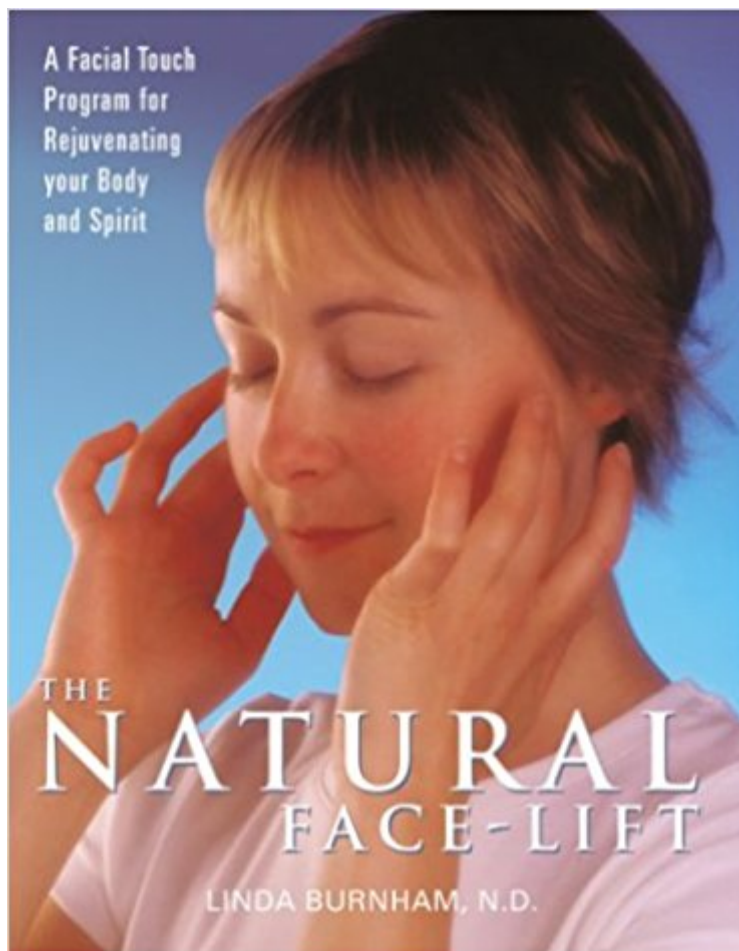


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# The Natural Face-Lift: A Facial Touch Program For Rejuvenating Your Body And Spirit



## Synopsis

Presented here are instructions for self-care routines and beauty rituals that use only gentle, natural products as alternatives to Botox and harsh chemical cosmetics. The author, a naturopathic physician, teaches ways to restore a youthful appearance to the face and release wrinkles while relaxing and restoring the entire body. Aided by color photos, she describes how to touch and gently massage specific facial areas in ways that replenish the skin while also nurturing the body and revitalizing the spirit. Combined with daily recommended cleansing and moisturizing routines, the author discusses the use of soaks and masks. Special routines are recommended for specific problems such as aging skin. Emphasis is on pure, natural ingredients for both external and internal use. Here is the key to a natural face-lift for beauty and general well-being. Approximately 300 photos.

## Book Information

Paperback: 144 pages

Publisher: Barron's Educational Series (January 1, 2004)

Language: English

ISBN-10: 0764126296

ISBN-13: 978-0764126291

Product Dimensions: 9.6 x 7.4 x 0.3 inches

Shipping Weight: 14.6 ounces

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #1,192,086 in Books (See Top 100 in Books) #46 in Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Skin Care #792 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

## Customer Reviews

back coverThe Natural Face-Lift is about taking beauty a step deeper than your skin. The simple movements of Burnham systems Facial Rejuvenation encourage deep nourishment and renewal at all levels of your being. True beauty and inner radiance come from wholeness. These easy-to-learn rituals lead to full-body regeneration and rejuvenation. The Rejuv Touch honors your whole self, nurturing you to open, expand, and lift every aspect of your beingâenhancing your spirit, your body, and your face. Linda Burnham, N.D., has synthesized thirty years of teaching, hands-on healing, and clinical experience into the practical application of physical-spiritual medicine. Dr. Burnham leads international seminars and lectures on spiritual and holistic approaches to health,

beauty, and wellness.

Linda Burnham, N.D., is creator of three distinct systems of specialty bodywork, including the Burnham systems for facial rejuvenation. She is a naturopathic physician, a licensed massage therapist, and an ordained minister, as well as director of The Institute of Burnham System Studies in the U.K. She currently lives and works in the United States.

Not that I'm a tai chi expert—but I know tai chi is about managing and organizing your own energy, and this book is about managing and organizing the energy of your face. It's different than any of the other face-yoga or face-exercise books I've looked at recently in that there is no force placed on or required by the facial muscles. Instead, the author emphasizes the importance of being present whenever you wash your face or do her special "sweeps" and other very light massage techniques across various planes of the face. I've looked at quite a few books on how to exercise your face & this is probably my favorite. It's a little diffuse seeming—not intuitively organized—but it has lots of clear photos & the main idea is as unusual as it is effective: that you can lift and energize the muscles (and skin) of your face by simply doing these very gentle touch and awareness exercises. For me, this approach is the perfect compliment to some more mechanical (resistance) type exercises for the face.

Great advice

This is a lovely book with beautiful photographs on nearly every page. Just looking at the photos is very relaxing in itself. It incorporates the physical and spiritual aspects to rejuvenation. The physical exercises are easy to do and the spiritual commentary helps to relax your mind. Very highly recommended!

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Five-Minute Face-lift: A Daily Program for a Beautiful, Wrinkle-Free Face  
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