

# Cosmo Facial



This course has been designed to provide the therapist with a holistic treatment which works on the facial muscles and deep layers of the skin. It develops an understanding of Facial Reflexology, and allows the safe, practical application of manual techniques using essential and carrier oils, minerals and salts via massage and face masks. It also develops the student's knowledge of the theoretical background relating to the 5 Elements, Meridians and acupressure points. It allows the therapist to examine these effects on facial muscles and individual skin characteristics.

**The Cosmo facial is taught in two modules, each being 2 days.**

**Each Module fee \$350.00**

**Introduction fee \$175.00**

**\*If participant has no prior certificate in Facial Reflexology the 1 day introduction course to Facial Reflexology is required.**

## **Introduction Course**

- The 7 basic steps in Facial Reflexology
- facial muscle chart
- facial meridian chart

## **Module 1**

- Guidance on Cosmofacial concept
- How to treat Aesthetics with Facial Reflexology
- Visual diagnose / products choice
- The 7 basic steps used in Aesthetics
- Facial muscular treatment
- Coordination of oriental anti-wrinkle points
- Practice

## **Module 2**

- Guidance on the skin analysis from the 5 elements point of view.
- Use of the neurological points for skin disorders.
- Visual diagnose of hormonal dysfunctions
- Custom-made creams for hormonal disorders with Schussler salts & Bach Flower Remedies
- Aromatherapy in Facial Reflexology
- Color therapy in Facial Reflexology
- Practice
- Tailored diet by visual diagnose of the face.



- Presentation and Preparation of Therapist, Couch/trolley, equipment used for Cosmo facial plus hygiene and safety factors
  - Care of Client, Introductions and explanation of treatment, record keeping, Client confidentiality, Disclaimer to be signed by client,
  - Consultation - Name, address tel no, reasons for treatment, Clients lifestyle, Medical history, Diet, Body language, visible consultation to cover all signs of stress, Communication to client for beneficial feedback, Contra indication
  - Facial Reflexology history and development, formation of an illness, factors influencing deposit formation and common reactions.
  - NP Points of the face
  - South American Indian and Vietnamese zones, bladder, kidney, heart, small intestine, circulation, triple heater, stomach, spleen pancreas, lung, colon, liver gall bladder.
  - Cosmo facial order of sequence to cover earth, metal, water, fire and wood phases
  - specific points for facial lifting
  - essential oils and face masks for dry, sensitive, combination, oily and mature skins
  - mineral salts and their deficiencies
  - facial analysis diet, foods and drinks that irritate and soothe the skin, remedies and reactions
- Basic knowledge of the Governing and Conception vessels and the 12 main meridians, effects on the body, yin and yang and the inter-relationship between these singularly and in pairs
- Endocrine system, adrenals, ovaries, testes, pancreas, parathyroid, thyroid, pineal, pituitary, thymus, hypothalamus
  - Colon links, points to use, links with the intestinal system
  - Bach Flower remedies
  - Treatment planning for a total holistic approach using the combination of facial reflexology diagnoses and symptoms, specialised meridian treatment, hand and foot reflexology
  - Journal planning with reference to clients symptoms



## Summary of Outcomes

To complete this course the students must be able to

1. Demonstrate the manual method of facial Reflexology
2. Demonstrate and investigate the method of the colon link in relation to hormonal and psychological problems thus alleviating skin problems.
3. Demonstrate manual Cosmo facial applications relating to clients individual needs
4. Investigate the relationship between the nerve points of the face and the brain, for stimulating energy flows and aid muscle lifting.
5. Analyse various essential and carrier oils, mineral clays and salts relating to the individual benefit to the client.



6. Evaluate the 5 Elements Wood, Earth, Fire, Water, and Metal and demonstrate their use.
7. Examine the Vietnamese and South American Indian zones of the face and how they help with physiological and emotional problems thus alleviating skin concerns.
8. Recognise and identify the 14 main meridians and their association with skin problems
9. Identify food, drinks and remedies to help balance skin characteristics and recommend specific diets for client needs.
10. Identify 12 major mineral salts required by the body relating to their deficiencies.

## **Assessment Criteria**

To achieve these outcomes a student must demonstrate the ability to complete and evaluate a full Cosmo Face treatment showing a comprehensive level of understanding. Within this evaluation there must be evidence of how the treatment works on the client's emotional and physiological levels, relating to their knowledge of nerve points, Vietnamese and South American Indian zones and meridians.

Students are required to submit 6 Case Studies to complete the course



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