

Annual Meeting on NATUROPATHIC PHYSICIANS & ACUPUNCTURISTS

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Anne Hilarius-Ford

Australian School for Reflexology and Relaxation, Australia

The Natural Facelift – beauty from the inside out

Anne takes you on a journey behind the scenes of The Natural Facelift. How can we, with the help of ancient knowledge, rejuvenate and refresh our facial features naturally? Using selected techniques from Facial Acupressure and Facial Reflexology, prevent and reduce sagging of the face. Fine lines are softened and may, with consistent use, even disappear. Established wrinkles become much less prominent and, with daily use of the techniques may fade over time. Look rejuvenated, refreshed and radiant not only for yourself but also for professional profiles, first encounters and selfies. Following this very brief workshop, you will walk away with helpful information and some techniques to refresh parts of the face. Starting with a 'damaged canvas' Anne transformed her own face to look younger and fresher today than she did 4 years ago. With her background as a professional Reflexologist, she explains how these techniques impact general health because the whole body is projected on the face. Anne is a woman on a mission to empower people globally to look their best naturally, avoiding invasive and expensive procedures. She speaks and teaches from the heart and personal experience.

Biography

Anne Hilarius-Ford has run a successful private Reflexology practice since 2000. She completed the Diploma in Reflexology with the Australian School for Reflexology and Relaxation in Melbourne. Anne also has the Diplomas in Facial Reflexology and Japanese Cosmo Face Lifting with the Instituto de Reflexologia in Barcelona. 2016 saw her create a 6-video series on Hormones and Reflexology as well as the Natural Facelift treatment and workshop. In April 2017, she was presented with an Outstanding Achievement Award by the Reflexology Association of Australia in recognition to fulfilling the roles of an entire team and in keeping together the Victorian Branch during 2015 and part of 2016.

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