

Ayurvedic Kansa Wand Facelift Massage

By Mary Dalglish, MFHT

*“I want to grow old without facelifts...
I want to have the courage to be loyal to the face I have made.”*
Marilyn Monroe



Sadly Marilyn never got to see her face in old age and will be forever remembered as young and beautiful. Ageing is a natural process, which in many cultures is seen as a mark of wisdom, power and celebration. However this is not the view in our western society, which seems obsessed with anti-ageing products and procedures. I'm not knocking 'looking good' as this can enhance our self-esteem and help to uplift us both mentally and emotionally. Looking after ourselves well can bring self-confidence, vitality, energy, good health and radiance, no matter what age we may be. Nobody is exempt from the process of ageing as this is what we are genetically programmed to do and its effects are most evident in parts of the body that are continuously exposed to the elements, particularly the face, neck and hands.

The changes that show in our faces as we age are due to subtle alterations in its anatomical structure as well as by modifications to the skin itself. The shrinking of facial bones plays a significant part in facial aging, according to a study presented on September 25th 2005 at the American Society of Plastic Surgeons (ASPS) Plastic Surgery conference in Chicago.

"Many people believe that only gravity creates wrinkles; however, we have discovered that loss of volume in the face and changes in bone structure also contribute to making us look older," said David Kahn, MD, ASPS Member Surgeon and co-author of the study. "As we age, not only do we lose fat in our faces but our bones actually change in contour, often making us look older than we feel." According to the study, facial bones remodel themselves with time, dissolving, shrinking and leaving empty space. In addition, people lose skin elasticity with age. As bones shrink, the skin cannot tighten around the skeleton causing drooping and wrinkles that age the face.

If you're worried about losing your youthful looks, you're not alone, but don't worry, as there are plenty of things you can do to knock years off your image without destroying your bank account or getting surgery. Eating well, drinking plenty of water, minimising stress, making time for exercise and relaxation as well as avoiding excess sun exposure and taking good care of your skin, can help you feel and look great no matter what age you are.



One of the best ways to improve the appearance of your facial skin is with regular massage. Our face has over 40 muscles and by stimulating these muscles with regular massage it helps bring oxygen to the area and increases muscle tone. Massage also helps remove dead skin cells, improves the flow of blood and lymph and can help smooth out fine lines and wrinkles. Kansa wand facelift massage is one such treatment that is growing in popularity.

What is it?

Kansa wand facelift massage was developed to address concerns to look youthful and healthy without invasive interventions. It is based on principles of Ayurveda, one of the oldest healing systems in the world. Derived from ancient Sanskrit roots -"ayur" meaning life and "veda" meaning wisdom, it offers a holistic and natural approach to looking and feeling good. The treatment integrates massage of the facial marmas (Ayurvedic acupressure points) with the use of a simple massage tool, called a Kansa wand, and nourishing oils. 'Kansa' means 'bronze' and this metal alloy, combining copper and tin with trace elements such as zinc, is known in India as the 'healing metal'. The wand can move deep into and underneath the contours of the face and around areas like the brow line, jawline and neck, where tension is held. It allows you to work deeper into the muscles and fascia for optimum tension release as well as helping to activate specific marma points on the face and ensure good energy flow.

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Kneading facial skin and muscles helps maintain the elasticity of the collagen and elastin fibres, while stimulating marma points helps release energy blockages. The treatment draws blood gently upwards towards the skin and this increased microcirculation helps nourish the skin, remove waste and boost radiance. Good circulation is vital for a healthy complexion and a vast number of skin conditions can arise from impaired circulation. Improved lymphatic drainage helps reduce congestion and puffiness, which can leave the skin and eyes looking brighter and clearer.

Where and when did it originate?

Kansa has been used in Ayurvedic treatments for thousands of years but in recent times it has been used to create massage tools for use on the face and body. Kansa is highly revered in many circles and in India, Kansa dishes and bowls were often given as wedding gifts. Kansa was also used for sacred statues



kansa wand

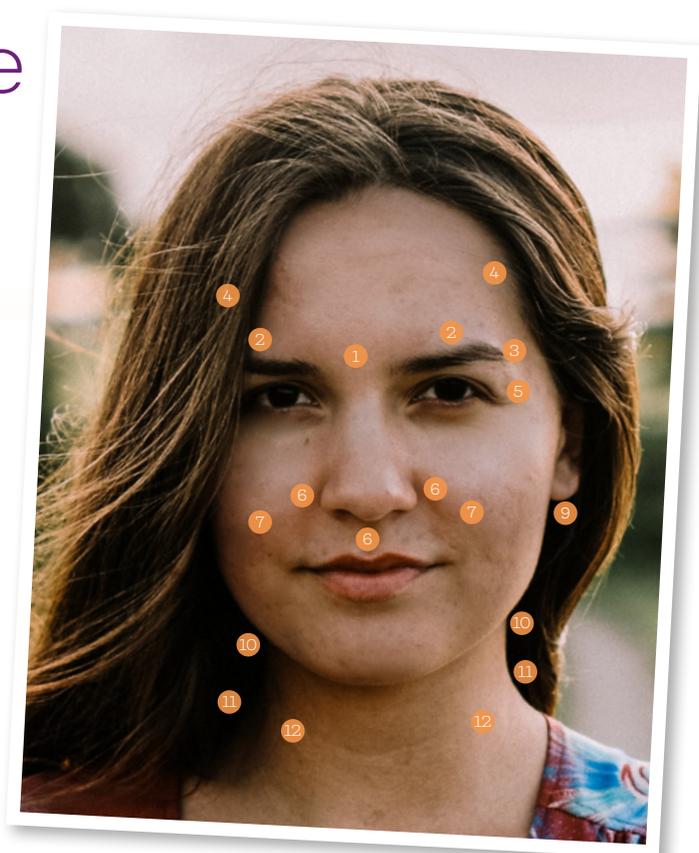
and beautiful sounding gongs as well as for making tools and weapons. According to Ayurvedic practitioners, Kansa is a carrier of electricity and because our bodies are electromagnetic, Kansa works with our own natural electromagnetism, bringing more charge and vitality to the face or whatever part of the body is being massaged. The London Centre of Indian Champissage, an Ayurvedic Training Centre, developed this particular Kansa wand facelift massage treatment.

What are the benefits?

As well as being extremely relaxing, the treatment can help minimise fine lines and wrinkles, tighten facial contours, and reduce dark circles and puffiness under the eyes. Other benefits reported by clients include clearer sinuses, relief from headaches and jaw tension, and improved sleep.

Kansa wand facelift massage can be used on its own, integrated into a full-body massage routine or combined with other treatments. As well as having professional treatments, the wand is easy to use on yourself and can form a part of a daily self-care routine. By making this a part of your daily routine, you can help brighten your skin and look and feel refreshed.

First cleanse your face and neck and apply a small amount of your favourite facial oil, massaging it gently over the entire area. Work on each of the points shown below, massaging these gently with your personal Kansa wand (or your fingers), three times in each direction. Finish by pinching and tapping all over your face and neck and then thoroughly massaging your ears and scalp.



DIY Marma Massage for the Face Marma Point Chart

FACIAL MARMAS

1. **STAPHANI (support) – clears mind**
2. **AVARTA (calamity) – eye tension**
3. **SHANKA (temple) – tension headaches, memory**
4. **UTKSHEPA (upwards) – emotional tension**
5. **APANGA (outer eye corner) – sinuses, photophobic headaches**
6. **PHANA (serpent's hood) – sinus congestion**
7. **SHRINGATAKA (where 4 roads meet) – tongue, nose, eyes & ears**
8. **USTA (mouth) – alertness, libido, appetite suppression**
9. **VIDHURA (distress) – all ear problems**
10. **MANYA (honour) – circulation, taste, voice**
11. **SIRA MATRIKA (mother of blood vessels/ carotid arteries) – blood flow to head**
12. **NILA (dark blue/jugular veins) = thyroid, speech, circulation from brain**

Mary Dalgleish, Vice President of the FHT (www.fht.org.uk) teaches Kansa wand facelift massage courses on behalf of the London Centre of Indian Champissage.

For further information see:
www.head2toemassage.co.uk
www.champissageinternational.com

