

## Kobido Japanese Facial

# A Unique Experience

The Kobido Japanese Facial was introduced to the United States by Dr. Shogo Mochizuki, who is the 27<sup>th</sup> master of the art. He was appointed in 2005 by Master Ito who served as the head of the Kobido lineage in Japan for 50 years. The author has been fortunate to have studied the art of Kobido from Dr. Mochizuki and is one of the few estheticians in the country to offer the Kobido Japanese Facial as performed by the original masters.

The basis of the common Western facial is smooth, light stroking of the facial surface tissues. The Japanese method uses a larger, more varied and much more refined application of techniques including, a variety of surface strokes, as well as deep pressure massage. There are also many technical differences in hand and finger applications. It is based on percussive techniques and it combines this with deep kneading techniques to work the muscles underneath the surface tissues.

The facial starts with the application of the cleanser and toner. After extractions, the facial continues with hydrating oil. Even the mask is applied using Kobido techniques and a moisturizer is layered over the mask to help the esthetician penetrate the mask into the skin. In essence, the client does not receive just a facial but rather a facial massage, where the movements are continuous.

The Shiatsu movement and therapeutic techniques of the Kobido Facial open restrictions of blood flow allowing fresh blood to circulate and enter the surface of the skin. This action removes toxins, provides oxygen and nutrition to the skin cells, and allows the skin to rebuild itself. According to Dr. Mochizuki, only when the circulation is improved can skin cells repair and rejuvenate themselves.

The ancient Japanese way of beauty is regarded as a refreshing treatment that stimulates skin tones, improves circulation, promotes relaxation and encourages collagen growth over time. Kobido facial massage is effective in treating dry and oily skin, acne, wrinkles, age spots and poor facial tone. Some clients have felt an improvement in migraines and headaches.

Those who have experienced the Kobido facial say it is "truly remarkable"... "like a thousand fingers rolling over the skin"... "never experienced anything like it before"... "most unusual and wonderful facial"... "after this facial I do see and feel a difference".

As with any professional skin care treatment, home care is essential. Recommendations are made after the treatment and selected products from the GG.Marlene skin care brand are suggested for use in between facials.

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*Gigi Fisher is the owner of GG.Marlene ([www.ggmarlene.com](http://www.ggmarlene.com)), a Spa located at 4600 Military Trail, Suite 109 in Jupiter, specializing in skin care, massage therapy, hair removal and body treatment.*

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