



# **Introduction To Facial Reflexology**

**Lone Sorensen Method**

A One Day Introduction To The Original Method Created  
Over 40 Years Of Research And Development By The  
World's Foremost Reflexology Authority Lone Sorensen

For Complementary Therapists Or Others With An Interest  
In Wellness Treatments



**METODE**  
Lone Sørensen, KØBENHAVN



Presented By Mariga Sheedy of [www.facialreflexology.ie](http://www.facialreflexology.ie)  
Facial Reflexologist And Authorised Instructor For  
The Institute Lone Sorensen



# Content

History Of Facial Reflexology

How Neuro Facial Reflexology Differs From Classic Reflexology

How To Use Facial Micro Maps - Basic Manual Stimulation Facial  
Reflexology Techniques

Practical Examples For Specific Outcomes

## Learning Outcomes

The aim of this introductory day is to give students an understanding of the SorensensistemTM method of Neuro Facial Reflexology to enable you to try out and evaluate if the full education Neuro Facial Reflexology course is the right training path for you.

You will leave with an understanding of the concept and some simple practical skills that you can incorporate into your current treatments

1. Basic protocol for hormonal balancing
2. Basic protocol for emotional regulation

You can add these protocols into any massage, facial or reflexology treatment to personalise and enhance results.

\*\*Please note - this is an introductory course designed to inform and introduce the concept, it is not a qualification and does not carry certification, CPD points or insurable status as a facial reflexologist.\*\*

## What You Will Learn:

### Theory and simple manual protocols

- How Facial Reflexology has been developed by Lone Sorensen since 1978 based on thousands of client experiences, research projects and study of microsystems with Dr. Yamamoto, Japan, Dr Castillo Morales, Argentina, Dr Villagrassa, Argentina, Dr Wong, USA, Dr Chau, Vietnam, Maria Perez, Argentina, Dr J. Bossy, Frankrig
- The background of the Tibetan Schools Of Medicine - the concept of cause and effect
- Manual stimulation with a Basic Method of Facial Reflexology demo and practice
- Manual stimulation protocol for hormonal dysfunction demo and practice
- Manual stimulation protocol for emotional unbalances demo and practice

## About Lone Sorensen

### **Concept Creator, Lone Sorensen, Denmark**

Award winner – Women's Education Expert – International Speaker and Trainer – Author Lone Sorensen is a therapist educated in acupuncture, reflexology, kinesiology, aroma therapy, and laser therapy. She is the Danish woman behind the world's largest school of Facial Reflexology and Neuro Reflex therapy.

She pioneers a method called Neuro-Reflex Therapy, a methodology for physical and mental health and wellness combining therapies from oriental medicine and primitive techniques of aborigines. The therapeutic methods also include Temprana therapy, which is a rehabilitation method of parents' home training method for children with brain damage, syndromes, and mental and learning problems.

She dedicated 10 years of her professional experience to Denmark and 13 years to Argentina and has been based in Spain since 2001.

Lone Sorensen started her first school in Copenhagen, Denmark, and opened 3 schools in Argentina after that. Her methods and concepts were approved in 2000 by the centre "Kurhuset" for patients with brain damage in Denmark.

In 2021, Lone was selected by O.M.H.S (Humanity World Organization Pro-Health in Argentina), receiving three Nobiliary titles for her work in Argentina.

Lone has led many projects in the Argentinian Amazon, Guatemala, the Desert in Oman, and Denmark.

**At present, Lone Sorensen** is the owner of the International School of Reflex therapy and teaches with 35 instructors and 30 hands-on trainers her patented concept of Reflex therapy in 26 countries around the world.



## About The Trainer

Mariga Sheedy

I am a facial reflexologist, holistic skin therapist, reflexologist, aromatherapist, trainer and speaker for the holistic and beauty industries.

Now 32 years in the wellness and beauty industries, I have run my own skincare and holistic wellness businesses since 2000.

Since first training with Lone Sorensen in Japanese Facelift, I have gone on to specialise in facial reflexology, particularly in the area of emotional healing.

I deeply connected with these techniques and was so fascinated by the results obtained in my treatment room that I felt called to share this incredible technique with the holistic community so that as many practitioners as possible can benefit from the results, satisfaction and energetic connection.

Last year, I became the official trainer in Ireland for the Lone Sorensen Institute.