

Face Mapping Analysis

As a Spa Director I was constantly surrounded with beauty products galore. One company used face mapping and I really found it fascinating (although, the product line was pretty toxic). The map supported the studies I did while going to school to be a Holistic Health Practitioner, which reflects the physical well being of the body in the face. Using the zones you are able to get a peek into other parts of your body! So, wash that makeup off your face and get in front of a mirror and map your face using the guide below!



zones 1 & 3

- Traditionally, this zone is regarded as the “sister” to the bladder and digestive system. If you breakout frequently in this area, it might mean that you need to improve your elimination by drinking more water and eating more “whole” foods.

zone 2

- The middle of the forehead, between the eyebrows, is related to the liver. Congestion in this zone can indicate over consumption of alcohol, rich foods, and possibly a food allergy (such as lactose intolerance). Consider cleansing your liver.

zones 4 & 10

- The ears are highly sensitive area related to kidneys. If you notice that your ears are very hot, you might be stressing them out – drink plenty of plain water and cut down on caffeine and alcohol.

zones 5 & 9

- The cheeks often give an accurate glimpse into any respiratory distress. Smokers or people suffering from allergies generally experience fine, broken capillaries or congestion in this area.
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zones 6 & 8

- The eyes are truly a window to the body’s health because they’re related to the kidneys. Dark circles, while here datary, are made worse by dehydration and poor elimination.

zone 7

- A reddened nose can indicate heightened blood pressure, or the early stages of rosacea. Congestion around the upper lip can occur if you use comedogenic lipsticks or liners.

zones 11 & 13

- If you've had extensive dental surgery done, you might notice a breakout in the jaws near years.

zone 12

- Breakouts or unusual hair growth can indicate hormonal imbalance, possibly caused by extreme stress. Premenstrual breakouts are also very common on the chin.

zone 14

- Don't forget to include your neck in your treatment regimen – its skin is just as fragile as that on your face, so it definitely needs the benefits of motorization.