



BOOK REVIEW:
FACIAL REFLEXOLOGY
Lone Sorensen

This book recounts how Lone Sorensen developed “Facial Reflexology: Sorensensistem™”. Originally from Denmark, Lone originally trained as a foot reflexologist. She went on to study a number of other holistic therapies including acupuncture. Lone gained extensive knowledge in practice in Denmark, but it was her move to Argentina in 1988 where reflexology was unheard of, that really paved the way to her developing Facial Reflexology. During her travels there, Lone encountered a tribe of South American Indians where the women regularly carried out facial massage on each other. Lone learned their techniques and combined them with a map of facial points based on neurology and oriental medicine. She used her new techniques in her clinic to remarkable effect, especially on patients with neurological disorders.

In the following years Lone travelled widely to develop and refine her new therapy. It is this extensive travel and study that makes a Facial Reflexology treatment such an eclectic mix of Western, Oriental and South American medicine. It involves acupressure points, neurovascular points, the meridians from Traditional Chinese Medicine, as well as a physical map of the body which foot reflexologists will be able to identify with. As a Facial Reflexologist myself, I believe it is precisely this “coming at it from all angles” that makes Sorensensistem™, such an effective treatment.

This book uses rather technical language and on more than one occasion to I had to “google” a word before continuing reading. In fact, the whole book could really have done with being edited. For those who have already completed the Sorensensistem™ course, this is the original big book provided to course participants, reproduced in a smaller format. In terms of a book for a lay person or non Facial Reflexology practitioner, I fear that it might put them off training because it is, at times, rather obscure. All I can say is, that would be a great shame! Do the course and it will all become clear and furthermore you will have a powerful therapy at the tips of your fingers that frequently leaves clients lost for words.

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