

Introduction

Facial acupuncture is a complete treatment that views the face as an expression of internal health and an extension of the body's meridians, which flow from the hands and feet to the head and face.

This three day workshop with Marney Commens will introduce you to the world of Constitutional Facial Acupuncture and give you the confidence to practise Facial Acupuncture with ease.

In this course we begin with the basics, facial anatomy, understanding muscle function and the 'facial protocol' for facial masks & other topical products.

Learn techniques that encompass the whole face based on the teachings of the famous French Acupuncturist Jacques Lavier. This is a gentle needling protocol that uses acu-muscle interplay along with the agonist/protagonist function of muscles relating to line formation.

On completion of this course, you will have the confidence to treat any wrinkle or saggy jowl that comes your way.

Marney is a certified teacher of the introductory course 'Foundations of Constitutional Facial Acupuncture' part of the 'Wakefield Technique' pioneered by Mary Elizabeth Wakefield.



What You Will Learn

The first day will cover:

- Basics of Facial Acupuncture including facial anatomy, the benefits, contraindications, guidelines with specific needling techniques and bruise prevention and management tips.
- What you need in your toolkit
- Jacque Lavier acu-point combinations
- Motor point techniques for the neck
- 'The Facial Protocol' (including the complete treatment plan - from cleansing, needling, Chinese herbal facemasks to post needling processes to ensure your client leaves feeling amazing)

The second day will cover:

- The use of the eight extraordinary meridians within a constitutional treatment and how this can facilitate emotional shifts in your patient
- Learn to incorporate 'Body Talk' to discern the master point most appropriate for your patient and when to use Kidney Spirit points
- Learn a selection of body points to be used in conjunction with facial needling to benefit the face, along with non-needling options for sensitive patients

The final day will cover:

- The use of Physiognomy to discern your patients' predominant 5 elements
- Product details (how, when and what to use according to your TCM diagnosis, common product allergies)
- Learn how to incorporate Constitutional Facial Acupuncture into your existing practice
- The practicalities and legalities with patients who have had surgery and/or injectables
- Designing intake forms to ensure patient disclosure, allergies, concerns and expectations are discussed prior to treatment.

About Marney

Marney Commens graduated Perth Academy of Natural Therapies (Advanced Diploma of Traditional Chinese Medicine) in 2004. She has practiced privately in Sydney during 2004-2008 and then created a Womens' Health Acupuncture Initiative at the Logan Womens' Health & Well-Being Centre in 2008.



Marney has completed her certifications in Vibrational Sound Therapy with Chiakra Centre.

In 2013, she completed the two year "Gold Standard" Facial Acupuncture Programme at North Western Health Science University (NWHHSU) in the USA, going on to complete 'Teacher Training' with Mary Elizabeth Wakefield in New Zealand (2014).

Marney recently completed a Masters of Health Science (Chinese Medicine) with the New Zealand School of Acupuncture and Traditional Chinese Medicine (NZSATCM).

She currently lives on the Gold Coast running her private practice.