

Masterclass Face/Head Massage

Zest Your Life

Alana De Bois-Moeljoredjo



Through the ancient practices of Ayurveda and TCM you will learn to stimulate and support head and skin health. Not only for radiant skin and a healthy scalp, but also supporting deep relaxation, and overall wellbeing.

With use of our hands, oil, and appropriate tools (like guashas) we stimulate the blood circulation and fascial tissues. We learn about pressure points and there function, as well as skin types and facial expressions, and how to support your most glowing self.

Benefits:

- Improved circulation
- Smoothing out fine lines and wrinkles
- Sinus Relief
- Clearer skin
- Lymphatic drainage
- Reducing puffiness and inflammation
- Stimulating natural collagen
- Stimulating hair growth
- Relaxation of our nervous system

Sign up at:
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