



HOLISTIC HEALTH – JAPANESE BEAUTY TREATMENTS WITH NAOKO KITAGAWA



Master Japanese beauty therapist Naoko Kitagawa is the leading pioneer in the Eastern Holistic Health Beauty Treatments in Japan. She now joins us at Chiva-Som to provide three kinds of Japanese Beauty Treatments listed below. Her treatments are based on Chinese and Traditional Eastern Asian Medicine and use acupressure points and meridian massage to the face, ears, head and body using oil, lotion or gel.

Oriental Meridian Slimming Massage

50 minutes

In Traditional East Asian Medicine, obesity is considered a condition of imbalance in the body and the mind together, and the approach to slimming is to balance the mind and the body, as being overweight is considered equally an imbalance of both. The technique involves a 50 minutes application of East Asian Massage, and is a strong treatment aimed at producing good results. Pressure is adjusted according to the age, health status, skin condition and body condition. It uses repetitive, constant and sustained massage techniques, as well as opposite hand techniques and other massages techniques to localized areas, to stimulate deep drainage of lymph and to stimulate the movement of fatty tissue. The treatment also uses acupoints and meridians to improve energy flow and improves the health of the body and mind.

Oriental Acupoint Facial

50 minutes

This treatment is based on the Traditional East Asian Medicine theory of the acupressure points “acupoints”. The aim is to improve overall health as well as energy flow in the face, which can enhance beauty, improve nutrition to the skin via improving blood supply and lymphatic drainage. The benefits of this treatment are primarily enhancing beauty through improving health of the face and energy flow to these areas. This has a rejuvenating and beauty-enhancing effect on the face. The effects of the treatment also include stress reduction, calming the mind, improving sleep, and promoting relaxation and calm.

There are many points that gather on the face and all meridians in the body join at the head. Each acupoint and meridian connects to specific organs and areas of the body, so the treatment also has benefits for these corresponding areas, activating the function of these areas and organs, creating harmony in the whole body. This facial uses the gel with herbs to soothe and refreshes the skin.

Relaxing Scalp Acupoint

50 minutes

This scalp treatment stimulates acupoints and meridian on the face and the head to improve the “Qi” and the blood circulation so your skin is more purified and brightened. It also removes excess water on the face to contour the face line, and is the effective way to lift-up the entire face. This treatment is highly healing, bringing peace in your mind. You will be given the massage on the head, neck, shoulder, décolleté and parts of the face, leaving you to feel more renewed and relaxed.