



Why do some people look great?

- they may be older,
- they may have wrinkles
- they may have a bit of 'drop' or even 'sag'
- they may not be 'classically' beautiful

**but they ARE beautiful,
they have that 'certain something'**

What is that?

Can we cultivate it?

Is there a 'special secret'?

Is there an 'inner reason'?

We think so – and we want to share that with you!

Kim Dowdell & Madison King

September 2020

3 x 3 hour online classes

Recorded so available **WORLDWIDE!**

Join Maddie and Kim for 3 fun classes. With **FIT FACE** techniques you will not only get a full facial workout it can also have profound and unexpected benefits for the entire body. Your meridians, chakras, facial muscles, skin, Vagus and cranial nerves will all get a treatment. Perfect for yourself or shared with others. It's like a daily gym workout for your face; a complete facial 'tune up' that brings both the ultimate relaxation and also an energy boost for face and body.

'Our face is a window to the World'

Is your 'window' slowly beginning to droop, sag or develop fine lines?
Or perhaps you worry about that happening?

FIT FACE explores the energy reasons for facial aging
and provides practical answers.

Slow the process, boost a special radiance,
Begin to love what you see in the mirror!

FIT FACE is a multi-faceted approach, including:

ACUPRESSURE BEAUTY SECRETS – learn the key points used in Cosmetic Acupuncture for the face and skin and how the ancients developed the Jade roller and the Gua Sha.

GETTING HANDS ON – using a combination of facial massage and energetic lifting, to return that special 'bloom' to your face, to smooth out the forehead, tighten and lift the cheeks and jawline. Maddie will share her 'easy' lymph drainage technique. Say goodbye to puffiness around the eyes or anywhere on the face.

HOPI WRINKLE TECHNIQUE – to 'iron out' those fine lines or reduce skin damage.

WORKING WITH ANCIENT PATTERNS. Working with the Diamond Inlay opens up the radiance of the face, giving you an energetic patterning

that is more 'attractive' to positive people and situations – we all know people who we automatically want to be with, become one of them.

FEED THE SKIN – top tips for developing a facial oil blend just right for you and your skin.

FACIAL READING – what do the different areas of your face mean? As we grow in years, some of the lines we develop are 'good' – we want them! Kim will provide an invaluable insight into what lines reveal about you, your emotions, personality and state of health.

MAKE UP MAGIC - Maddie will show you a quick and easy daily make - up to make the most of that newly emerged radiance!

BELIEVE IN YOUR BEAUTY – believe you are beautiful and the world will see you so. Learn how to do just that, start to programme radiance.

TOP TIPS, STRANGE FACTS + FIT FACE TOP AGE FIGHTERS

NOW THE LOGISTICS

FIT FACE ONLINE comprises of 3 classes: each will run from **6pm-9pm** London time on a Special Zoom link. You will receive a comprehensive pdf handout for each class and a replay link (invaluable if you are in a different time zone, have a busy diary or simply want to revisit part of the class).

September 2020

Tuesday 1st

Thursday 3rd

Saturday 5th

COST

For the 3 class package

£125

TO REGISTER

visit either
www.visionforliving.co.uk
or
www.madisonking.com

PREREQUISITES

Simply a desire to feel and look the best you can be!

No special tools are required – only your hands.
However, we can use (but they are not essential)

- Jade Rollers
- Gua Sha
- Essential Oil blends
- Selenite

You can decide if you would like to add these or not.
Suggested links will be provided.

WHO ARE MADDIE AND KIM?

Madison teaches and runs Donna Eden's European official training (The Eden Method) and the advanced training in USA and Europe. Over the decades, Maddie has also qualified in areas relevant to FIT FACE: in facial massage, training with Clare Maxwell Hudson and Vodder Lymphatic techniques, Indian Head Massage and Aromatherapy.

Kim is qualified in Acupuncture, Cosmetic Acupuncture, Crystal Therapy, and Mindfulness. She is the founder of the Vagus Nerve Method, has her own Crystal Therapy Training School and is the director and founder of Complementary Health Event company Vision for Living which has organised, event, exhibitions, workshops and seminars since 1995.

They are bringing together all their skills in "FIT FACE" and are excited to now be able to offer their classes online. Come and join them, you won't regret it.

Don't forget if the timing doesn't suit your time zone or diary, the class will be recorded and you access it at your leisure, so this is truly a **GLOBAL FIT FACE !**