



In the zone

A dramatic reflexology treatment that can take years off your face has come to the Cotswolds

Something rather special is happening in an oasis of calm in Cirencester.

Reflexologist Andrea Hughes has spent time studying under celebrated practitioner Ziggie Bergman and has brought her skills to the Cotswold town. The Zone Face Lift is a deeply relaxing yet uplifting treatment that uses techniques Ziggie picked up on her travels around the world, including those used by Native American shamans and healers in New Mexico.

On entering Andrea's clinic, Antara Shanti Reflexology – at Pure Sercniti on Market Place near to The Fleece – you will at once be calmed by the scent of essential oils, the subtly exotic décor, subdued lighting and the warmest of greetings from Andrea herself.

Before training as a reflexologist, Andrea had a long and successful career as a legal executive in Cheltenham, but after travelling to Bhutan with her husband, she experienced something of an “awakening”, realising that the life she had been living was making her stressed and miserable. The answer came in the form of reflexology, with Andrea declaring, “The first time I had a full reflexology treatment I came home and slept much better than I had for many years.”

The Zone Face Lift uses pressure-point massage along with Native American

techniques, Asian body mapping and healing herbs. All products used in the treatment are by Neal's Yard Remedies – selected for their purity of ingredients – and white sage ‘smudge sticks’ are used to purify the space.

Treatment differs from other any other facial you will experience as an holistic approach is used – including meditation and visualisation; reflexology on the face, hands and feet; trademark massage techniques; and items such as a Japanese jade guasha tool for line-erasing, a derma roller, quartz crystal spheres, and a silver tool for stimulating pressure points, patented by Ziggie.

It has been reported that, over the course of a 12-week programme, as many as 10 years of ageing can be taken off, as well as having the added health benefits associated with reflexology, such as helping reduce stress, migraines, sinus problems, insomnia and depression.

Pure bliss!

READER OFFER:

Cotswold Life readers can enjoy 25% off the 75 minute Zone Face Lift treatment (£54 instead of the usual £75).

Quote ‘Cotswold Life’ when booking.

Call 07850 273840, email andrea@antarashantireflexology.co.uk or visit www.antarashantireflexology.co.uk