

Holistic Health and Integral Beauty

Enlightened Therapies

presents



Holistic Health and Integral Beauty Certificate Training Day

Holistic Health and Integral Beauty 9.00am-5.00pm 8Hrs

Requirements: Device and ENAR Certificate training *or*
Level 1 Scenar training completed.

NB Often done as a **consecutive day to the ENAR Certificate Training**

- Contraindications / Precautions
- Skin Anatomy / Physiology/Functions
- Principles Holistic Cosmetology - **3 stages of Health and Beauty**

1. Restoration of the adaptive and self-regulatory mechanisms using,

3 Pathways and 6 Face points, Ups and Downs, Adaptive regulation, Collar zone, Abdominal zone, Palm zone, Stars, Psycho-emotional, Hormonal techniques

2. Cleansing, Drainage and Detoxification using,

Xmas tree, Lambs, Lymphatic wave, Liver/spleen, Kidneys cleanse zones, Spirals, Spinal sweeping

3. Stimulation and Rejuvenation using,

Anti-wrinkle, Anti-aging, Stomach Cross, Lifting-breasts, buttocks, Cellulite, Scars, Specific skin ailments-acne, eczema, psoriasis.

Local treatment applications and the associated reciprocal and symmetrical sites.

- All techniques not covered in ENAR Certificate Day demonstrated or practised
- Non surgical face lift – brightening and plumping

Holistic Health and Integral Beauty

The Enlightened Therapies Approach for Holistic Health and Integral Beauty is via three protocols or mechanisms - **Holistic, Systemic and Local.**



ET's Stage One approach is to help stimulate the body's natural adaptive and regulative mechanisms which are based around and within the Autonomic Nervous System and Central Nervous Systems, the Endocrine and Immune systems, and the Mind with stage one Holistic techniques. These systems are responsible for a healthy and balanced mind and body. They need to be balanced overall and functioning well, for the body to make changes at a peripheral and superficial level, due to our innate law of self healing and self-regulation.

Then in **Stage Two** we apply clearing and cleansing techniques as indicated by each case and these focus on nervous, organ and information system imbalances and blockages. We apply treatments to the Liver, Spleen, Kidneys, Digestive Tract, Lungs, Nervous System and Lymphatics, as again the skin cannot accept or sustain a change until these underlying organs and systems of excretion are clear and functioning well.

Finally, local techniques in **Stage Three** are applied. These are aimed to help by the anti-ageing / anti-wrinkle facial, Cellulite clearing and body shaping with lifting techniques. Also the treatment of skin conditions such as Acne, Psoriasis, Eczema and anti-inflammatory treatments for Rosacea. The treatment of Scars and Sunspots.

As a number of these techniques have a very wide scope and variety of applications they may also assist with structural conditions, such as scoliosis, and core strength.

Also covered in the course are managing the effects of Hormonal changes at key stages in both Men and Women's lives, including Puberty and Menopause, and for Men, their changes in Testosterone levels and Prostate problems. Also protocols for other difficult problems like Incontinence and Skin Ulcers for the aged and bed-ridden..

ET's unique and holistic beauty approach is for Men and Women who understand the idea of total health and beauty, which is sustainable and natural. It gives a person a deeper understanding and acceptance of their own body and treats the being with respect.

This approach is aiming at assisting the whole person to manifest their innate well being through maximising energetic reserves, optimising endocrine and immune functions and addressing psycho-emotional involvement through the stimulation of the ENAR or Scenar which in turn reflects outwardly as Integral Beauty and Wellness.

3 Stages of Holistic Health and Integral Beauty



1. Restoration of the Body's Adaptive and Self Regulatory Processes

The body's major systems of adaptation are:

- ◆ Mind (psycho-emotional state)
- ◆ Nervous system (Autonomic Nervous System and Central Nervous System)
- ◆ Endocrine system and
- ◆ Immune system

Techniques which are intended to help adaptation include

- General Zones: 3 pathways and 6 points, Collar Zone, Abdominal Zone, "Palm" Zone
- Ups and Downs
- Adaptive Regulation Technique
- Stars
- Psycho-emotional Techniques
- Hormonal Techniques

2. Cleansing / Drainage / Detoxification Techniques

Techniques which are intended to help regulate lymphatic circulation and micro-circulation and stimulate the activity of the detoxification organs.

Techniques

- Informational Cleansing
- Christmas Tree or Lambs – lung cleansing
- Lymphatic Wave – lymphatic stimulation
- Abdominal Zone (e.g. cases of constipation; for emotional clearing)
- Liver and Spleen Zones
- Kidneys
- Limb Horizontals – brushing the limbs stimulates many meridians.

3. Stimulation and Rejuvenation Beauty Techniques

These are local techniques.

Techniques

- Anti-wrinkle / anti-aging treatment
- "Lifting" - face, breasts, buttocks
- Cellulite treatment - abdomen, breasts, thighs, buttocks, arms
- Stomach Cross
- Scar treatment
- Specific skin ailments - acne, eczema, psoriasis
- Addressing hormonal issues in men and women