

Mindfulness in beauty?

Now what might that mean?

Well if you are lucky you might have once had a facial when you literally felt like you were in heaven...a magic experience that left you not only with glowing plump skin...but a feeling of total bliss.

And really isn't that what a facial is supposed to be all about?

However I am pretty sure that like me, you mostly have had facial experiences when you had a pleasant time... felt quite satisfied that your skin had been "cleaned"...but left you hungering for some TLC...

Perhaps we can trace the problem back to the syllabus of most beauty schools...there is a lot to get through to bring students up to best practice. There isn't always the time or inclination to look at the metaphysics of the client practitioner relationship. There will always be a subtle "connection" between you and the client. The aim is to enhance it...supercharge it.

So what is mindfulness? Well one definition might be: "The intentional accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment"

So how would that translate in a facial (or any hands on treatment)?

Well mindfulness in that instance is like placing your heart and soul in your hands...projecting and focusing those feelings ... as you touch your client's face or body.

A facial should never be about just treating the skin for its various ailments, but rather touching and massaging it with the intent of making your client feel totally nurtured...cared for...and loved.

A facial has to be a heavenly experience, and the therapist has to genuinely have the desire to give you just that.

It all starts with the atmosphere....

How many times did you go to a busy clinical-style salon where rooms are separated by a thin wall or a curtain... where you could hear nearby conversations or nerve-jangling noises? A bright neon light floods the space and you are left waiting with an insipid mask on your face while your freshly out-of-school underpaid therapist was attending someone else's waxing needs so as not to miss out on any income!!

I am sure we have all had this type of unfortunate experience... but then again how many of us don't know any better and think that this is the way it should be?

Compare that with walking into a totally soothing softly decorated place, with water trickling down an inside fountain. The scent of essential oils perfuses your senses as soft relaxing music begins to transport you... Then the

healing, nurturing touch of your skilled, mindful therapist begins to work its magic.

Floating into a space of stillness and delicious bliss only to wake up an hour and a bit later with an enchanted glow on your face, feeling totally relaxed, rejuvenated and happy....THAT is a facial!

So, can the skill of mindfulness in beauty be learnt?
Absolutely...

Want your clients to keep raving about you?

If yes, then contact:

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