

New massage technique

By Lynda Davenport

Facial Radiance is a new massage technique that stimulates all the systems of the skin. This gentle massage of the face, head and neck stimulates collagen and elastic production, tones facial muscles, reduces wrinkles and fine lines, and contours the whole face and neck.

How does it work?

Through stimulation of these systems and release of tension in the muscles, the technique allows the blood supply to flow freely to the connective tissue. This stimulates the cellular production and, in turn, the cells that produce collagen and elastin. Tension in this layer can reduce the flow of blood in the fine blood vessels and prevent precious nutrients from reaching the living skin cells in the outer layers. These cells become starved. As a result of this the skin dries out, losing its vitality, suppleness and youthfulness.

The limitations of face creams and lotions

While face creams and lotions can prevent the dead and dying cells in the outer layer from drying out completely, they cannot feed the living skin cells. This

massage technique stimulates the deeper layers encouraging circulation through the fine blood vessels causing the skin to relax. This ensures the client's face will have a natural colour and their skin will feel soft and elastic.

The lasting benefits of releasing tension

On another level, the release of tension through the face brings change in the emotional field allowing a great sense of wellbeing to be experienced. Eighty percent of our daily stress is held as tension within our face and neck muscles. Also stresses caused by past traumas, disappointments, fears, and frustrations are all locked into the body system and show outwardly through the face. Through the process of releasing our old facial tensions, we free up new reserves of physical, mental and emotional energy.

The power of meridian lines

The massaging effects of Facial Radiance follow the meridian lines and the muscles of the face and the neck unlocking stress and trauma in the cells. As this unfolds the results bring radiance and relaxation into the face as well as the whole body. This shows in a much lighter and refreshed skin tone. Fines lines are diminished and deeper line are softened. The eyes look more relaxed and open and lines around the mouth are softened and diminished.

Unlocking the radiance of the heart and soul requires the client to experience a deep level of relaxation. This then triggers biochemical responses in the brain function. These responses assist the body to redirect its energy into healing and repair.

It is when the client is in this deep state of relaxation that amazing results can be achieved. As tensions are released, old holding patterns held in the physical body begin to change often giving the client a new perspective on themselves and their lives.

The role of the therapist

Because this is very much an energy that comes from the heart, the therapist plays an important part in assisting the client to achieve this state of relaxation. It begins with a clear energy flow between therapist and the client.

When we are working from our heart with a non-judgmental, calm, loving intention and sincere desire to help the client it becomes an uplifting, beautiful and relaxing time for both the client as well as the therapist.

How many treatments?

It is recommended five to seven treatments weekly followed by monthly maintenance to achieve lasting results. The muscles have memory and will bring the client into a state of radiance and wellbeing very quickly once the tensions have initially been released.

The Facial Radiance technique is generally one hour but can be harmoniously blended to enhance a facial treatment. When combined, the treatment can bring faster results to all skin types. The client will glow with inner radiance and will begin to experience both inner and outer beauty. ☉



Lynda Davenport has been working in Australia over the past 10 years in the field of Natural Beauty and Energy Healing. During this time she has trained in Crystal Healing, Polarity Balancing, Touch for Health, RAW (Rekindled Ancient Wisdom) and Facial Harmony (a technique brought to Australia by Lana Lawson).

With an intense belief in the balance and flow of energy and how it contributes to our overall wellbeing, Lynda has combined these principles into Facial Radiance.

Lynda is now teaching this state of the art therapy in New Zealand.

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