



Ancient Secrets of Facial Rejuvenation: A Non-surgical Approach to Youth and Well-being

By Victoria Mogilner

New World Library. Paperback. Book Condition: new. BRAND NEW, Ancient Secrets of Facial Rejuvenation: A Non-surgical Approach to Youth and Well-being, Victoria Mogilner, This natural skin care program is designed around the principle that the face reveals what the body feels. It incorporates whole body healing to prevent and counteract signs of aging without surgery or harsh chemicals - and at no cost. Derived from massage, aromatherapy, acupressure and traditional Chinese healing arts, these gentle techniques produce a more youthful face and lead to a healthier lifestyle. The book describes the layers of the skin and its function as one of the body's major organs, and shows how to use touch and massage on the facial pressure points to improve the appearance of the skin and the health of the other organs. The simple techniques take just minutes to do and are easy to include in regular morning routines like putting on makeup or shaving. Breathing exercises, routines for specific problems and affirmations to rid the body and mind of toxins round out the book.



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Reviews

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