



Introduction to Zone Therapy™

Facial Reflexology

Fitness for the Face!!™

**Achieve the Look of a Non-Surgical
Face-Lift in Just 10-Minutes a Day...**

Tap into the Fountain of Youth – for Life!

Joseph Corvo's

**Zone Therapy™ - The 10-Minute Miracle Natural Face Lift
Will Take Years off your Looks and Add Years to Your Life**

Complete Natural Face Lift

**Anti-Aging and De-Stressing Techniques for Beauty, Health &
Fitness**

Modern medical science now regards aging as a disease that is treatable and preventable and that aging is actually a compilation of various diseases and pathologies.

Zone Therapy™ is beauty from within. It helps to remove harmful toxins and detrimental environmental pollution we intake through the air, food, water, and products we use on our skin. These toxins form crystalline deposits (lactic and uric acids) around the nerve endings which prevent the electromagnetic currents (energy) of the body to move freely. It results in your organs and glands functioning poorly. All of your appearance and health depend on your energy level.

Less Energy = Weak Immune System = Low Self Esteem

More Energy = Strong Immune System = High Self Esteem

Beauty Benefits of Zone Therapy™

- Firms skin, reduces puffiness, eliminates darkened eye circles
- Quickly firms and tones over 50 muscles on your face, chin and neck
- Smooths skin around eyes, mouth, chin and forehead
- Improves skin complexion and gives a glow to your entire face
- Helps correct droopy eye and double chin

Health Benefits of Zone Therapy™

- Provides deep relaxation immediately
- Increases energy, and improves circulation and vitality
- Stimulates mental clarity
- Increases sex drive
- Helps cleanse and eliminates side effects of any cleansing program
- Increases the circulation and eliminates toxins, trauma, stress from the body
- Firmer muscles in the face, neck and throat
- Firms the upper arms and the chest area

All these aging symptoms CAN BE STOPPED and rolled back with ZONE THERAPY™

In just one day, Certified Holistic Health Practitioner and Instructor Gina Bello will teach you a series of facial exercises that will help maintain and rejuvenate your facial muscle tone. This fun, fast all-natural method takes just minutes a day and requires no drugs, electricity or surgery. **You'll learn how to:**

*** Look 10-15 years younger**

*** Enjoy more radiant skin**

*** Tighten droopy eyelids, sagging necks and double chins**

PLUS: 15 vital pressure points on the face that can give you a complete natural facelift as effective as surgery, but is totally safe and free!

Gina Bello is a Registered Canadian Reflexology Therapist, Certified Holistic Health Practitioner and Instructor. Established in 2002, her business Hand Heart & Sole Wellness services clients one-on-one and businesses for employee wellness and restorative & preventative healthcare using all-natural, holistic therapies. She is certified in Reflexology (Feet, Face, Ears and Hands), Seated Relaxation Massage, Swedish and Thermal Palms® Massage, IonCleanse® Original Detoxification, Reiki, Ear Candling and Vibrational Medicine.

This One-Day Workshop Includes:

Part 1: FACIAL EXERCISES

A series of 6 special muscle exercises for toning and building all the muscles in the face and chin, and for strengthening the neck.

Part 2: FACIAL PRESSURE POINTS

A series of vital pressure reflex points on the face to increase the body's metabolism, detoxification and elimination activities in the body.

Zone Therapy™ can give you a complete natural facelift as effective as surgery, but totally safe and free. Zone Therapy™ is the only exercise program which enables you to exercise your whole body including your internal body systems. Millions of people spend hours every week jogging or working out but they neglect their inner selves, their organs and their glands. Only Zone Therapy™ can reach these and bring you youth, beauty and health from within.

Workshop Agenda:

PART 1

- Zone Therapy™ - What Is It?
- History
- Key Principles and Zones
- Evidence, Research and Medical Opinion
- Scientific Basis of Zone Therapy™
- Joseph Corvo & The 10-Minute Miracle
- The 6 Facial Exercises
- The Face Plan – 15 Vital Reflex Points

PART 2

For Practitioners & Business Builders

- Putting it all together for yourself & for your client
- Sessions for Clients: 10, 20 or 30 minutes = Added Revenue
- Marketing your new service: Zone Therapy™-Facial Reflexology

Workshop Includes:

- Practitioner Reference Manual
- Facial Muscles Chart / Face Plan – Reflexology Points
- Certificate of Attendance

Workshop Investment:

- \$99.99+ HST – Part I only / \$149.99 + HST Part I & II