

Anti-Aging Facial Massage – Turning Back Time with Hands!

Wouldn't it be lovely if a massage could turn back the hands of time and make you look younger? If that sounds too good to be true It might not be. Some facial massage techniques can help with firming, lifting, and contouring your face, and tone up the facial muscles at the same time.

Although there are no actual studies that definitively prove the effects of massage on your face and looks, we think there's definitely an anti-ageing effect. We see the effects all the time, especially with people who have regular sessions.

A good facial massage gives you a certain glow you only get from a newly-boosted circulation. It's healthier and less expensive alternative to Botox, fillers, laser resurfacing or plastic surgery too. Some treatments involve nourishing creams, steam treatments, rollers or yoga exercises that tighten your face.

We all seem to carry stress in our face, this and our normal facial movements and expression can have an effect over time, causing the development of fine lines, wrinkles, sagging and a dull complexion. A

good quality anti-ageing facial massage helps by stimulating the circulation in the face and neck and stimulating cell renewal. The fine lines are at bay, new wrinkles are delayed. The treatment also immediately tightens up your skin and makes it look softer and feel more supple.

Facial massage is a stand-alone treatment that's gaining with people who prefer to take a natural route to preserving their youthful looks. Try a simple facial with a massage added in or go all out and have a targeted anti-ageing treatment with a specialised massage designed to help boost lymphatic drainage and tighten up the muscles that 'sag' as you get older.

The circular stroking motions which are often used in a professional facial massage are absolutely perfect for de-puffing your face and improving lymphatic drainage. Just like any form of exercise, anti-ageing treatment or therapy, you need to make facial massage part of your regular routine before you'll see real effects like contouring of your cheeks and a less saggy jaw-line. Even so, it's still got to be much nicer than getting a face-lift...