



SUMMARY OF GW FACIAL FOCUS DAY Training Courses

Current courses developed by our Founder and Master Facial Therapist Anna McBride -

Facial Focus: GW Jawline Slimming and Sculpting

Facial Focus: GW Eye Rejuvenation

Facial Focus: GW Japanese Face Lifting/Sculpting (available soon)

Facial Focus: GW Facial Reflexology (available soon)



GW Jawline Slimming and Sculpting

GW Jawline Slimming and Sculpting is designed to release, lift, reshape, and sculpt the cheeks and jowls. The masseter muscles, located in the jaw, are the strongest in the human body. They play a crucial role in mastication, aiding in the chewing of various foods such as steaks, nuts, and celery sticks.

The daily activities of eating and talking can lead to the tightening of the masseter muscles, causing inflammation, pain, discomfort, and swelling. Additionally, stress, anxiety, and tension can exacerbate these issues by causing individuals to clench their jaw muscles. Bruxism, or the grinding of teeth, further contributes to muscular damage, dental issues, and increased pain and inflammation.

Swollen and tight masseter muscles can result in a square, masculine appearance of the face, as the muscles sag and droop, thereby pulling down surrounding tissues and becoming locked. Releasing these tightened muscles, clearing excess fluid and waste, and reshaping the lower facial area can significantly enhance the health and aesthetic of the muscles and overall face.

This process improves circulation, nerve supply, lymphatic flow, and oxygen delivery to the muscles, thereby increasing nutrient supply. A slimmer, more toned, and lifted appearance around the neck, jowls, and jawline becomes immediately visible. Lymphatic drainage helps remove toxins, lymph, and fluid from stagnant muscles, further enhancing the health and appearance of the face. Clients experience immediate relief from pain, swelling, and inflammation.

Our training course employs a highly effective combination of Japanese facial massage, jaw release, and sculpting techniques, alongside Facial Reflexology, to achieve these results. This is a particularly beneficial treatment for clearing out stagnation and excess fluid around jawline and jowls. Useful for helping to clear filler and botox residue, toxins and puffiness.



GW Eye Rejuvenation

Our GW Focus Eye Rejuvenation treatment offers an complete, effective and beautiful therapy that can be integrated into your GW Japanese Facial Rejuvenation regimen or administered as a stand-alone treatment.

This treatment is particularly beneficial for clients experiencing sinusitis, congestion, puffiness, bags under the eyes, allergies, and headaches. Utilizing gentle yet powerful Japanese techniques, the therapy provides both soothing and invigorating effects.

Incorporated within the course are several lymphatic drainage techniques, including Lotus Techniques, Willow Brush Strokes and Sinus Drainage Techniques.

We also work on the frontalis forehead muscle, lower and upper cheek muscles along with eye and eyebrow and Acupressure points.

- Provides eye rejuvenation by eliminating toxins, puffiness, and stagnation.
- Improves the appearance of dark circles and bags under eyes.
- Drains and Clears sinuses, congestion and allergies and reduces inflammation.
- Helps to relieve eye strain and tension headaches.
- Smooths out and reduces the visibility of frown lines (commonly known as number 11 lines).
- Lifts eyebrows and energises the area around the eyes.
- Releases tension from forehead, relaxes and smooths out wrinkles.

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