



OUTLINE OF THE GW FACIAL THERAPY MASTER CLASS TRAINING COURSE – 24 HOURS

The workshop training course is held over two days from 9.00am to 4.30pm providing 12 hours of hands-on delivery. The student will complete the course with an additional 12 x one hour treatments on either family,

friends or clients.

Delivery is by Anna Glasson (McBride) a professional diploma qualified reflexologist, the founder of GW Facial Therapy. Anna has also studied anatomy & physiology and has practiced many allied areas including, facial massage, reiki, ayurvedic massage, Japanese reflexology, natural face lift massage, shiatsu, acupressure, and is also a massage therapist.



Anna has a special interest in facial reflexology and facial massage face-lifting techniques from different cultures along with developing premium natural oil blends for facial skin care.

Anna teaches to a maximum of 10 students, two students to each table, which allows for hands on intensive teaching.

On completion of the certificated course you will be able to offer GW Facial Therapy to your existing customers. Or you may wish to create a new business based on GW Facial Therapy.



**APPROVED
TRAINING PROVIDER**
INTERNATIONAL INSTITUTE FOR
COMPLEMENTARY THERAPISTS



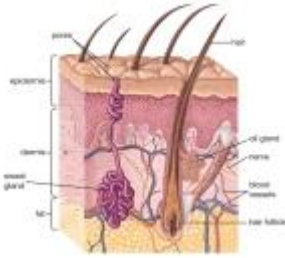






MASTER CLASS - COURSE OUTLINE

1. The skin



Explains the makeup of the skin including the -
The epidermis
The dermis
The reticular dermis
The subcutaneous layer

2. The muscles and bones of the face and skull

The main muscles of the face and skull are explored in regard to their relationship with facial manipulation techniques.



3. Benefits of GW Facial Therapy

The benefits of a natural facial are explained not only in regard to improving a person's facial appearance but also the way it helps clients improve their health and wellbeing.

4. Gorgeous Woman Skin Care solutions

Explains the purpose and the ingredients of the skin care solutions used along with the ingredients involved. 11 beauty Steps using GW Skincare. Practical techniques of each step.

5. Contraindications and precautions

This area is covered intensively to ensure the student is aware of the contraindications and precautions associated with the treatment techniques and the skin care products.

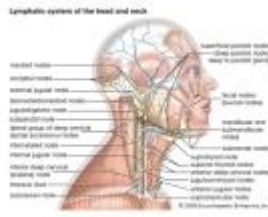
6. Skin types

Understanding the effects of using different skin care products on different skin types.

7. Circulation

Explaining to the students the part blood flow plays in regard to the treatment.

8. The lymphatic system



Explanation of how the lymphatic system is a network of organs, lymph nodes and very small tubes (or vessels) that drain lymph fluid from all over the body. How to assist the lymphatic system as part of the techniques used.

9. The positive effect of GW Facial Therapy on the nervous system

Explanation of how the treatment affects the nervous system and the benefits.

10. The cranial nerves

An explanation of how the twelve cranial nerves have a different function for sense or movement. In particular discussing the motor cranial nerves which help control muscle movements in the head and neck.

11. Facial acupressure points

GW Facial Therapy has identified 27 acupressure points associated with improving facial appearance, health and wellbeing. Each point is identified and discussed. A comprehensive laminated sheet is also provided with information showing how to locate the points, benefit of each point, and how to stimulate the points.

12. GW Facial Therapy techniques



An explanation of the best way to prepare the face and instruction as to how to apply each of 40 special techniques. Each technique is also shown in the manual with a self-explanatory image and description of the technique.

13. General Projection Map of Organ Reflexes on Face

An explanation is given as to how reflex points on the face correspond to the organs of the body.



14. ManOil8 facial

An option is explained as to how GW Facial Therapy can be applied to a man. Specially formulated skin care products for men are used in this treatment.

15. Hand massage

Students are shown how to give a professional healing and relaxing hand massage using reflex and acupressure points.

16. Business ideas

Business ideas successfully used by the teacher are shared with the students. This Takes place as a general discussion with the business manager and the teacher.

17. Gorgeous Woman products

Should the students require them, online access to supplies of GW products for use in the clinic and for resale are discussed.

18. Advertising ideas

Advertising ideas used by the teacher are discussed with the students.

19. Ongoing Support

A general discussion about the availability of ongoing support is discussed with the students.

TIME SUMMARY

THEORY – 3 hours

The skin

The muscles and bones of the face and skull

Benefits of GW Facial Therapy

Gorgeous Woman Skin Care solutions

Contraindications and precautions and hygiene

Skin types

Circulation

The lymphatic system

The positive effect of GW Facial Therapy on the nervous system

The cranial nerves

PRACTICAL – 9 hours**1. Facial acupressure points – 1 hours**

GW Facial Therapy has identified 27 acupressure points associated with improving facial appearance, health and wellbeing. Each point is identified and discussed. A comprehensive laminated sheet is also provided with information showing how to locate the points, benefit of each point, and how to stimulate the points.

2. GW Facial Therapy techniques – 8 hours

An explanation of the best way to prepare the face and instruction as to how to apply each of 40 special techniques. Each technique is also shown in the manual with a self-explanatory image and description of the technique.

**TREATMENT PRACTICE
unsupervised 12 hours**

12 x one hour treatments to be provided by the student on either family, friends or clients.

