

— main benefit —

WELL-BEING

FACIAL

Facial Reflex Therapy SORENSENSISTEM™

This is a contemporary complementary healing technique combining ancient knowledge of Traditional Chinese medicine, Tibetan medicine, Ayurveda, healing techniques of the South American indigenous tribes and that of the people of Vietnam, with the findings of modern neuroanatomy.

It represents a profound stimulation of acupuncture points on the face, reflex zones of vital organs, hormonal glands and all bodily structures, the flow of lymph and blood circulation, the electrical flow of the Central Nervous System (CNS) and the flow of vital energy through subtle channels, the meridians.

It is a pleasant and natural stimulation, non-invasive and very efficient due to the proximity of the brain (Facial Reflex Therapy represents the most powerful of all Reflexology techniques, since specific points on the face enable us to stimulate directly the CNS and all parts of the brain).

It is able to address any of over 21,000 diseases of the physical body known to medical science, for instance neuropsychological and brain diseases, organ related symptoms, muscle pain and tension, hormonal imbalances, emotional imbalances etc.

Children, elderly and pregnant women love it because it is so pleasant and relaxing, while being non-invasive at the same time. It is a perfect technique to support pregnant women as well as aid birth by working on the face. And after birth, Facial Reflex Therapy is a perfect tool to bring a woman's body back into balance.

The only side effect of this treatment is facial lifting. The treatment is performed on the face, using fingers and organic rose hip oil from INCAEARTH, developed and produced especially for the International Institute of Hand, Foot and Facial Reflex Therapy (IRFI de Lone Sorensen).

The author of this healing technique is the superb Danish Reflex therapist Lone Sorensen.

— main benefit —

SPINAL HEALTH

FOOT

Neuro Foot Reflex Therapy SORENSENSISTEM™

Praxis vertebralis is one of the oldest medical treatments known today. Its origins go back to 460-377 B.C., Hippocrates' time, when various books were written about it. In the year 5 B.C., a doctor from Tibet, Yhom Po, together with five other doctors, created the first university of natural medicine, where natural healing methods were taught, including Praxis Vertebralis, for the first time.

Neuro Foot Reflex Therapy is a natural and non-invasive procedure which, by stimulating the reflex zone for the spine, spinal nerves and the cerebral cortex on the feet, enables the restoration of physical and mental balance in the body as well as balance postural problems. It works miracles in combination with Facial Reflex Therapy, in cases of brain damage and serious neurological disorders as well as different syndromes, paralysis, coma, after a stroke etc.

There are no contraindications for the use of this technique. It is performed on the feet, using fingers and a natural INCAEARTH foot cream containing Lemonene, developed and produced especially for the International Institute of Hand, Foot and Facial Reflex Therapy (IRFI de Lone Sorensen).

The author of Neuro Foot Reflex Therapy is the superb Danish Reflex Therapist Lone Sorensen.

— main benefit —

BALANCE

FOOT

TRADITIONAL FOOT REFLEXOLOGY

It is a natural, non-invasive and safe complementary therapeutic procedure which aims at re-establishing balance in all systems of the body.

It is based on ancient knowledge, known and practiced by civilisations around the world. Though it is very PLEASANT and RELAXING, it is not a beauty therapy nor foot massage, but an internationally recognised clinical treatment used for preventive health, healing and overall well-being.

It is a HOLISTIC procedure, addressing the body as a whole, very PLEASANT, can address any disease of the physical body and is beneficial for any person of ANY AGE, from new-borns to the elderly.

What it does is stimulate the body's own healing mechanisms. This is achieved through the stimulation of all vital flows in the body (blood circulation, the flow of lymph, the electrical flow of the CNS and the flow of energy through meridians).

Foot Reflexology strongly influences the blood circulation. Very profound stimulation is contraindicated for people with high blood pressure and heart problems.

I perform it using my ten fingers and INCAEARTH foot cream containing Lemonene, developed and produced especially for the International Institute of Hand, Foot and Facial Reflex Therapy (IRFI de Lone Sorensen).

— main benefit —

HEALTH & BEAUTY

FACE

Japanese Cosmo Lifting SORENSENSISTEM™

11 beauty treatment steps from Japanese tradition, combined with Facial Reflex Therapy give this neuro-sensitive procedure manually performed on the face, with the use of natural products. This is a beauty treatment promoting overall health and well-being (health & beauty in one session, for women and men alike).

It is natural, non-invasive, pleasant, promotes balance (emotional & physical), overall health and well-being (through stimulation of all acupuncture points on the face, reflex zones of all vital organs and hormonal glands, the flow of lymph, blood circulation, electrical flow of the CNS and the flow of vital energy through meridians).

It profoundly stimulates the facial muscles, reflecting all muscles of the body.

It is a non-surgical alternative to face-lifting procedures, with lasting effects achieved in 12 sessions (smoothing of lines, toning of loose skin, increased collagen production).

There are no contraindications for the use of this technique. It is performed on the face, using fingers and organic rose hip oil from INCAEARTH, developed and produced especially for the International Institute of Hand, Foot and Facial Reflex Therapy (IRFI de Lone Sorensen).

The author of this technique is the superb Danish Reflex therapist Lone Sorensen.

— main benefit —

RELAXATION

NECK & SCALP

Tibetan neck & scalp Reflex Therapy SORENSENSISTEM™

A very specific, profound stimulation of the micro-system reflex maps found on the scalp, neck, shoulders and the back, very effective for muscles tensions of the whole body as well as for rheumatic diseases, Phantom Limb Pain, hypertension, different types of headache, insomnia, dementia, brain rehabilitation after accidents, dizziness, numbness, oedema, palpitation etc.

The Tibetan medical system is based on a synthesis of the Indian (Ayurveda), Persian (Unani), Greek, indigenous Tibetan, and Chinese medical systems.

— main benefit —

STIMULATION

WHOLE BODY

Color Light Therapy SORENSENSISTEM™

Light and color are the basics of our existence & are essential to our health. Light and color therapy represent two of the oldest known forms of natural medicine.

Color Light Therapy SORENSENSISTEM™ is a natural, non-invasive treatment, equally effective in relieving physical, emotional and mental disorders; used to enhance the effects of any complementary healing technique.

In my practice, I use Tweaklite - a unique instrument for the application of color light therapy, developed by Danish Reflex therapist Lone Sorensen and based on three decades of her work and research in the fields of natural healing techniques as well as modern science.

There are no contraindications for the use of this technique.

During therapy, a light of the appropriate color is applied to feet, palms, face, or reflex zones of vital organs found on the body, for short periods of time (90 seconds to 4 minutes). This makes the therapy pleasant and easily applicable, especially on children who might not feel comfortable to lie on the therapeutic table for other forms of therapy.

This form of therapy is a great tool in acute situations in which one needs to act quickly.

The author of this technique is the superb Danish Reflex therapist Lone Sorensen.

— main benefit —

PEACE

FACE

EFT TAPPING (the Emotional freedom technique)

Stress and other negative emotions drain our immune system. When the body is no longer trying to survive under all the stress, it can go back to doing what it is meant to do - recover and heal.

As the emotional door to physical healing, EFT Tapping is so fully and wonderfully complementary to what I believe in and practice, so I love adding it to my work with people as well as suggesting them to explore the technique and apply it themselves.