructions are carefully followed.

We accept no responsibility for their misuse.





## 7. beautifying essential oils continued

For facial oils, consider the following ingredients (oils) when making your selection:

Rose, Lavender, Lemon, Blue Chamomile, Virgin Coconut, Evening Primrose, Rosehip Seed or Carrot Seed.

Facial oils containing (various amounts of) these ingredients act by gently penetrating the upper layers of the skin, helping to nourish and soften the skin and can be used daily after cleansing. Please select facial oil based on your skin type.

Please remember: If in doubt as to the suitability and use of essential oils, please seek the advice of a professional.

In all situations keep oils out of reach of children.

It is a natural feature of the face to produce more oil than other parts of the body. For added comfort during a facial massage, you may find it beneficial to use a small amount of facial oil.

### **The Oils...**

#### ***Angelica Root...***

Archangelica Officinalis: The aroma is earthy, musky, and herbaceous. A soothing oil for fatigue & stress, an appetite stimulant, detoxifying.

#### ***Basil...***

Ocimum Basilicum: An invigorating oil, good for clearing mind/aiding concentration - especially when tired. Ideal after a stressful day.

#### ***Bay...***

Pimenta Racemosa: Bay oil has a powerful, spicy, sweet aroma with a distinctive clove note. Used to produce bay rum fragrance and as a component of fresh, spicy scents. Clarifying and warming.

#### ***Benzoin...***

Styrax Benzoin: Contains vanillin which gives it a creamy, soothing, vanilla aroma.

#### ***Bergamot...***

Citrus Bergamia: Relaxing, refreshing, excellent for skin care - especially oily or blemished skin.



## 7. beautifying essential oils continued

### ***Black Pepper...***

Piper Nigrum: A stimulating, warming oil. Useful muscle rub, use in massage oil before and after exercise. Strengthening, aids digestion and concentration.

### ***Cajaput...***

Melaleuca Cajuputi: A penetrating camphoric odour. A very useful oil during the winter months for its clearing properties. Blends well with citruses.

### ***Camphor...***

Cinnamomum Camphora: A penetrating camphoric odour with great therapeutic properties. CamphorWhite is the grade preferred in scenting detergents, soaps, disinfectants, deodorants, room sprays and other household products. Aromatherapy benefits: clarifying, energizing and purifying.

### ***Cardamom Seed..***

Cardamomum: The oil has a spicy, camphor-like aroma with floral undertones. It imparts a warm note to masculine scents and floral perfumes. It blends well with bergamot, frankincense, ylang ylang, cedarwood and coriander. Aromatherapy benefits: warming, comforting, alluring.

### ***Cedarwood...***

Cedrus Atlantica: A refreshing, soothing woody aroma - helpful for oily skin, itchy scalp, dandruff and thinning hair  
Blends well with, bergamot, clary sage, cypress, frankincense, jasmine, neroli, rose, rosemary, ylang ylang.

### ***Chamomile - Roman...***

Chamaemulum Nobile: A sweet fruity aroma. Excellent for skin care. Valuable anti-inflammatory, antiseptic, and bacterial properties. Benefits a range of skin problems, particularly dry skin and thread veins. Soothing and relaxing, encourages sleep. Blends well with citrus essences, lavender, geranium, jasmine, rose, neroli, rose, ylang ylang.

### ***Chamomile - German...***

Matricaria Recutita: Blue Chamomile has a deep, pungent, earthy and floral aroma. Ideal for stiff swollen joints and muscles - ideal in a warm compress.



## 7. beautifying essential oils continued

### ***Cinnamon Leaf...***

Cinnamomum Zeylanicum: Spicy, warming and stimulating to the system. An ideal room fragrance. Blends well with orange and clove. A powerful germ killer.

### ***Citronella...***

Cymbopogon winterienus: A wonderfully refreshing lemony aroma, uplifting, it repels insects and is deodorising.

### ***Clary Sage...***

Salvia Sclarea: Soothing and relaxing, it is ideal for mature skin. Clear, sweet aroma. Excellent nerve tonic. Blends well with nutmeg.

### ***Clove Bud...***

Eugenia Caryophyllata: Has a warm, spicy aroma and is an excellent mouthwash and antiseptic. It repels insects and blends well with orange and cinnamon leaf.

### ***Coriander Seed...***

Coriandrum Sativum: A sweet, spicy aroma. It is stimulating and refreshing and makes a very useful muscle rub. Encourages appetite and digestion.

### ***Cypress...***

Cupressus Sempervirens: With a refreshing aroma, natural deodorant and astringent cypress is often used in aftershave. Useful for cellulite & menopause.

### ***Eucalyptus...***

Eucalyptus Globulus: A strong antiseptic and a well known winter oil eucalyptus is traditionally used for its penetrating clearing aroma. Burn to keep the air germ reduced or add to massage oil for a clearing chest rub. Ideal for sports people. Blends well with Lavender.

### ***Fennel...***

Sweet Foeniculum Vulgare: A Fresh Aniseed aroma and a detoxifying oil, which improves circulation and helps combat cellulite and weight gain.



## 7. beautifying essential oils continued

### ***Frankincense...***

*Boswellia Carterii*: A warm soothing aroma. Traditionally burnt as an aid for meditation - said to create a 'spiritual' atmosphere. Recommended for firming mature skin. The anti-inflammatory properties make this ideal for skin blemishes and inflammation. An excellent skin tonic with a wonderful uplifting effect on the emotions.

Blends well with citrus oils, Lavender, Neroli, Rose, Sandalwood.

### ***Geranium...***

*Pelargonium Graveolens*: A refreshing balancing oil for mind and body. Mentally uplifting and refreshing. Good for acne, broken capillaries and dry skin. Improves circulation, firms and tones mature skin. Balances combination skin.

Blends well with other citrus essences, Black pepper, Jasmine, Lavender, Neroli, Patchouli, Rosemary, Sandalwood.

### ***Ginger...***

*Zingiber Officinalis*: ideal in winter for its warming effect. Helpful muscle tonic. Warm, spicy aroma.

### ***Grapefruit...***

*Citrus paradisi*: Uplifting and refreshing. A good skin toner and hair tonic. Helpful during times of confusion or depression.

### ***Helichrysum...***

*Helichrysum Gymnocephalum*: A unique refreshing floral aroma and an excellent skin care oil and muscle rub.

### ***Ho Leaf (Linalool)...***

*Cinnamomum Camphoric*: A pleasant light flowery aroma which is relaxing and deodorizing. Add to massage oil to help combat tired muscles, especially after vigorous exercise.

### ***Hyssop...***

*Hyssopus Officinalis*: Once regarded as a sacred plant and was used to purify holy places. The scent of the oil is reminiscent of the herb; spicy, sweet, woody and strong. Blends well with clove, lavender, rosemary, myrtle, sage, clary sage and citrus oils. Refreshing and purifying.



## 7. beautifying essential oils continued

### ***Jasmine...***

Jasminium Grandiflorum: Very relaxing and is ideal in moisturisers for dry or sensitive skin. Wonderful sensual properties with a heady, deep and floral aroma.

### ***Juniperberry...***

Juniperus communis: An antiseptic and astringent and is ideal for oily skin. Add to massage oil or bath base for combating cellulite. Massage into scalp to encourage healthy hair. Has a cleansing effect on the body.

### ***Lavender...***

Lavendula Angustifolia: This is the most popular oil due to its versatility. The antiseptic and antibacterial properties make this invaluable in skin care. With Neroli, the most powerful of oils for aiding cell regeneration, broken capillaries and stretch marks. Restorative - helps restore balance and encourages sleep. Add a few drops to a cotton handkerchief and place near your bed. Blends well with citrus essences, cedarwood, clary sage, cypress, frankincense, geranium, neroli and rose.

### ***Lemon...***

Citrus Limonum: An excellent antiseptic. Refreshing and uplifting it is a useful insect repellent and hair rinse. Can be used to lighten dull stained hands or to tone and condition nails and cuticles. Its anti bacterial properties benefit oily skin. The oil has a tonic effect, which improves circulation, blends well with other citrus essences such as chamomile (Roman), frankincense, lavender, myrrh, neroli, rose, sandalwood and ylang ylang.

### ***Lemongrass...***

Cymbopogon Citratus: With a strong sweet 'lemony' aroma it is excellent for vaporizing to banish unpleasant smells. Uplifting and refreshing, good for tired sweaty feet, or as a rinse for greasy hair.

### ***Lime (Distilled)...***

Citrus Aurantifolia: An excellent tonic and antiseptic with a fresh, sweet, zesty aroma. Will uplift and rejuvenate any atmosphere.

### ***Mandarin Red...***

Citrus Reticulata: A sweet & fruity aroma, known to have a gentle, soothing action, suitable for the very fragile. Add to massage oil to help prevent stretch marks.



## 7. beautifying essential oils continued

### ***Marjoram (Sweet)...***

Origanum Marjorana: Its aroma is characteristic of the herb, it is a warming, comforting oil. Useful for tired aching muscles and with an aroma that can encourage sleep. Often used as a sexual depressant.

### ***Melissa...***

Melissa Officinalis: (also known as Lemon Balm) A green lemony aroma, soothing and uplifting during times of anxiety. Excellent for skin care and a useful inhalant.

### ***Myrrh...***

Commiphora Myrrha: Has an exotic aroma and is useful as a mouthwash and for skin care, especially on problem skin. Blends well with Citrus.

### ***Niaouli...***

Melaleuca Viridiflora: Is related to Cajeput and has a camphoric, cineole medicinal aroma which is purifying. It's very useful in winter. See also Tea Tree.

### ***Neroli...***

Citrus aurantium var amara : (also known as orange blossom) True Neroli is from the flowers of the bitter orange. It is calming and soothing during times of stress and helps restore sleep. It helps to tone and improve elasticity of mature skin and is helpful in times of stress and depression. It has an exquisite light, floral aroma with bittersweet nutty qualities. It blends well with citrus essences, chamomile (Roman), clary sage, geranium, jasmine, lavender, rose and ylang ylang.

### ***Nutmeg...***

Myristica Fragrans: With a warm, sweet and spicy aroma, it stimulates imagination & dreams. A useful muscle rub which stimulates digestion.

### ***Orange...***

Citrus Sinensis: A soothing and uplifting, warming jolly oil. Add to bath base in winter. It encourages sleep and is ideal when vaporized & blends well with other oils.



## 7. beautifying essential oils continued

### ***Oregano...***

Origanum Vulgare: Oregano has a strong, herbaceous, green-camphoraceous, medicinal top note. The middle note is spicy and medicinal. Sweet, phenolic, woody and bitter sweet. Invigorating, purifying and uplifting.

### ***Palmarosa...***

Cymbopogon Martinii: An excellent skin care oil, helps moisturise the skin.

### ***Patchouli...***

Pogostemon Cablin: A musky, exotic oil. Helps prevent dry, rough skin an excellent anti-inflammatory with antiseptic properties. Add to shampoo or final rinse for dark hair - massage into scalp for dandruff or use as a perfume. Blends well with sandalwood, rose, jasmine, geranium, lavender, neroli, palmarosa.

### ***Peppermint...***

Mentha Piperita: A clearing, penetrating odour. Invigorating and an ideal travel companion. A good insect repellent it has a cooling effect on the body. Ideal for use by sports people.

### ***Petitgrain...***

Citrus Aurantium: Refreshing aroma- floral, citrus & woody - ideal when used in massage for uplifting qualities. Add to final rinse to encourage healthy hair.

### ***Pine...***

Pinus Sylvestris: Distilled from the pine needles. The aroma is characteristic of fresh penetrating pine, clearing and deodorizing. An excellent air-freshener and antiseptic.

### ***Ravensara...***

Ravensara aromatica: Clean fresh aroma, clearing, cleansing & purifying. Ideal during change of weather - winter times. Useful before and after Sports. Ideal after a stressful day. Blends well with Helichrysum, Orange, Mandarin or Lavender.



## 7. beautifying essential oils continued

### **Rose...**

Rosa Centifolia and R. Damascena: Known as the queen of oils because of its affinity to the female system. Widely used in skin care, especially for dry, sensitive types. Soothes anger and grief. Renowned sensual properties. Sweet floral aroma. Blends well with citrus and floral oils, chamomile (Roman and German), frankincense, sandalwood.

### **Rosemary...**

Rosmarinus Officinalis: One of most stimulating of all oils. An ideal 'pick me up', aids memory and clear thinking. Helps combat fatigue and clears atmospheres. A useful hair tonic and muscle rub.

### **Sandalwood...**

Santalum Album: A rich musky oil often burnt as an aid to meditation. Creates an exotic atmosphere, excellent for skin care, especially when dry or sensitive. Useful for dry or damaged hair, and as a body fragrance. Antiseptic and soothing. A very tenacious traditional Indian perfume. Rub into untreated wood.

Blends well with bergamot, cedarwood, cypress, frankincense, jasmine, lavender, patchouli, rose, ylang ylang.

### **Tagetes...**

Tagetes Glandulifera: A powerful, sweet floral aroma. Has excellent fungicidal properties. Repels flies. Use with caution and dilute well - do not use prior to exposure to the sun or ultra violet rays. Blends well with lavender, clarysage, and citrus oils.

### **Tea Tree...**

Melaleuca Alternifolia: Powerful antiseptic. Ideal for vaporizing to kill germs - especially beneficial during the winter months. Useful 'cleansing' agent for skin. Can be used as a disinfectant with palmarosa.

Blends well with eucalyptus, lemon, lavender, rosemary.

### **Thyme Red...**

Thymus Vulgaris: A powerful oil, strong thymol aroma, use with extra caution. Kills many germs, especially when used with palmarosa. Useful to repel insects.





## 7. beautifying essential oils continued

### ***Valerian...***

Valeriana Officinalis: Very soothing and relaxing especially during difficult times. Encourages sleep and restfulness.

### ***Vetivert...***

Vetiveria Zizanoides: Essence of vetiver, woody, smoky aroma. Deeply relaxing, ideal in massage or bath. A natural fixative that blends well with lavender, sandalwood, patchouli and rose.

### ***Yarrow...***

Achillea Millefolium: lighter, aroma than Chamomile Roman, Excellent oily skin cleanser, and good for stress related conditions. Blends well with Roman chamomile.

### ***Ylang Ylang...***

Cananga odorata var. genuina: 'Flower of flowers' is a sweet exotic floral oil, long used for its sensual properties. Soothing and relaxing. Helps regulate sebum production in oily skin, acne and both greasy and dry scalps. Rejuvenates and firms the skin and is ideal as a hair rinse. Blends well with other floral oils, citrus essences, lemon or orange, frankincense, geranium, bergamot or black pepper.

### **Carrier Oils...**

#### ***Avocado...***

This is cooling, anti-inflammatory and despite its viscosity has excellent powers of penetration and skin regeneration. It is particularly good for dry, dehydrated or ageing skin. Cold pressed, rich in nutrients including antioxidants, lecithin and trace minerals.

#### ***Evening Primrose...***

This is high in gamma linoleic acid (GLA), vitamins and minerals which have been found to strengthen skin cells and decrease moisture loss, while also helping to destroy free radicals, the skin agers. It is good for all skin types, particularly dry skin and wrinkles.

#### ***Hazelnut...***

This oil is nutty, light and slightly sweet. With a texture that is thin and is slightly oily on the skin, it is an excellent oil for those with oily skin and helps to prevent dehydration of the skin.



## 7. beautifying essential oils continued

### ***Jojoba...***

Extracted from the beans of an evergreen desert plant native to South America. The cold pressed oil (actually a liquid wax) is virtually colourless and odourless, is rich in vitamin E. The chemical structure of jojoba resembles the skins own oily secretion, sebum. This highly penetrative oil is an excellent moisturiser suitable for all skin types, Jojoba is able to unclog pores and embedded grime, this is possible through the gentle action of massaging the skin, jojoba combines with sebum to act as an emulsifier. It can be used for oily or acneous skin. Also contains myristic acid, which has anti-inflammatory properties.

### ***Peach Kernel...***

Cold pressed from the kernel of the fruit. Contains vitamins A and E, and penetrates the skin well, this oil increases skin suppleness and elasticity. It is beneficial for all skin types, especially dry and ageing skin.

### ***Rose Hip...***

This is a mild oil with an earthy aroma. It has a texture that is light and leaves the skin slightly oily. It's excellent for treating skin conditions such as psoriasis. Rose hip oil can also be expensive, so it can be blended with Evening Primrose oil or other carrier oils to reduce costs.

### ***Sweet Almond...***

This cold pressed oil is extremely versatile, blending with any other oil and is highly penetrative. It is excellent for most skin types and contains oleic and linoleic acid in small amounts, vitamins A and B, minerals copper and iron and trace elements. The oil is a natural sunscreen, filtering out on average up to 25 percent of the sun's rays.

### ***Wheatgerm...***

A cold pressed oil. Which has a strong earthy odour that needs to be blended with a less potent oil. The oil is believed to penetrate deep into the skin, from where it acts to repair some of the damage caused by excessive exposure to sunlight. The vitamin E and minerals within the wheatgerm oil make it particularly beneficial for ageing skin.



## 8. juices & smoothies

### Why drink freshly squeezed fruit and vegetable juices and fruit smoothies?

Freshly squeezed, additive free, fruit and vegetable juices are probably the most efficient provider of energy and health enhancing crucial nutrients available. They are a high octane blast of vitamins and minerals. Raw juice contains the vitamins, minerals, amino acids, enzymes and natural sugars in a natural form that your body recognises and can easily assimilate. It is these nutrients and trace elements which are the '*fuel of life*' for our hugely complicated bodies from which we demand more and more.

Fresh raw fruit and vegetables are the richest source of rejuvenating antioxidants which neutralise damaging reactive molecules known as Free Radicals. Free Radicals are unstable compounds formed by the body which react with other chemicals and damage cells. They are believed to contribute to ageing, cancer and heart disease.

A glass of fresh fruit or vegetable juice, or whole fruit blended into a smoothie, is not only the best thing for your body, but also the most enjoyable.

Don't gulp your juice down, take pleasure in it and savour each drop, and remember, these drinks are completely guilt free. As you enjoy them, imagine the good they are doing and the positive benefits they are bringing. Sip them slowly and allow your body to digest their goodness. Freshly squeezed fruit and vegetable juices are the perfect way to get your daily dose of vitamins and minerals and they taste fabulous.

Your skin will think it's died and gone to heaven if you become a daily juicer! Your health and beauty is best served by choosing organic fruit and vegetables when available. To gain maximum nutritional benefit, juices should be consumed immediately. If juices are left for any great length of time, they'll still taste fantastic, but unfortunately, oxidation takes place, and most of the nutritional benefits will be lost. In addition, because your juice is fresh and pure, it will spoil much sooner than juices that have added additives.

For a creamier texture to your fruit drinks, try adding 100 ml / 3.5 floz of low fat live organic yoghurt to your recipe.

One last tip before you jump into these fantastic recipes...



## 8. juices & smoothies continued

Whatever your budget happens to be, try to buy the best Juicer you can afford. The best ones extract so much goodness that the remaining pulp is virtually dry! We understand that your budget may be tight, but as the old adage goes, you get what you pay for.

As always, if you are in any doubt as to the health benefits of Juices and Smoothies, please consult your doctor, but like never before, really enjoy!

### JUICES

#### ***Carrot, Celery, Cucumber & Parsley...***

- Carrots 3 (remove tops and bottoms)
- Celery 2 stalks, include the tops
- Cucumber Half medium size
- Parsley small bunch
- Lemon 1 teaspoon (optional)
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

#### ***Carrot, Celery, Spinach & Parsley...***

- Carrots 3 (remove tops and bottoms)
- Celery 2 stalks, include the tops
- Spinach 100g
- Parsley small bunch
- Lemon 1 teaspoon (optional)
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

#### ***Carrot & Apple...***

- Carrots 4 (remove tops and bottoms)
- Apples 6
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.



## 8. juices & smoothies continued

### ***Carrot, Apple & Ginger...***

- Carrots 2 (remove tops and bottoms)
- Apples 6
- Ginger (1 inch or 25cm of root)
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Carrot & Mango...***

- Carrots 4 (remove tops and bottoms)
- Mango 1 peeled and stoned
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Apple & Celery***

- Apples 4
- Celery 2 stalks including tops
- Lemon 1 teaspoon (optional)
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Apple, Celery & Cucumber...***

- Apples 4
- Celery 3 stalks including tops
- Cucumber Quarter medium size
- Lemon 1 teaspoon (optional)
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Carrot, Beetroot & Celery...***

- Carrots 4 (remove tops and bottoms)
- Beetroot 2
- Celery 3 stalks including tops
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.



## 8. juices & smoothies continued

### ***Carrot, Apple, Beetroot & Red Pepper...***

- Carrots 2 (remove tops and bottoms)
- Apples 4
- Beetroot 2
- Red Pepper 1
- Lemon 1 teaspoon (optional)
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Carrot & Spinach...***

- Carrots 4 (remove tops and bottoms)
- Spinach 100g fresh spinach
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

## **SMOOTHIES**

### ***Citrus Morning Combination...***

- Grapefruit (pink) 1 (leave the pith for the beneficial bioflavonoids)
- Oranges 1 (leave the pith for the beneficial bioflavonoids)
- Lemon 1 (leave the pith for the beneficial bioflavonoids)
- Mint small bunch
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Mango, Coconut & Orange Smoothie...***

- Mango 1 peeled and stoned
- Coconut Quarter
- Orange 1 (leave the pith for the beneficial bioflavonoids)
- Mint small bunch
- Orange Juice Pure Cold pressed 200 ml / 7 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.



## 8. juices & smoothies continued

### ***Apple & Pear Smoothie...***

- Apple 1
- Pear 1
- Apple Juice Pure Cold pressed 200 ml / 7 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Pineapple & Orange Smoothie...***

- Pineapple Quarter
- Orange 1 (leave the pith for the beneficial bioflavonoids)
- Orange Juice Pure Cold pressed 200 ml / 7 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Pineapple, Apple, Orange & Pear Smoothie...***

- Pineapple 1
- Apple 1
- Orange 1 (leave the pith for the beneficial bioflavonoids)
- Pear 1
- Orange Juice Pure Cold pressed 200 ml / 7 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Blueberries, Banana, Coconut & Oats Smoothie...***

- Blueberries - half cup full
- Banana 1
- Coconut Quarter
- Oats 75g
- Orange Juice Pure Cold pressed 100 ml / 3.5 floz
- Live Yoghurt Organic, Low Fat 100 ml / 3.5 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.



## 8. juices & smoothies continued

### ***Banana, Pineapple & Coconut Smoothie...***

- Banana 1
- Pineapple Quarter
- Coconut Quarter
- Live Yoghurt Organic, Low Fat 200 ml / 7 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Pineapple & Lime Smoothie...***

- Pineapple 1
- Pineapple Juice Pure Cold pressed 100 ml / 3.5 floz
- Limes 2 Juice, pulp and rind
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Banana, Strawberries & Apple Smoothie...***

- Banana 1
- Strawberries 1 Cup full (try replacing strawberries with any of your favourite berries)

Run through the blender or smoothie maker, and serve up immediately.

### ***Banana, Passion Fruit, Raspberry & Pear Smoothie...***

- Banana 1
- Passion Fruit 1 (scooped out)
- Raspberries 10
- Pears 2
- Live Yoghurt Organic, Low Fat 200 ml / 7 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Banana, Papaya, Apple & Lime Smoothie...***

- Banana 1
- Papaya 1
- Apples 2
- Lime Half, Juice, pulp and rind
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.





## 8. juices & smoothies continued

### ***Pineapple, Mango, Apple & Ginger Smoothie...***

- Pineapple Half
- Mango 1 peeled and stoned
- Apples 2
- Ginger 1 (1 inch or 25cm of root, or to taste)
- Live Yoghurt Organic, Low Fat 200 ml / 7 floz

Run through the blender or smoothie maker, and serve up immediately.

### ***Pineapple, Apricot & Strawberry Smoothie...***

- Pineapple Half
- Apricots 2
- Strawberries 1 cup full
- Live Yoghurt Organic, Low Fat 200 ml / 7 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Apple, Apricot & Banana Smoothie...***

- Apple 2
- Apricots 3
- Banana 1
- Apple Juice Pure Cold pressed 100 ml / 3.5 floz
- Live Yoghurt Organic, Low Fat 200 ml / 7 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Strawberry, Banana & Orange Smoothie...***

- Strawberries 1 Cup full
- Banana 1
- Orange Juice Pure Cold pressed 200 ml / 7 floz
- Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.

### ***Orange & Lemon Smoothie...***

- Oranges 2 (leave the pith for the beneficial bioflavonoids)
- Lemons 2 (leave the pith for the beneficial bioflavonoids)
- Live Yoghurt Organic, Low Fat 300 ml / 10.5 floz
- Ice Cubes Ice Cubes 5 (optional)

Run through the blender or smoothie maker, and serve up immediately.



## 9. directory

### **DIRECTORY**

The following professional associations, will assist you with any health and / or wellbeing issues you might have.

#### **British Associations**

##### **British Register of Complementary Practitioners (U.K)**

website: [www. http://icnm.org.uk/](http://icnm.org.uk/)

##### **Complementary Therapists Association (UK)**

website: [www. www.ctha.com](http://www.ctha.com)

##### **The Herb Society (UK)**

website: [www.herbsociety.org.uk](http://www.herbsociety.org.uk)

##### **National Institute of Medical Herbalists (UK)**

website: [www.nimh.org.uk](http://www.nimh.org.uk)

##### **British Holistic Medical Association (UK)**

website: [www.bhma.org](http://www.bhma.org)

##### **The British Massage Therapy Council (UK)**

website: [www.bmtc.co.uk](http://www.bmtc.co.uk)

##### **International Federation of Reflexologists (UK)**

website: [www.intfedreflexologists.org](http://www.intfedreflexologists.org)

##### **International Federation of Reflexologists**

website: [www.reflexology-ifr.com](http://www.reflexology-ifr.com)

##### **Aromatherapy Regulations**

website: [www.aromatherapy-regulation.org.uk](http://www.aromatherapy-regulation.org.uk)



## 9. directory continued

### **American Associations**

**American Organisation for Bodywork of Asia**

website: [www.aobta.org](http://www.aobta.org)

**Accupressure Institute of America**

website: [www.accupressureinstitute.com](http://www.accupressureinstitute.com)

**National Ayurvedic Medical Association**

website: [www.ayurveda-nama.org](http://www.ayurveda-nama.org)

**IMA Group, International Massage Association Inc.**

website: [imagroup.com](http://imagroup.com)

**ABMP, Associated Bodyworker & Massage Professionals Inc.**

website: [www.abmp.com](http://www.abmp.com)

**AMTA, American Massage Therapy Association Inc.**

website: [www.amtamassage.org](http://www.amtamassage.org)

**NYSSMMT, New York State Society of Medical Massage**

website: [www.nysmassage.org](http://www.nysmassage.org)

**American Association of Acupuncture and Oriental Medicine**

website: [www.aaaom.org](http://www.aaaom.org)

**American Craniosacral Therapy Association**

website: [www.acsta.com](http://www.acsta.com)

**AMMA, American Medical Massage Association Inc.**

website: [www.americanmedicalmassage.com](http://www.americanmedicalmassage.com)

**FSMTA, Florida State Massage Therapy Association**

website: [www.fsmta.org](http://www.fsmta.org)

**Hawaiian Lomilomi Association**

website: [www.lomilomi.org](http://www.lomilomi.org)

**International Association for Holistic Aromatherapy**

website: [www.naha.org](http://www.naha.org)



## 9. directory continued

**International Association of Infant Massage**

website: [www.iaim.ws](http://www.iaim.ws)

**International Council of Reflexologists**

email: [quantum@ns.net](mailto:quantum@ns.net)

**International Thai Therapists Association**

website: [www.thaimassage.com](http://www.thaimassage.com)

**North American Vodder Association of Lymphatic Therapy**

website: [www.navalt.com](http://www.navalt.com)

**Reflexology Association of America**

website: [www.reflexology-USA.org](http://www.reflexology-USA.org)

**Reiki Alliance**

website: [www.reikialliance.com](http://www.reikialliance.com)

**Rosen Method Professional Association**

website: [www.rosenmethod.org](http://www.rosenmethod.org)



## 10. copyright & feedback

© M Sellars and J Fullerton 2013

This ebook is produced in the UK (2013)

Protection is under Copyright, Designs and Patents Act 1988.

### Feedback

In short, we love it. Good, bad or indifferent, we believe that the only way we can improve what we do, is to ask you how we're doing and how we can do better, so here's your opportunity, please let us know what you like but more importantly, tell us what you don't like. What do you want more of, and what do you want less of? Go ahead, contact us and let us know. We promise to respond to all of your genuine concerns and suggestions for improvement. Honestly, we can take it.

Please get in touch here...

[feedback@UltimateFacePlace.com](mailto:feedback@UltimateFacePlace.com)

© M Sellars and J Fullerton 2013





© M Sellars and J Fullerton 2013  
UltimateFacePlace.com

