



SUMMARY OF GW FACIAL FOCUS DAY Training Courses

Current courses developed by our Founder and Master Facial Therapist Anna McBride -

Facial Focus: GW Eye Rejuvenation

Facial Focus: GW Japanese Face Lifting/Sculpting (available soon)

Facial Focus: GW Facial Reflexology (available soon)



GW Eye Rejuvenation

Our GW Focus Eye Rejuvenation treatment offers an complete, effective and beautiful therapy that can be integrated into your GW Japanese Facial Rejuvenation regimen or administered as a stand-alone treatment.

This treatment is particularly beneficial for clients experiencing sinusitis, congestion, puffiness, bags under the eyes, allergies, and headaches. Utilizing gentle yet powerful Japanese techniques, the therapy provides both soothing and invigorating effects.

Incorporated within the course are several lymphatic drainage techniques, including Lotus Techniques, Willow Brush Strokes and Sinus Drainage Techniques.

We also work on the frontalis forehead muscle, lower and upper cheek muscles along with eye and eyebrow and Acupressure points.

- Provides eye rejuvenation by eliminating toxins, puffiness, and stagnation.
- Improves the appearance of dark circles and bags under eyes.
- Drains and Clears sinuses, congestion and allergies and reduces inflammation.
- Helps to relieve eye strain and tension headaches.
- Smooths out and reduces the visibility of frown lines (commonly known as number 11 lines).
- Lifts eyebrows and energises the area around the eyes.
- Releases tension from forehead, relaxes and smooths out wrinkles.

This is a particularly beneficial treatment for clearing out stagnation and excess fluid. Useful for helping to clear filler and botox residue, toxins and puffiness.