

FROM STAGNANT TO STUNNING: REVITALIZING SKIN'S NATURAL BRILLIANCE

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Inner mobility is essential for clear, healthy, and glowing skin. The type of movement needed can vary from person to person, but the goal of balancing the exchange of nutrients and waste removal remains the same. Movement relieves restrictions in the connective tissue, softens muscle tension to allow for the free flow of fluids, improves circulation to feed skin with nutrient and oxygen rich blood, and supports skin's natural filtration system to remove excess fluid and cellular waste.

OBSTRUCTION, STAGNATION, ACCUMULATION

Stagnation does not occur by itself – it is an intermediary, a cause and effect of blockages and accumulations in the tissue. When an obstruction – a tight muscle or tangle in the connective tissue, restricts movement – it leads to stagnation (sluggishness or immobility) within the tissue, which creates an accumulation of excess fluids and wastes that lead to an abundance of skin related issues. Obstructions can lead to “tech neck” and sagging from tight muscles and scar tissue and wrinkles from restriction in connective tissue. The resulting stagnation can cause hyperpigmentation, lack of vitality, and tenderness. The pooling of fluids and wastes (accumulation) leads to puffiness, acne, and dark circles.

KEEP IT MOVING

Facial massage plays a critical role in helping resolve these problems by clearing obstructions, congestion, and stagnation, and irrigating and filtering waste that impedes the flow and the ability of skin to balance and regulate itself. By increasing movement through massage and restoring inner mobility, skin can clear deleterious obstructions that lead to acne, rosacea, puffiness, dark circles, and sensitivities.

Facial massage brings about a fundamental change in skin by clearing stagnation and accumulation in the


tissue, activating circulation and enabling the renewal of lymph, which in turn, stimulates cellular activity and facial regeneration. There are different types of facial massage therapies and techniques to support the individual needs of clients, but before beginning, it is important to ask one key question: is there tension?

TENSED UP

Asking clients if they are experiencing tension will help the professional determine the type of movement or massage needed to release the blockages and regain fluidity (clear stagnation) within the tissue. If there is any tension or tightness present from the shoulders to the crown, it needs to be worked out and released before all else. The muscles of the face contract and expand, providing shape and animating the face. When the muscles are tight and remain contracted, it impedes the flow of fluids and starves skin of the oxygen and nutrients it needs.

Relaxing the tension in the muscles opens the pathways for the free flow of blood. When restrictions in the tissue are released, it provides the space for the necessary chemical exchanges to take place. Removing excess waste via the lymphatic system allows the nutrients to reach the cells unobstructed.

Skin and underlying tissue is like a waterway – a transport network where a series of exchanges are constantly occurring to supply all the systems of the body with the building blocks they need to function. Therefore, it is vital to keep it flowing. By releasing tension, this essential transportation network is supported, and a chain reaction is started within the systems of the body that allows it to heal itself, which is ultimately expressed in the health and vitality of skin.

Skin is highly intelligent and autonomous. It just needs consistent activity and the space to do its job. Given the right environment, skin will naturally thrive. 

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