

FACIAL REFLEXOLOGY
— by Mariga —

FACIAL REFLEXOLOGY
— by Mariga —

Training - Ireland 2025 - 2026

METHOD

L o n e S o r e n s e n



Courses In:

Neuro Facial Reflexology

Neuro Foot Reflexology

Japanese Cosmo Facelift

Full Education For Beginners

CPD Courses For Professionals



For the first time, the world-famous Neuro-Reflexology courses from Lone Sorensen's International Reflexology Institute are available to take in-person in Ireland with a Sorensensistem authorised instructor.

Based in Wexford and teaching all over Ireland, Mariga Sheedy is a facial reflexologist and holistic skincare therapist, and the first ever Irish authorised instructor for Lone Sorensen's courses.

- Individual training, private small groups and open group classes.
- Courses for beginners through to advanced CPD training.
- Learn highly specialised techniques for face or foot reflexology.
- Holistic beauty treatments.



Neuro Facial Reflexology - The Full Education

For the first time, in-person training in the legendary techniques of neuro reflexology pioneer Lone Sorensen are available in Ireland from authorised instructor Mariga Sheedy of www.facialreflexology.ie. Based in traditional Tibetan medicine, neuro reflexology builds on, expands and goes way beyond meridianology, traditional chinese methods and dien chan points currently in popular use in the west. Tibetan philosophies place the blockages affecting our mind and body in the central nervous system rather than the meridians, giving us a whole new tool to quickly access physical, emotional and mental wellbeing for our clients via the nerve network. Neuro Facial Reflexology is a complete education that is suitable for beginners to the holistic therapy world, or for professionals qualified in other therapies who want to introduce a new, unique treatment to their service menu.

Updated Education Program - NEW UPGRADED COURSE MATERIAL with +70 extra hours - with a special focus on practical training and updated, new relevant content. 💡 More knowledge. Asea of practice. Are you ready to study Facial Zone and Reflexology Therapy?

- 148 hours of education – in-person and online classes (7 x 2 day in-person blocks, 3 online sessions live with Lone Sorensen)
- 400 pages of downloadable teaching material
- Personal support – LIVE sessions with Lone Sorensen during and after your in-person training with Mariga
- Tests and final exam to certify your knowledge
- 📁 BONUS: 5-element marketing course for therapists

Course Content by Levels

- **Level 1:** Gain foundational skills in providing health-promoting treatments through facial nerve reflex areas.
- **Level 2:** Delve into meridian and nervous system connections to craft individualized treatment protocols.
- **Level 3:** Explore brain structures, biofeedback microsystems, and facial muscle stimulation techniques.
- **Level 4:** Understand endocrinology, hormonal imbalances, and the gut-brain connection with advanced techniques.
- **Level 5:** Learn to treat acute sports injuries and receive guidance on starting your own Facial Reflexology business.
- **Level 6:** 4 days in-person manual practice & theoretical case studies
- 3 x 3 hour sessions online live with Lone Sorensen
- 6 months access to a monthly live webinar with Lone to ask questions as you move through your practice
- Free access to a facial reflexology marketing course

All lessons will be held at our facility in Wexford Town.

Learn More

2026 Dates For Full Facial Reflexology Education

Module 1 - January 26th & 27th

Module 2 - March 2nd & 3rd

Module 3 - April 13th & 14th

Module 4 - May 11th & 12th

Module 5 - June 8th & 9th

Module 6 - to be arranged between students & instructor (4 days)

[Japanese Facelift November 2025, Wexford Details & Registration Here](#)

[Vagus Nerve Reset 2 day CPD, Wexford January 19th & 20th 2026 Registration & Details Here](#)

[TCM Neuro Foot Reflexology Diploma - Module 1 \(of 4\) Ask About 2026 Training Dates Wexford](#)

Traditional Chinese Medicine Neuro Foot Reflexology

Begin a brand new career or elevate your current holistic skillset with this comprehensive foot reflexology education.

This is a full diploma education in TCM Neuro Foot Reflexology, Sorensensistem TM. Following the successful completion of all 4 modules along with test cases and continuous assessment, students will be awarded a diploma in TCM Foot Reflexology from the Sorensen International Reflexology Institute. This diploma is recognised worldwide.

Suitable for beginners in holistic therapy, or those who are already holistic therapists/reflexologists who want to expand their knowledge and explore an effective new therapy to add to their skills. This course will give you a full theoretical and practical knowledge of the therapy and you will be qualified to work with this method on completion.

TCM Foot Reflexology is an ancient method that predates recorded history. The philosophy originated in Sri Lanka before Oriental traditional medicine and acupuncture which dates back over 5000 years. Using this method will enable you to assist with all types of issues and help all kinds of people: babies, children, adults and the elderly.

This method blends two principles (Chinese and Tibetan). It is all about establishing TCM (Chinese) analysis first then applying stimulation of zones and points related to body meridians and Central Nerve System (Tibetan) to achieve a natural flow of vital energy. In this way the therapist and client benefit from both a general body system balancing to help the body come into a natural state of healing, and directed regulation of the particular health issue affecting the individual client.

The course consists of 4 in-person modules of 2 days each. Cost is €800 per module - or €2950 single payment. After each in-person training module, the student practices and perfects the lessons in the module(s) over several weeks before going on to the next. In-person training is given by Mariga Sheedy, the only authorised instructor for Sorensen Original Method Facial Reflexology in Ireland.

Contact us for course dates.



CPD Courses

CPD Courses

Suitable for therapists already qualified in reflexology or another body therapy, these courses are intended to add to your current toolkit for client treatment, and each protocol may be used in conjunction with a current therapy. See current schedule of [classes open for registration here](#)

Examples of our CPD Courses:

- Facial Reflexology For Fibromyalgia
- Advanced Neuro Foot Reflexology Techniques For Spinal / Joint Issues
- Facial Reflexology For Diabetes Care
- Ocular Therapy For Eye Disfunction
- Vagus Nerve Stimulation
- Tibetan Methods For Depression
- Trauma / Emotional Release Therapy
- Facial Reflexology For Alzheimers/Dementia/Parkinson's

[Learn More](#)

[The Full Education \(total 6 Modules\) Wexford, Jan - June 2026 DETAILS & REGISTRATION HERE](#)

[Japanese Facelift November 2025, Wexford Details & Registration Here](#)

[Vagus Nerve Reset 2 day CPD, Wexford January 19th & 20th 2026 Registration & Details Here](#)

[TCM Neuro Foot Reflexology Diploma - Module 1 \(of 4\) Ask About 2026 Training Dates Wexford](#)

Japanese Facelift... where beauty and wellness meet.

Japanese Facelift is a unique, luxurious holistic facial treatment.

Combining elements of facial reflexology, lymphatic drainage and classical Japanese facelift techniques.

Download [The Japanese Facelift In-Person Training Course Brochure Here](#)

A two-day intensive training in the original Lone Sorensen method of Japanese Facelift Facial Rejuvenation.

For beauty therapists, complementary therapists, massage therapists, or anyone in the wellness and beauty industries.

Traditional Japanese facial sculpting secrets have been combined with ancient reflexology and meridianology practices to create this unique facial treatment that encompasses both wellness and beauty for the discerning client.

Created by Lone Sorensen, the renowned creator of the original method of facial reflexology, and taught by only a few selected partners around the world, be one of the first in Ireland to learn this beautiful holistic therapy.

16 CPD Hours



METHOD
Lone Sorensen

Benefits Of Japanese Facelift

For the client: - Natural solution to visible ageing - Full body system stimulation - Deep relaxation - Glowing skin - Brighter eyes - Lifted contours	For the therapist: - Certified qualification from the Lone Sorensen International Reflexology Institute - A full new service offering for your clientele combining natural rejuvenation and wellness - A unique treatment, become one of the first in Ireland qualified in this method - A treatment that you will love performing
---	---

Introducing A Brand New Holistic Spa Facial For 2025

From The Institute Of Lone Sorensen

NEW CRYSTAL LIFTING FACIAL

I'm excited to bring to you a unique 2-day CPD training **The Crystal Lifting Facial Course**, a luxurious, holistic treatment designed to elevate your facial therapy offerings.

During this hands-on course, you'll learn:

1. **The Full Crystal Lifting Facial Protocol**

Using crystal tools – spoons, spheres, and thumbstones – you'll learn to harness the healing power of clear quartz. This technique targets facial muscles to tighten, tone, and lift the skin, resulting in a deeply rejuvenating experience that discerning clients love.

2. **Neuro-Vascular Point Techniques**

You'll learn how to identify and work with specific neuro-vascular points to support internal balance, addressing the root causes of visible skin conditions.

3. **Targeted Nerve Point Combinations**

Discover precise combinations for specific concerns – including focused treatments for the eyes, neck, and forehead.

This course is ideal for qualified beauty or holistic therapists who want to offer a results-driven facial with a holistic and luxurious edge.

Prerequisite: A qualification in anatomy & physiology (this may have been part of your initial training).

If you've already trained in Japanese Facelift with me, this course complements your skills beautifully – it can stand alone as a brand-new treatment or be combined with your existing facial protocols.

Why Quartz Crystal?

Clear quartz, or rock crystal, is known as the **Master Healer**. It is believed to:

- Enhance focus, memory, and spiritual receptivity
- Stimulate the immune system and promote energetic balance
- Amplify the healing vibrations of other crystals

Harnessing the natural healing frequency of quartz crystal tools alongside Oriental muscle stimulation and skin tightening techniques, this completely unique facial will make your service menu stand out. Requiring only the crystal tools (€99 per set) and any good quality rosehip seed oil to perform the treatment, this is a brand-neutral, super high-return luxury facial treatment. It takes an hour to perform, packages well with any body treatment, and is suitable for all skin types. It is a perfect stand-alone anti-ageing treatment for face, eyes, neck & décolleté or can be combined with our classic Japanese Cosmo Facelift for super-personalisation in a longer treatment format.

DATES AVAILABLE SEPTEMBER/OCTOBER 2025 - CONTACT US FOR REGISTRATION DETAILS





HEALTH

HEALING THROUGH THE FACE

With Facial Reflexology, Method Lone Sorensen
Book a Session & Feel the Difference



JAPANESE LIFTING

HOLISTIC BEAUTY METHOD



BENEFITS OF FACIAL REFLEXOLOGY

- Supports brain and nervous system function
- Strengthens the immune system
- Balances hormones and metabolism
- Enhances digestion and gut health
- Helps release emotional blockages
- Boosts energy and vitality
- And much more...

THE THEORY BEHIND JAPANESE LIFTING THERAPY

Japanese Lifting Therapy is founded on the belief that wrinkles and lines in the face are closely linked to:

- Dysfunction in internal organs and systems
- Emotional imbalances



A HOLISTIC APPROACH TO HEALTH

Facial Reflexology is a unique therapy that stimulates nerve reflex areas and points on the face and scalp, activating the nervous system's natural ability to restore balance. Rooted in ancient wisdom and modern neuroscience. This method supports overall well-being by promoting:

- physical
- emotional
- energetic harmony.



A UNIQUE INTEGRATIVE METHOD

Combining elements of Tibetan medicine, Vietnamese and South American microsystems, and modern neuroscience, this approach addresses the root causes of imbalances rather than just symptoms. Through gentle facial stimulation, we can assess and support your body's healing process, offering a personalized treatment plan tailored to your health needs.



TREATING THE ROOT CAUSES OF ILLNESSES

Through facial stimulation, we identify areas of imbalance to support your healing journey. This hands-on approach allows us to craft a personalized treatment plan tailored to your unique health challenges, making our therapy an essential component of complementary and integrative medicine.



A HOLISTIC APPROACH TO BEAUTY

Restores the body's internal balance, addressing both physical and emotional well-being.

Helps eliminate facial wrinkles and lines by promoting harmony within the body.



ADDITIONAL BENEFITS

Improves key systems, including:

- Lymphatic flow
- Blood circulation
- Hormonal and metabolic functions

Enhances muscle tone, leading to firmer and, more youthful-looking skin



VISIBLE RESULTS

Stimulates nerve reflex areas and points using Japanese muscle stimulation techniques.

Sets in motion processes that result in a radiant glow and rejuvenated complexion.

On-site training is available for salons/spas in Japanese Facelift and Crystal Lifting.

Have all your therapists trained at the same time at your facility for minimum disruption to your schedule and a seamless transition for all your staff into offering a new and unique service to your guests.

Available in Ireland and internationally, please contact Mariga on info@facialreflexology.com for availability and quotes.

Full Education Courses Online

Full Education Facial Reflexology Online

Introductory Class Facial Reflexology Online

Hand Reflexology Full Education

CPD Courses Online

Japanese Cosmo Facelifting & Sculpting

All About The Brain

Neuro Foot Spinal

Muscles & Skeletal System

Physiological & Emotional Hunger

Tibetan Reflex Therapy

Cancer Care

Teating Fibromyalgia

Treating Tinnitus

Hand Reflexology For Elderly & Children



NEURO FACIAL REFLEXOLOGY

— *by Mariga* —

NeuroReflexology Master Practitioner

Authorised
Instructor, Sorensen
International
Reflexology Institute

info@facialreflexology.ie

086 3823608