



Glow Getter!

Facial Radiance Treatment

Facial Radiance is a massage technique pioneered by therapist Lynda Davenport, who has spent the last 10 years working in the fields of Natural Beauty and Energy Healing. Facial Radiance is just one of the strings in her bow, with a history that includes Crystal Healing, Polarity Balancing and Facial Harmony.

Facial Radiance stimulates all systems of the skin, aiding collagen and elastin production, toning facial muscles and reducing fine lines and wrinkles. It's believed 80% of our daily stress is held in our facial and neck muscles, so it stands to reason that with Facial Radiance, tensions are released from the muscles allowing blood to flow freely, restoring suppleness and vitality.

My Facial Radiance Treatment started with a discussion with Lynda about the treatment and what concerns I want to address. Then, I settled in for what became possibly the most relaxing hour of my life. Lynda's incredible aura of calm combined with the deep relaxation of the massage almost sent me to sleep more than once.

While the massage in Facial Radiance is gentle, it's also very deep and you can actually feel your muscles relaxing under Lynda's expert hands. After Lynda had finished treating the first half of my face, she gave me a mirror so I could judge the difference between both sides for myself. For a sceptic like myself, this was the ultimate in proof of the positive effect of facial radiance. The side of my face that had been treated was brighter, smoother and less tired looking and it even felt softer than the untreated side!

After Lynda completed the treatment, my face looked and felt more relaxed than it has for a very long time. Braving coffee makeup free afterwards, my friends all complemented my complexion, which was all the more astounding considering the time I had got home the night before! And the compliments continued for at least a week. Five to seven treatments over a course of as many weeks as recommended for more permanent results than my one treatment, but even one is worth it!

To book an appointment with Lynda contact Balance Massage in Ponsonby on (09) 378 0059.

-KM 17/12



Get the Facial Radiance Glow

