

ESPA

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ESPA Natural Face Lift  
Training Manual

# The Relationship Between Exercise and Skin Health

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- Exercise is great for your heart, lungs, and mental outlook. Regular exercise is one of the keys to healthy skin
- By increasing blood flow, exercise helps nourish skin cells and also helps carry away waste products, including free radicals from working cells
- By increasing blood flow, we increase the function of the lymphatic system, so a bout of exercise helps flush cellular debris out of the system, cleansing your skin from the inside
- Exercise has also been shown to ease stress by boosting endorphins. By decreasing stress, some conditions that are exacerbated by stress can show improvement, such as acne and eczema
- Yogic breathing also creates an increased intake of oxygen, lowers stress levels and balances the heart rate. There is a huge connection between stress and an increased rate of skin ageing as well as acne
- Never underestimate the link between the wellbeing of the body and mind with the vibrancy of the skin, they are all crucial to skin health

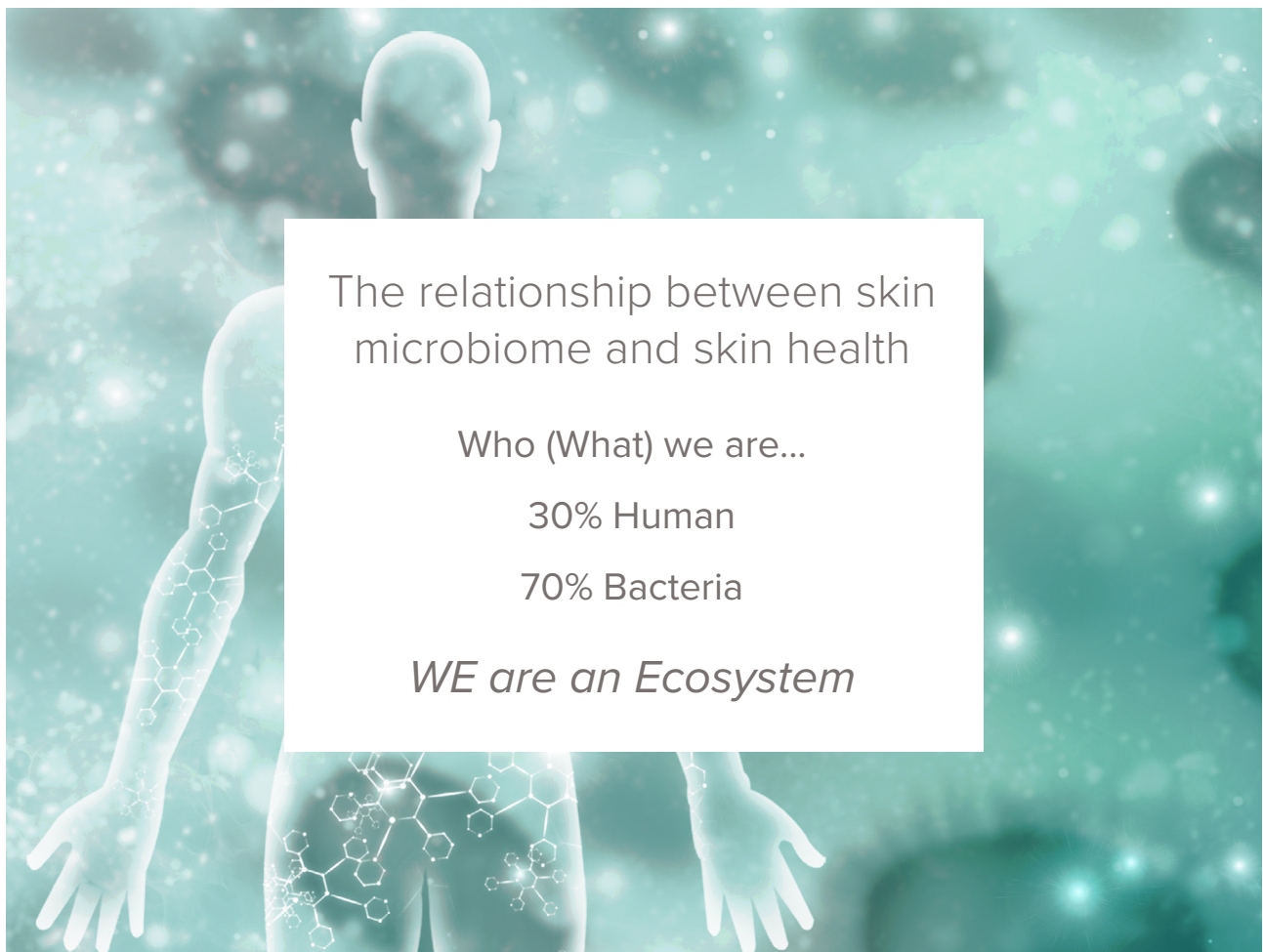
The ESPA Natural Face Lift incorporates all of the above skin benefits that we get from exercising within the facial, this is possible because massage can have many of the same benefits as physical exercise –

1. Increased blood circulation
2. Improved cell vitality (ATP) Adenosine Triphosphate
3. Detoxification through increased lymphatic circulation
4. Relaxation and reduced stress levels
5. Skin radiance

# The Relationship Between Skin Microbiome and Skin Health

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- A microbiome is a unique ecosystem of microscopic organisms that live on the skin and within the human body
- Our microbiome is like a fingerprint
- A well balanced, diverse and healthy skin microbiome helps protect the skin
- The Tri-Active™ Resilience Pro-Biome range is clinically proven to help increase the biodiversity of the skin's microbiome
- Our Pro-Biome formula can help protect skin against the skin-ageing effects of environmental aggressors, such as climate and pollution
- The direct benefits of this are that fine lines and wrinkles are reduced, skin looks rejuvenated and radiance is optimised



# A Balanced Microbiome for Healthy Skin

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## Stress and skin health

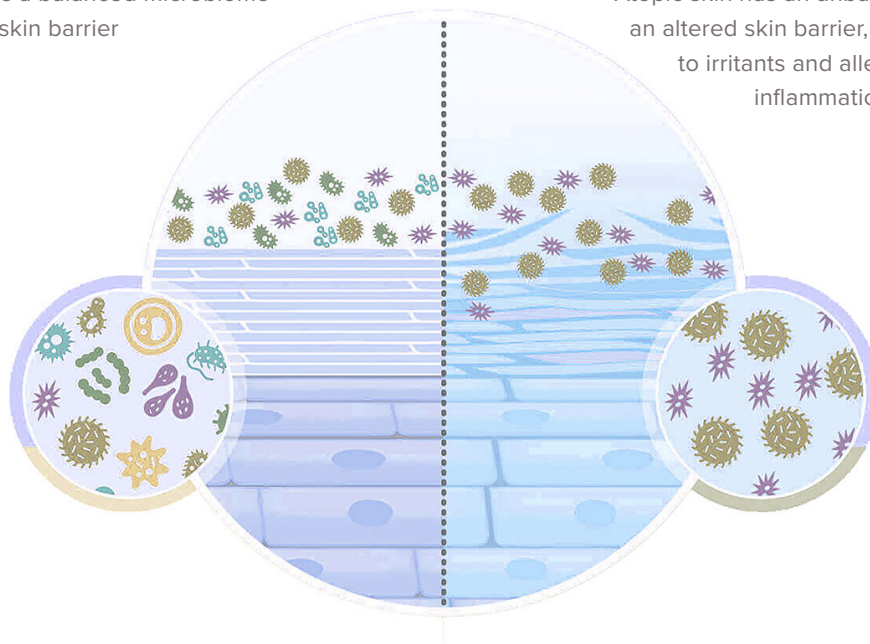
- Cortisol is the stress hormone
- Cortisol is a steroid hormone that regulates a wide range of processes throughout the body, including metabolism and the immune response
- It also has a very important role in helping the body respond to stress. Cortisol is often called the “stress hormone” because of its connection to the stress response
- By protecting the skin from the detrimental effects of stress hormone cortisol, you can help reduce fine lines, wrinkles and significantly increase radiance

## Healthy Skin

Healthy skin has a balanced microbiome and preserved skin barrier

## Atopic Skin

Atopic skin has an unbalanced microbiome and an altered skin barrier, making skin vulnerable to irritants and allergens which can cause inflammation, flare-ups and itching



# Mitochondria and Skin Health

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## What are mitochondria?

- Mitochondria are small structures inside a cell that generate energy
- They produce 98% of the energy for the body. For this reason, they are often called the ENERGY POWERHOUSE OF THE CELL. They are your energy factories
- The energy molecules are called ATP (Adenosine Triphosphate). ATP is essential to life – it supplies energy for all reactions in the body. Without it, life cannot exist

# The ESPA Natural Face Lift

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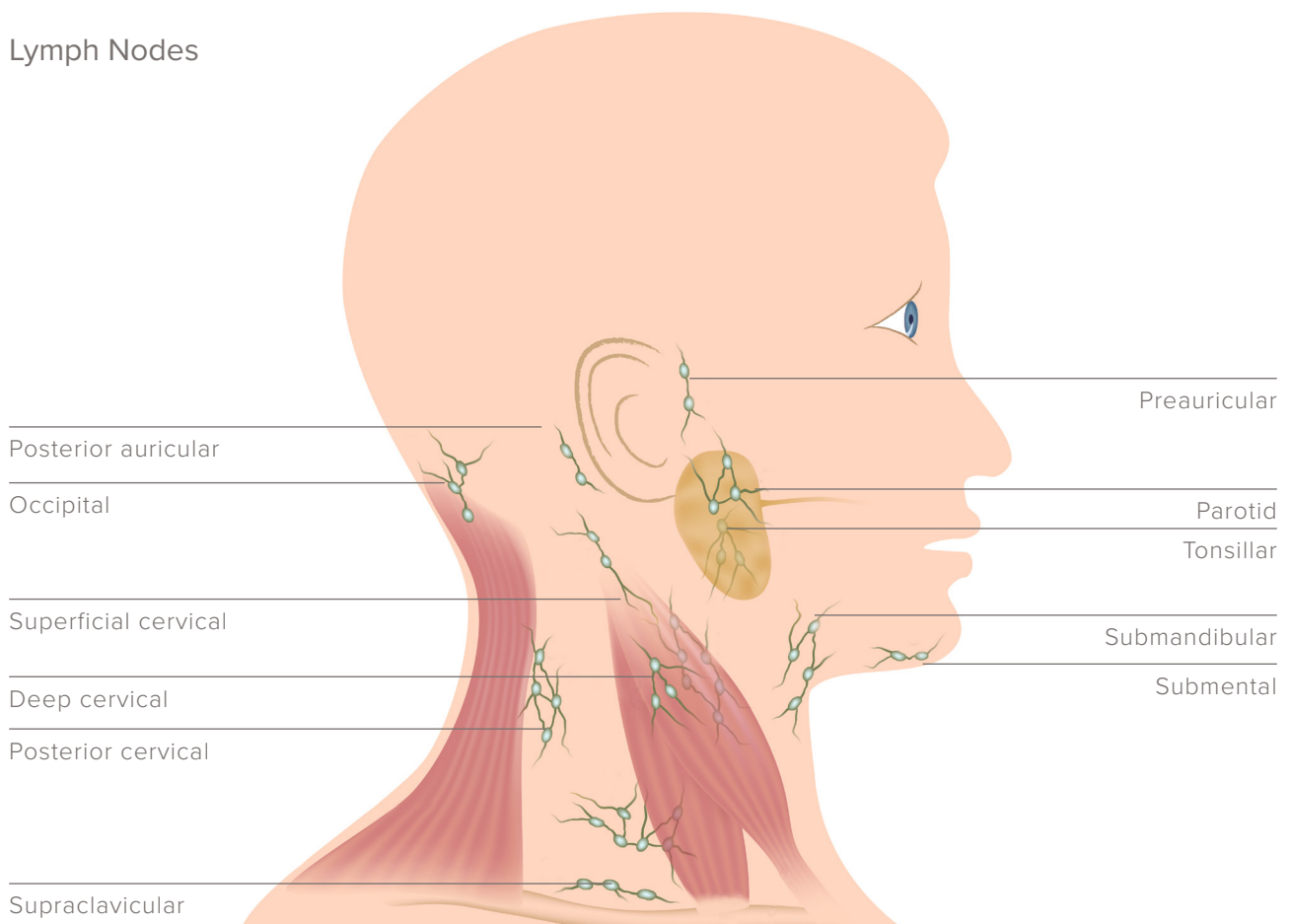
The treatment has been developed around the following four principles of exercise, to work on the skin from the inside, outside and holistically;

- Detoxify – Lymphatic system
- Invigorate – Circulatory system
- Sculpt – Stimulates firmness and enhances facial features by reducing tension
- Relax – Lowering stress levels to help reduce the rate of skin ageing

## 1. Detoxify

### The Lymphatic System

#### Lymph Nodes



## 2. Invigorate

Stimulates the circulatory system.

- Kobido means “The Ancient Way of Beauty” and is known as “the non-surgical facelift”. ESPA has taken inspiration from Japanese Kobido Massage for the ESPA Natural Face Lift
- Japanese Kobido massage works on the facial meridians and acupressure points to achieve a balance in the skin, muscles and the related system of the body
- Kobido massage activates facial nerves and increases the Qi (energy) flow to the face, which brings about a natural face lift effect
- Kobido is one of the most efficient anti-ageing techniques. This technique incorporates a mix of fast and slow hand movements to improve the deep circulation of the face, neck and décolleté area. To massage with different speed levels is essential as it helps to remove dead cells and to encourage elastin and collagen production

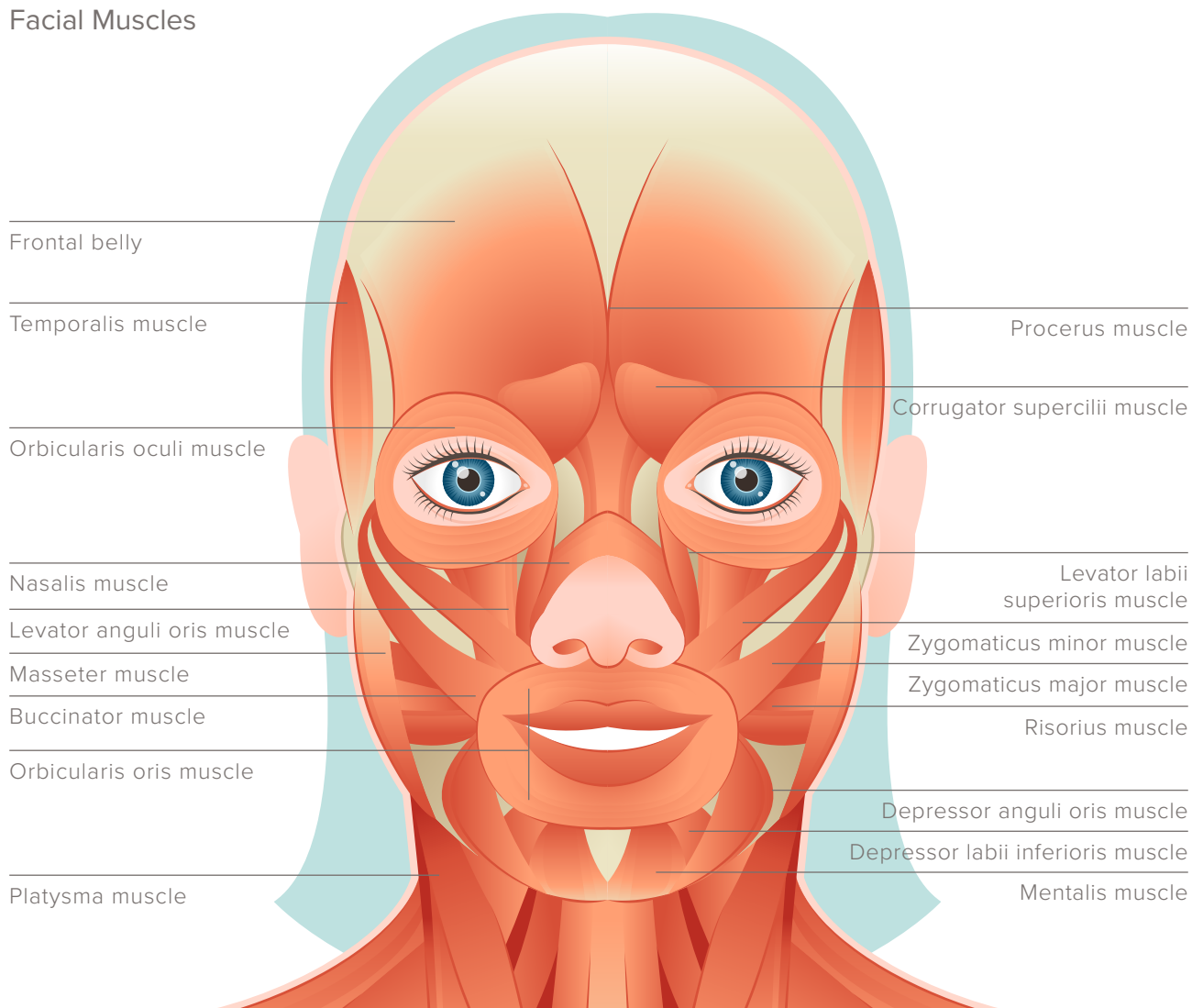
**Benefits of this massage include:**

- Enhance the beauty and improve the overall appearance of the face, giving it a healthy look and a fresh and youthful feeling
- Rejuvenate and help repair the facial tissue
- Stimulate cell metabolism
- Improve blood circulation bringing more nutrients to the skin
- Release blocked tension in the facial and neck muscles

### 3. Sculpt

It is vital to understand and know all the facial muscles to correctly perform the sculpt movements and to achieve the best results.

#### Facial Muscles





## 4. Relax

After any physical activity, it is important to cool down and relax. We achieve this by applying the ESPA Professional Lifting & Smoothing Mask and performing the ESPA relaxing scalp massage.

### Benefits of Professional Lifting & Smoothing Mask

- Absorbs sebum
- Reduces the appearance of fine lines and wrinkles
- Cooling
- Skin toning and firming properties
- Instant skin radiance
- Hydrates skin
- Clears and firms the skin (Red Seaweed)
- Improves skin elasticity
- Nourishes and protects
- Restores skin's lipid layer
- Improves overall skin health

### Key Ingredients

- Seaweed Extracts – gives the setting action, improves elasticity, nourishes the skin and absorbs sebum
- Larch Extract – skin tightening and firming
- Argan Extract – strengthens elasticity and restores moisture
- Menthol – cools and soothes skin irritations

### Contra-indications

- Seaweed allergies / thyroid sensitivity
- Over sensitive skin
- Open wounds
- Active Herpes Simplex

### Precautions

- Claustrophobia
- Clients that do not like setting masks



# ESPA Professional Lifting & Smoothing Mask

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- At the consultation explain to the client that the mask will set, and they will feel a cooling, tightening and tingling sensation
- Ensure the client closes their eyes during the application. Avoid the eye area
- Using a clean bowl measure 25-30ml of powder mask and add 20ml of cold water to form a smooth paste
- Apply to the skin using a spatula, from the chin working up the face, keeping a thickness of 2mm
- Leave on the skin for no longer than 15 minutes
- To remove, loosen the edge of the mask (working down the hairline) and lift away from the skin from the neck area upwards

*NOTE – Storage of the mask should be in an airtight container and should not, under any circumstances come into contact with water. The unopened shelf life of the mask is 3 years and once opened is 6 months.*

# ESPA Natural Face Lift

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*90 minutes*

## Preparation

- 2 sets of damp cotton wool for Bio-Active Eye Cleanser and 2 sets of damp cotton wool with Soothing Eye Lotion
- 2 sets of dry cotton wool pads soaked with Hydrating Floral Spa-Fresh Tonic and Balancing Herbal Spa-Fresh Tonic
- Bowl of warm / hot water
- 4 pairs of mitts
- SkinVision™ lamp and steamer (if no steam use a hot towel)
- ESPA Professional Lifting & Smoothing Mask 25g – 30g and 20ml of water
- Jade rollers x2

## Sensory Test

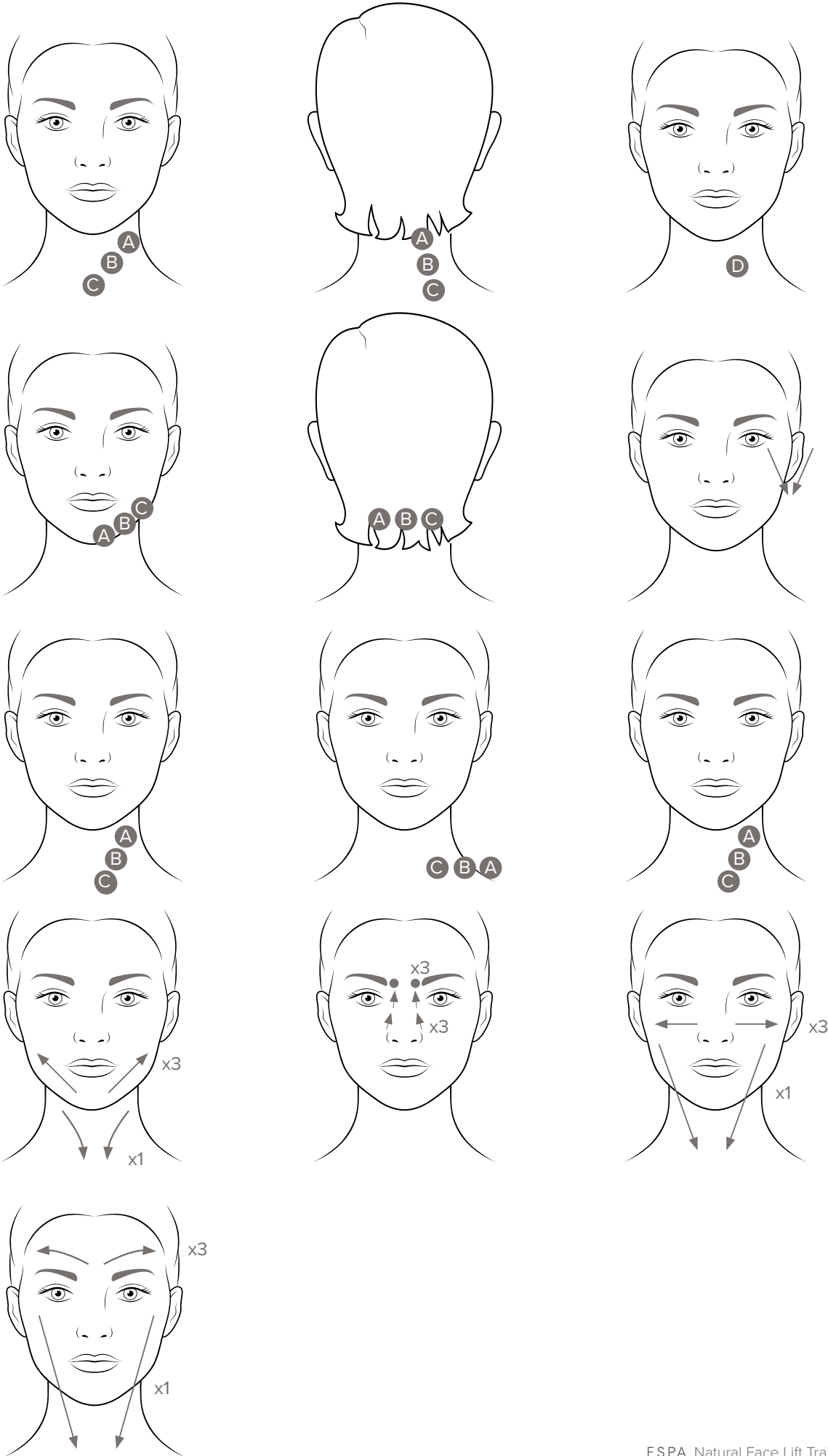
- Spa-Fresh
- Treatment oil x2 most appropriate for their skin
- Introduce Pink Hair and Scalp Mud
- Show Jade roller to client and explain benefits

## Treatment Procedure

- Eye and lip cleanse (see procedure)
- 1st cleanse with appropriate cleanser
- Skin analysis with SkinVision™
- 2nd cleanse with appropriate cleanser/exfoliator with steam
- Spa-Fresh Tonic on cotton pads
- Apply appropriate treatment oil mixed with Tri-Active™ Resilience Pro-Biome Serum
- Detoxify massage – see procedure
- Invigorate massage – see procedure

- Jade rollers – see procedure
- Sculpt massage – see procedure
- Apply ESPA Professional Lifting & Smoothing Mask to face only
- Apply appropriate mask and Nourishing Lip Treatment to lips
- Scalp massage – see procedure
- Peel off mask and remove residue with mitts
- Spa-Fresh Tonic on cotton pads and mist
- Apply Tri-Active™ Resilience Pro-Biome Serum
- Apply Tri-Active™ Resilience SOS Skin Clearing Serum or Tri-Active™ Resilience Pro Biome Serum
- Apply Tri-Active™ Resilience Pro-Biome Moisturiser
- Apply Pomelo Lip Balm
- Apply Optimal Body Tri-Serum to arms (if required)

1. Detoxify



## 2. Invigorate – Kobido Massage

- Push shoulders towards feet together
- Slide around shoulders up to occipital, finish with a stretch
- Side neck stretch, start right side, centralize head and hold then repeat to left side
- Heel of hand lift at zygomatic, hold for 5 seconds
- Heel of hand pressure and lift at third eye, hold for 5 seconds
- Palms facing up, fingertip slide under mandible finishing with a flick
- Slide under jaw line with hands and up cheeks with finger tips finishing with a flick
- Knuckling to cheeks and tapotement to cheeks together
- Alternate finger flicks to right cheek then left, using 1st and 2nd finger
- Alternate finger flicks to third eye and across to mid-point of each brow
- With fingertips slide out over forehead and flick at temples (Prayer)
- Palms facing up fingertip slide under mandible finishing with a flick at temples
- Jade rollers over:
  - The jawline
  - The levator labii superioris
  - Procerus
  - Frontalis
  - Roll down sides of face, release at décolleté

### 3. Sculpt Massage

- Turn head to left side, support at occipital and using thumb deep kneading down sternocleidomastoid \*
- Knuckling to trapezius
- Fingertip deep rotations into occipital ridge
- Jaw sculpting sequence:
  - Index finger, thumb, middle and index of the other hand contour the jaw from chin to ear
  - Palm sweeps up cheek with alternate hands
  - Thumb sculpt under zygomatic
  - Alternate thumb kneading to masseter muscle
- Come to the side facing the client
- Thumb rolling across zygomatic
- Thumb rolling to lower orbicularis oculi
- Eye sculpting sequence:
  - Thumb stretch at bridge of nose
  - Using index fingers sculpt around orbicularis oculi to temporalis, criss cross fingers and roll the ear x3
- Centralise head
- Kneading to the corrugator and to the mid-point of each brow
- Repeat to left side\*
- Palms facing up, fingertip slide under mandible finishing at temples
- Hands facing inward on scalp, whole head hair tug

## 4. Relax – Scalp Massage Routine

- Single double thumbs (pushing forward at the hairline)
- Single split thumbs
- Deep upward, static rotaries
- Stroking with flat palm hands (heel to fingertips)
- Clawing, standing facing the client, one side to the other (allow the head to roll to the side)
- Gentle hair tugging – pull straight out with continuous alternate pulls right to left, then work to the back of the head pulling each section
- Stroking with flat palm hands
- Support head – taking full weight of client's head
- Turn the head (supporting with hand)
- \*\*Deep finger kneading to trapezius then occipital
- Deep static rotaries to back and side of scalp
- Cover ear for 5 seconds
- Pressures to outer ear from lobes to upper ear
- Cover for 5 seconds
- Outer ear gentle tugs
- Cover for further 5 seconds
- Effleurage entire outer ear
- Slide up trapezius, support the head, centralise head (hold for 3 seconds), turn to opposite side
- Repeat movements to other side \*\*
- Centralise the head – keeping the head in the hands (taking the weight) place the finger tips under the occipital ridge and knead the head until it rests on the couch
- Frictions
- Gentle stroking through to the end of the hair
- Pony tail push and pull
- For clients with short or no hair, place both hands to the side of the head and compress with gentle circles and finish with double hand crown circles, releasing slowly and gently







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