

Why Use Facial Massage?

Are you one of those people who think that facial massage is for other people and not you? Lets face it, when you look in the mirror in the morning, do you recognise yourself? Can that pale, creased, puffy person looking back, really be yourself? How did you end up looking like this? Well don't worry, the creases will have come from the folds in your pillow but the rest is down to the natural circulation slow down that occurs during sleep. During the night, the body slows down, the heart rate decreases which means that the blood flow decreases. The lymph glands are responsible for getting rid of the toxins in the body and they rely on the blood circulation to transport it. As the blood flow has diminished, so the toxins have built up, which accounts for the bad looks. It is not only sleep that can slow down your circulation, lack of exercise, poor nutrition, pollution and shallow breathing can affect it, thus also interrupting the draining of toxins.

Doing facial exercises will be able to kick start your circulation, and bring a glow to your face which indicates that the blood is now flowing at a good rate, which in turn allows your lymphatic system to start getting rid of those nasty toxins. This will improve your immune system giving you a much healthier complexion. As approximately half of all lymph glands are sited in your neck area, it is really important to get the facial tissues' blood flow working properly.

What is skin? It is the bodys' largest organ and consists of three layers. The base is the hypodermis which is made from fatty tissue with a high water content. In this layer sits the sweat, sebaceous and follicle glands. Just above this is the dermis, where most of the action takes place. It consists of collagen, elastin, which makes our skin stretch, small blood vessels, nerve endings and the tops of the sweat and sebaceous glands. It is this layer that circulates, secretes, adjusts the temperature of the body and feels. The final level is the one that everybody sees, the epidermis. This is our protection against the world and its secondary function is to allow the evaporation of water. The skin is the same all over the body but it does take on variations, depending on the area. The arm pits will have a larger concentration of sweat glands for instance. The skin on the face is connected to a large number of muscles which are used for non-verbal communications and it also monitors our surrounding atmosphere and temperature. It is also quite sensitive to the touch, for obvious reasons.

Skin will age in several different ways, depending on each of the three levels. When we are young, our skin cells last almost twice as long but as we grow older, elastin disappears which disrupts the collagen and tends to flatten the skin. Added to this, the hypodermis will lose moisture and the fatty tissues head south due to gravity making the skin lose tone and elasticity. With a life time of frowning, smiling, scowling and all the other faces we pull, lines begin to develop. Not only that but the action of the sun, poor diet, smoking and other pollutants, stress and even the chemicals in make up add to the ageing process. Which means the sooner you start your facial massage, the sooner you can maybe put the brakes on the ageing process.

You will get a good idea of what is happening when you give yourself a facial massage if you just squeeze or press an area of skin. Notice how it gets red? This is the increased blood flow surging into the area, bringing life giving oxygen to the skin and then removing the harmful toxins. Of course your facial massage will be gentler, but the effects will be the same. It will promote blood flow and stimulate the lymph glands to give your skin that healthy glow.

Although massaging your face will have some effect, if you do it too hard it will be a detrimental one, a more systematic approach will give the skin a real boost. We have all heard about acupuncture, that Eastern traditional medical practice of inserting needles to restore ones health. Well a facial massage that incorporates these points will give a real boost to the effects on your skin. It is called Acupoint facial massage and you only need to gently rub on these points to get the effect needed. These points are connected to the meridians of the body where the energy or Qi flows. Massaging will stimulate these points and, as well as improving the blood flow, will unblock and stimulate the Qi as well.

To further increase the effectiveness of your acupoint facial massage, try essential oils which can assist in repairing and nourishing the skin. Essentials oils should always be added to what is known as a carrier oil, these are vegetable based oils such as olive, almond, grape seed and wheat germ and will also have a healing effect on the skin. You can add up to four different essential oils to the carrier but do not exceed ten drops in total as they are quite strong. Always apply just a little drop to the skin first, especially if you suffer a lot from allergies. It is not advisable to use essential oils in the first few months of pregnancy so consult your doctor before using them.

Providing you are hitting the right places, a gentle pressure will be all that is needed. There are many fine books around that will give diagrams, one of the best is Pierre, Jean Cousins' Facelift At Your Fingertips. Not only will you will you find great diagrams but he has a lot of information on using essential oils as well. The combination of a regular acupoint facial massage and your usual beauty routine will certainly start to give you younger looking skin. Maybe your mirror will become your best friend again.

About the Author

The Author, Ian Richards would like to invite you to discover more articles on [women's issues](#). The above resources will help you make your opinion

regarding [facial massage](#) and its usefulness.

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