



Crochet queens

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‘It was deeply relaxing and a battle to stay awake’

ADMITTEDLY it had been a rather stressful day, thanks to a malicious computer losing hours of work in a split second, when I arrived for my first facial reflexology session with Caroline Redfearn.

But after an hour in her care I looked as if I had just come home from two weeks' holiday, albeit minus the suntan.

Caroline is one just a handful of reflexologists in the area offering sorenssystem facial reflexology.

Having always been fascinated by the concept of foot reflexology and the theory that manipulating acupuncture points can bring health benefits to the body, it was something I had to try.

Reflexology is an ancient art and the sorenssystem is a combination of traditional healing methods from the Orient and South America. It combines nine different methods of facial massage including acupuncture and stimulation of the meridians which are considered as lines of energy through the body.

Though Caroline only used Organic Rosa Mosqueta Oil and her hands, her treatment was as effective as a good facial using tons of expensive lotions and potions.

Caroline explained that it works by stimulating the different and precisely positioned acupuncture, neuro-vascular and reflex zones on the face with the fingertips.

Impulses are believed to be sent through the body's central nervous system and meridian energy lines to organs and parts of the body, stimulating blood circulation, lymphatic drainage and rebalancing the body's chemistry.

She also said that the stimulation triggers the release of pleasure hormones and serotonin which promote a calm and optimistic state of mind which helps in the treatment of many conditions.

It may be ancient but it is obviously hugely technical with diagrams explaining in minute detail the correct locations of stimulation points.

She used different movements and intensities, depending on which part of the therapy she was working on, some deep probing strokes, others

circular, others gentle repeated pulses as if reinforcing the effect deeper into the skin and muscle.

She explained where the different parts of the face relate to on the body, for example the side of the mouth and tip of the nose, to the heart, down the centre of your nose to your spine.

The theory is that your face is richly supplied with nerves and blood vessels. The fact it is close to the brain is said to mean that stimulating the face stimulates the brain, and so different parts of the body.

All I know is that the session was deeply relaxing, once I closed my eyes it was a battle to stay awake. Even in central Preston there was a feeling of deep calm, punctured only by the sound of running water and the lullaby of a tuneful bird on Caroline's music system.

Spending an hour laying still under a warm blanket is almost certain to relieve stress and fatigue, but her skilful massage certainly reduced the stress in my facial muscles, but Caroline believes it also triggers the body's natural self-healing abilities.

Reflexology is said to help with several ailments and Caroline says it has benefited many of her clients as much in body as in mind.

Caroline started studying foot reflexology and other therapies 15 years ago after a friend, very ill with ME, came back from a holiday transformed having had just five sessions of reflexology. She was so impressed, she read up on the treatment and took a course in London with the Bayly School of Reflexology, the official teaching body of the British Reflexology Association.

In 1999 she qualified as an advanced reflexology practitioner then in 2004 she travelled to Singapore, Australia and Thailand where she worked alongside many local practitioners giving and receiving treatment and absorbing the many techniques used.

It was in 2005 that she first heard Danish therapist Lone Sorensen Lopez speaking on her facial reflexology sorenssystem.

Caroline then trained to become one of the few qualified therapists in the UK to be able to use the system



■ ACTING ON IMPULSES: Caroline Redfearn practises sorenssystem facial reflexology

and says she was so impressed with the results that she decided to concentrate on this therapy. In 2009 she completed a course in the system for infertility with Lone Sorensen herself in Barcelona.

That year Caroline moved back to Devon after more than 40 years away and has set up her practice at the Devon Clinic in Pembroke House (formerly Concord House) in Preston. She warned me to drink plenty of

water afterwards and that I might feel tired.

What I wasn't expecting was the genuine delight Caroline showed when the massage was finished, and looking in the mirror my face looked firmer, fuller and certainly felt smoother.

It's certainly something I would seriously consider repeating, especially after a few more weeks on computers.

For more details see Caroline's website www.facial-reflexology.com, email caroline@facial-reflexology.com or telephone 01803 552607. Sessions cost £45 for one hour. There is a £5 off voucher available until the end of March printable from the Devon Clinic website for www.devon-clinic.co.uk.

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