



Method Putkisto 3D Natural Face Clinic Neck & Jaw-shop = a balanced face

The neck and jaw are related with muscles from the neck running up into the lower jaw. Stress tends to show up typically in the neck. Tightness in either area affects the other, so your jaw pain can literally lead to poor posture and the way you look!

Stress comes in a number of forms: emotional from hurry, worry, grief and anger; chemical caused by toxins of any kind, from preservatives and insecticides in foods, and physical as in, clenching your jaw, grinding your teeth, sleeping with your neck twisted or sitting rounding over your desk etc. Typical signs are pains in the neck; migraine, headaches, ear and eye problems.

The session will include:

- Releasing the tension & stress
- Relaxing the jaw
- Realigning the neck

Ultimately: realign you FACE and look fresh, relaxed and free from stress!

DATE

Tuesday 22nd May • TIME 2-4.15pm

PRICE

£105

BOOKINGS & ENQUIRIES

Call 020 8878 7384

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