

ASTRID LONGHURST PRESENTS:

**RADIANT GLOW**  
**ENERGY FACIAL**  
**LOVE YOUR FACE**

[WWW.ASTRIDLONGHURST.COM](http://WWW.ASTRIDLONGHURST.COM)

# MEET ASTRID



## WELCOME

Astrid Longhurst is the Founder and CEO of the Institute for Body Confidence Coaching (A transformational Body Confidence & wellbeing Coaching training programme). She is the Author of two highly acclaimed books, “Body Confidence” (Published by Penguin) and “Romancing your body.” Astrid is an expert on Positive Body Image/confidence, Emotional & Mindful Self-management & Energy Psychology.

Her expertise is called upon by many magazines and the media where she provides expert comment. She is also an inspirational speaker and has delivered her talks at The Mind Body Show at the RDS Dublin & London & the Nurses Conference UK. Her work has been featured in the Media - This Morning, GMTV, Sky Living, RTE, The Afternoon Show etc.



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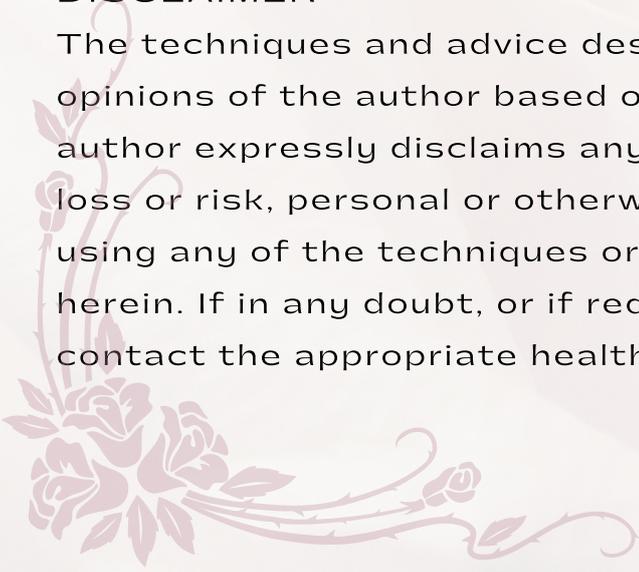
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[www.instituteforbodyconfidencecoaching.com](http://www.instituteforbodyconfidencecoaching.com) &  
[www.astridlonghurst.com](http://www.astridlonghurst.com)

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## a note from astrid

Thank you so much for being here and for picking up a copy of 'the Radiant Glow Energy facial.'

This beautiful little ebook is full of the most fabulous energy facial exercises designed to activate your inner & outer glow.

Feeling beautiful & glowing with your own radiance begins on the inside.

No matter what creams or lotions you buy, if you don't feel gorgeous on the inside, these can never make you look fabulous on the outside.

Loving yourself and your body is vital if you are to enjoy all of the days of your life. No matter what age you are, it is never too late to begin loving your body & developing a loving, compassionate & kind relationship with every part of you.

Enjoy these beautiful facial exercises to promote circulation, reduce stress & tension & brighten up your complexion.

Just taking the time to lovingly connect with your face helps to deepen your own self-care practice. It's a beautiful way to show you that you love YOU!

Enjoy!

*Astrid Longhurst*



# WHAT IS AN ENERGY FACIAL?

## **A BEAUTIFUL FACIAL YOU CAN DO YOURSELF**

Energy (or Chi) can be thought of as an invisible and yet powerful energetic force which circulates throughout our entire body. In traditional Chinese medicine, Chi was thought to be the life force and ultimate measure of our vitality, health & wellbeing.

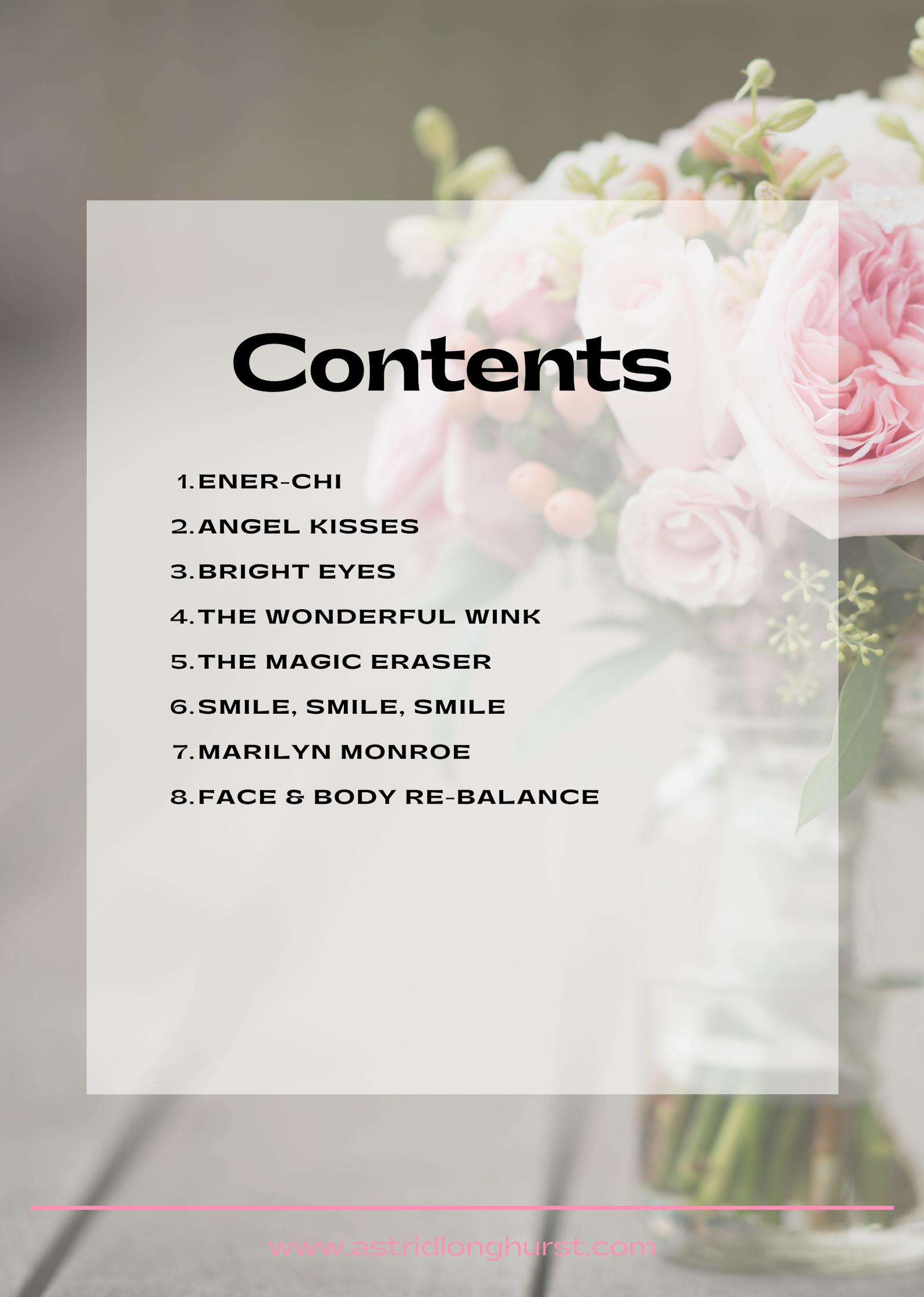
Modern quantum science provides the framework within which energy medicine techniques such as Reiki, Healing touch, Chakra work & practices such as Qi Gong, Tai Chi & Chakranetics exist.

This beautiful energy facial blends together loving touch, with intentions, breathwork and meridian energy points to help leave you feeling refreshed, energized, calm and radiantly alive. It can be done as an addition to your regular beauty or self-care routine and is a lovely way to start your day or indeed nourish yourself before bed.

Glow from the inside out with this beautiful energy facial that you can do yourself!

Age younger as you discover Astrid's awesome energy facial - a fabulous natural energy facial you can do yourself! Smooth away tension, detox the cells and bring a beautiful glow to your complexion using ancient energy techniques.

People may ask you what you have done, as you seem to have turned back the hands of time and look years younger!



# Contents

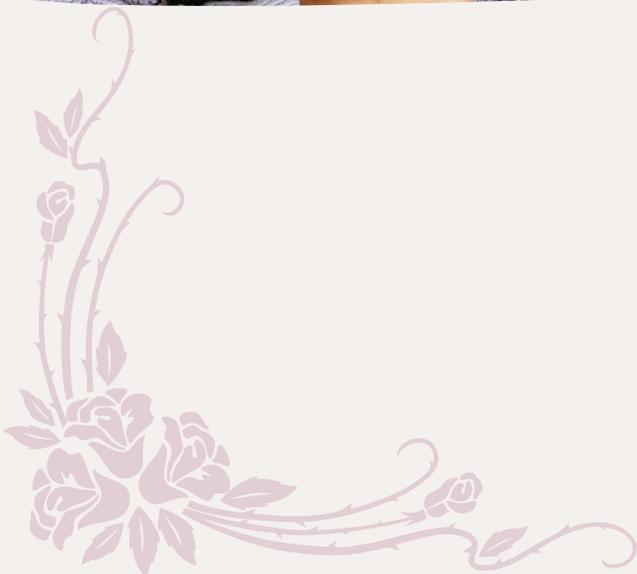
- 1. ENER-CHI**
- 2. ANGEL KISSES**
- 3. BRIGHT EYES**
- 4. THE WONDERFUL WINK**
- 5. THE MAGIC ERASER**
- 6. SMILE, SMILE, SMILE**
- 7. MARILYN MONROE**
- 8. FACE & BODY RE-BALANCE**

# Ener-Chi

## Charge your Chi

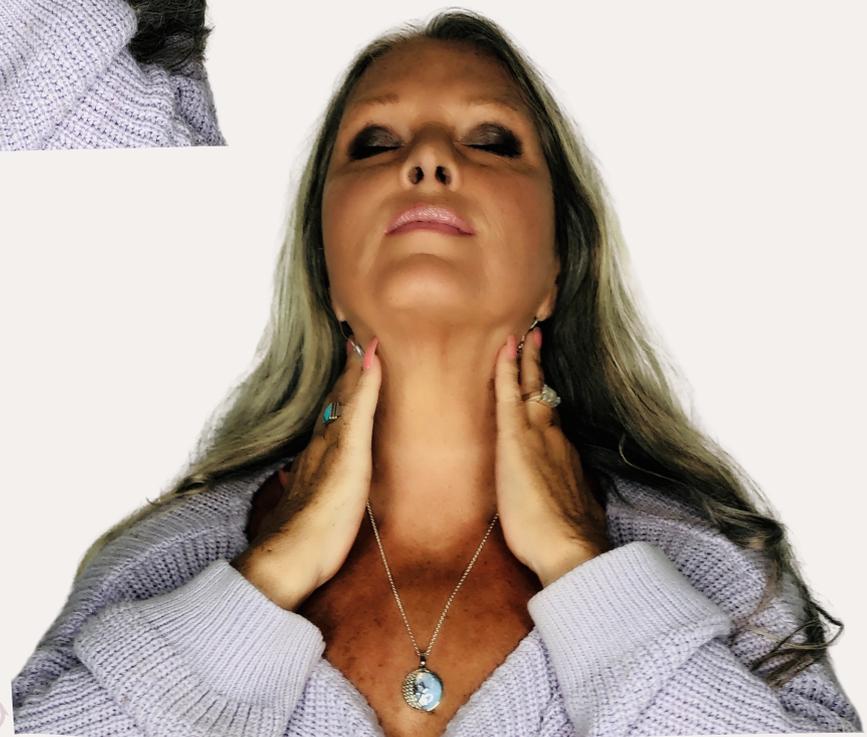
Close your eyes and take a few deep breaths. Vigorously rub your hands together. Gently massage the energy all over your face with gentle upward strokes. Repeat 8 times and then shake off any excess energy.

Repeat the Body Love Mantra, "I am loved." softly in your mind.



# Angel Kisses

Lightly tap all over your face with your fingertips. Imagine you are standing out in the summer rain and feeling it gently fall upon your skin. Remember to tap down the sides of your neck to help with detox. Repeat the Body Love Mantra, "I am glowing"



# Bright eyes

Rub your hands together once more and gently place the palms over both your eyes. Link your little fingers together. Allow your eyes to be bathed in that beautiful energy. Then, take the two index fingers (The magic fingers) and press them gently into the corners of your eyes between the brows. (The inner eye socket). Focus on your breathing. Press fingers into the ridge just underneath your eyebrows. Press index fingers into the sides of the eyes. Then take the two fingers and press just on top of the cheek bones. Repeat the Body Love Mantra, "My vision is clear."



# The Wonderful Wink

Place the two index fingers to the side of your eyes. Lift upwards, creating some resistance. Gently, see if you can wink from the bottom upwards. Bringing the underneath of the eye upwards. The fingers help create resistance which helps the eye muscle work a little stronger. Repeat the Body Love Mantra, "I behold beauty everywhere I go."



# The Magic Eraser

Imagine that your two index fingers have become full of magic and they have extraordinary powers. Place them one on top of the other on your forehead and gently draw small “C” shapes. Your intention is to release any stress, tension and negative thoughts. Imagine that your fingers are releasing and erasing any lines of worry or tension leaving your forehead softened and released. Repeat the Body Love Mantra, 'I am calm and relaxed.'



# Smile, Smile, Smile!

Gently place both hands on the side of your face. Widen the fingers slightly and press down lightly. Now, make a wide smile with your lips together. Really bring the corners of your mouth up and out. Hold for at least five seconds. Repeat. Say the Body Love Mantra, "I love myself; I love my life!"



# The "Marilyn Monroe"

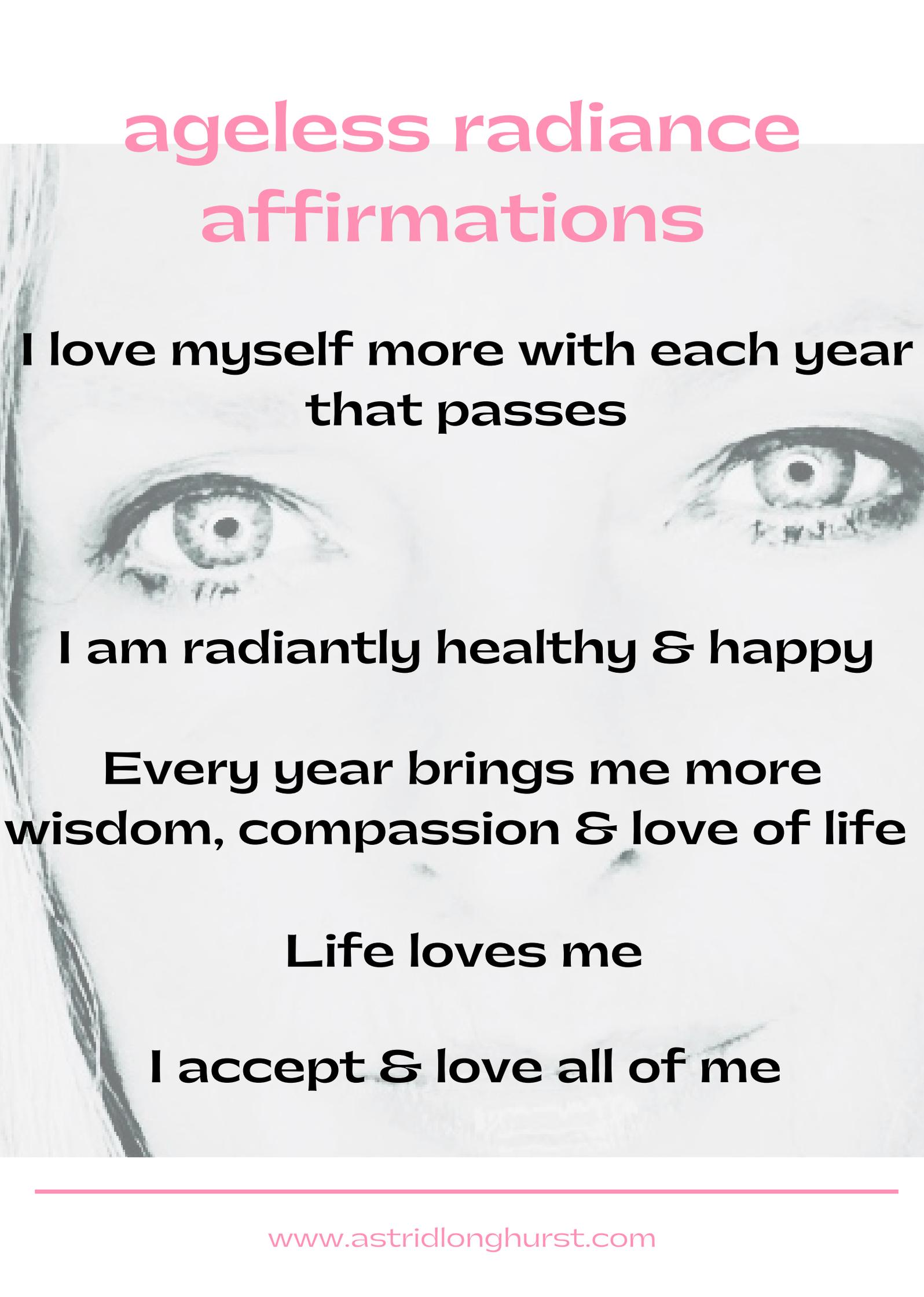
A lovely energy exercise for the lips. Blow kisses. And then blow the kisses against your hand and let them radiate out into the Universe! Repeat the Body Love Mantra, "I am fabulous!"



# Face & Body Rebalance

Place both hands in prayer position and put your thumbs underneath your chin with the hands over your nose and lower face. Open up both hands and draw hands along the jawline lifting up both sides of your face. Come up to the temples and tuck fingers behind the ears and smooth hands down along both sides of your neck. Rest hands on your collar bones for a moment, breathing deeply. Tap in the centre of your collar bones. Repeat. “Everything comes to me with ease and joy.”





# **ageless radiance affirmations**

**I love myself more with each year  
that passes**

**I am radiantly healthy & happy**

**Every year brings me more  
wisdom, compassion & love of life**

**Life loves me**

**I accept & love all of me**

A bouquet of pink and white roses in a glass vase. The roses are in various stages of bloom, with some fully open and others as buds. The background is a soft, out-of-focus grey.

**Thank you so much  
for being here...**

For more information on  
Astrid's work & training  
programmes, please visit  
**[www.astridlonghurst.com](http://www.astridlonghurst.com)**

or follow on **Instagram** at  
**<https://www.instagram.com/romancingyourbody/?hl=en>**

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