

Applying a Warm Face Cloth for health and wellbeing

Uses

Cleansing the face in a rhythmical manner with a warm to hot, plant-infused face cloth can help to harmonise breathing and reconnect us to our Selves. It may alleviate mucus build up in the sinuses and eustachian tubes, especially during a cold, ear ache, or sinusitis. The lemon bath milk could be helpful to cool the face during hot weather. The touch, life, balance and smell senses are particularly engaged through receiving a warm face cloth.

Materials

- Face washer, baby muslin or muslin compress cloth
- Mixing bowl or sink of warm to hot water
- 1 desert spoon of rose or lemon bath milk, or 2 cups of tea made from garden herbs such as rose-geranium petals or fresh lemons.

Process

Combine the bath milk or tea with the water using gentle movements.

Fold and soak the cloth in the bath milk /tea.

Squeeze the water from the cloth so that it becomes “hot-dry”.

The face will be compressed in 4 sections: The forehead, nose/cheeks, mouth/jaw and glands/neck.

Open the cloth and hold it in front of the face. Breathe in through the mouth and nose to inhale the aroma and allow the respiratory system to receive the herbal qualities.

Refresh the cloth in the bath milk and squeeze it dry when ever needed.

With the pinky fingers pressing against the middle of the forehead, roll the hand across the skin and when the movement is complete lift the hand and reposition it on the skin further towards the hairline. Make another rolling motion, then reposition the hand close to the hairline for the third roll. Repeat this set of 3 rolls so as in total 3 x 3 rolls will have been made on the forehead.

Repeat this rolling motion on three positions across the middle of the face: nose and cheeks. Start with each hand on either side of the nose and move across the cheek bones.

Repeat this rolling motion on the three positions across the bottom of the face: mouth and jaw. The last roll will be near the ears.

Tilt back the head and repeat this rolling motion on the neck and glands, finishing near the ears.

Treat the forearms by bending an arm so that the palm of the hand is towards the face. Use the other hand to apply the compress. Start at the finger tips and with each “squeeze” rotate the forearm in a clockwise or anti-clock wise direction and progress the compress towards the elbow. A twist and squeeze, spiral-like movement is produced. Slide the cloth over the upper arm towards the heart. Compress each arm 3 times.

Fold the cloth into a small flat parcel and hold it on the back of the neck. Take some deep breaths allowing relaxation and a sense of uprightness.

Cautions

Test on sensitive skin before applying it to the whole face. Apply over healthy skin. Cease use, if redness or agitation develops.

Face Cloth kits including bath milk and muslin compressing cloth are available for purchase from Developing the Self Developing the World.

