



## Pilot Study

To examine the effects of EnerQi Facial Rejuvenation in supporting peri-menopausal and menopausal symptoms.





# Table of Contents

---

- 1 — Summary
- 2 — Introduction
- 3 — Background
- 4 — Methodology
- 5 — The Results
- 6 — Conclusion
- 7 — Acknowledgements
- 8 — The Menopause Rating Scale (MRS)





## Summary

EnerQi Facial Rejuvenation is an intuitive treatment combining Gentle Release Therapy and Traditional Chinese Medicine Facial Rejuvenation techniques. Anecdotal reports showed significant improvements for Peri-menopausal and menopausal symptoms. This pilot study showed 8 of our 9 participants had marked improvements in their menopause symptoms. The study showed that it would have been useful to collect data from our clients about the frequency of their hot flushes in addition to the Menopause Rating Scale data. A study with a larger number of participants would be useful to see if the results are replicated in a larger study.



# Introduction

---

The Eyelash and Brow industry has skyrocketed over the last few years, joining nails and hair as common beauty investments for many people. As a complementary therapist I wanted to help people not just look better but feel better too. So I designed the EnerQi Facial Rejuvenation Treatment to not just offer a natural facelift but to support clients physically, emotionally and spiritually.

And what we got was so much more, the improvements from peri-menopausal and menopausal women were beyond my wildest dreams. We want to share this with the world and help the many people that struggle at this time of life and this pilot study is our first step.

Helen Robinson, Founder



Beauty and  
Wellness.....now  
you really can  
have it all!



# Background

EnerQi Facial Rejuvenation is a treatment which combines Gentle Release Therapy and Traditional Chinese Facial Rejuvenation Techniques. Gentle Release Therapy is an intuitive therapy that combines Energy work (gentle touch) with Traditional Chinese Medicine principles (such as those used for Acupuncture) alongside Cranial Release, Endocrine Release, Lymphatic Release and Emotional Release.

Treatment begins with the ceremonial chiming of Tingsha bells: a signal to relax, breathe deeply and be present. Moving onto a facial cleanse, exfoliation, which are both removed using luxurious hot towels. After applying a comforting facial oil, an acu-pressure dermal roller to soften muscular tension. Lymphatic drainage is encouraged by a jade roller, boosting the skin's detoxification process. The ancient Chinese healing technique of Gua Sha then helps to break up fascia to further improve circulation. This is followed by gentle facial cupping, ensuring the absorption of nutrients to the skin and reducing puffiness, fine lines and wrinkles.

Whilst these tools are now found more widely in facial treatments, the unique intuitive training the practitioners have received will make the treatment bespoke to each client's stresses and strains. Allowing stress and tension below the surface level of the skin, to be gently eased away.

A mask is applied and the therapist then intuitively works using abdominal Gentle Release or Cranial Gentle Release. Deep relaxation is encouraged during the energetic work following which the mask is then removed and the skin toned. The therapist will then apply serum and moisturise to complete. The chime of the Tingsha bells once more signifies the conclusion of your treatment, a divinely transformational experience for the skin, mind, body and soul.



'Entering a world beyond simply skincare,  
EnerQi Facial Rejuvenation offers a new  
dimension to the traditional facial.'

# Methodology

Anecdotal evidence from our initial EnerQi clients that reported their peri-menopause/ menopause symptoms were much improved after an EnerQi Facial Rejuvenation treatment. To see if these results would be beneficial for more women we ran a pilot study in September 2021.

We used the Menopause Rating Scale (MRS) to evaluate how each women was feeling prior to treatment and at specified time intervals following the treatment. We recruited 9 women that were looking for help with peri-menopause and menopause symptoms. Each woman received one 90 minute treatment and were asked not to have any other treatments or make any other changes in the next 3 weeks. Treatments were performed by Katie Duff and Helen Robinson. Questionnaires were made available online (using Jotform) and the participants were emailed when they were required to fill in the next questionnaire.

The Menopause Rating Scale is a international research scale that is used to measure menopause symptoms including hot flushes, sweating, heart discomfort, sleep problems, depressive mood, irritability, anxiety, physical and mental exhaustion, sexual problems, bladder problems, dryness of vagina and joint and muscular discomfort.



'Entering a world beyond simply skincare, EnerQi Facial Rejuvenation offers a new dimension to the traditional facial.'



# The Results

We found after 4 days symptoms had improved for each woman between 20% and 82%. After 1 week symptoms had improved for each woman between 31% and 77% and even 2 weeks after the treatment symptoms were on the whole still very much improved.

Comments included:

- Restless legs seem to be improved
- Don't seem to be overeating
- No hot flushes
- Bladder not leaking anymore when walking around
- Hot sweats at night have stopped completely
- Calmer and happier in my skin
- On the whole I've felt calmer and happier in my skin (even made love to my husband after months of not feeling like it and was as wonderful as ever)!
- On the whole, I'm really feeling quite a lot better!
- It's odd, but I haven't had any hot flushes, and I got to the end of the day yesterday and just realised I hadn't had any, and so far it's the same again today. Felt tired day after treatment but full of energy today, been on two very long dog walks. Skin feels good and clear.
- Hot sweats at night have stopped completely and only had one or two hot flushes through day. Have felt a bit up and down with my mood but stressful at work. Generally feel I have more energy. Seem to be able to keep going longer in the evenings.
- Definitely experienced fewer hot flushes since the treatment. Tiredness may be down to a busy week and a few nights out.

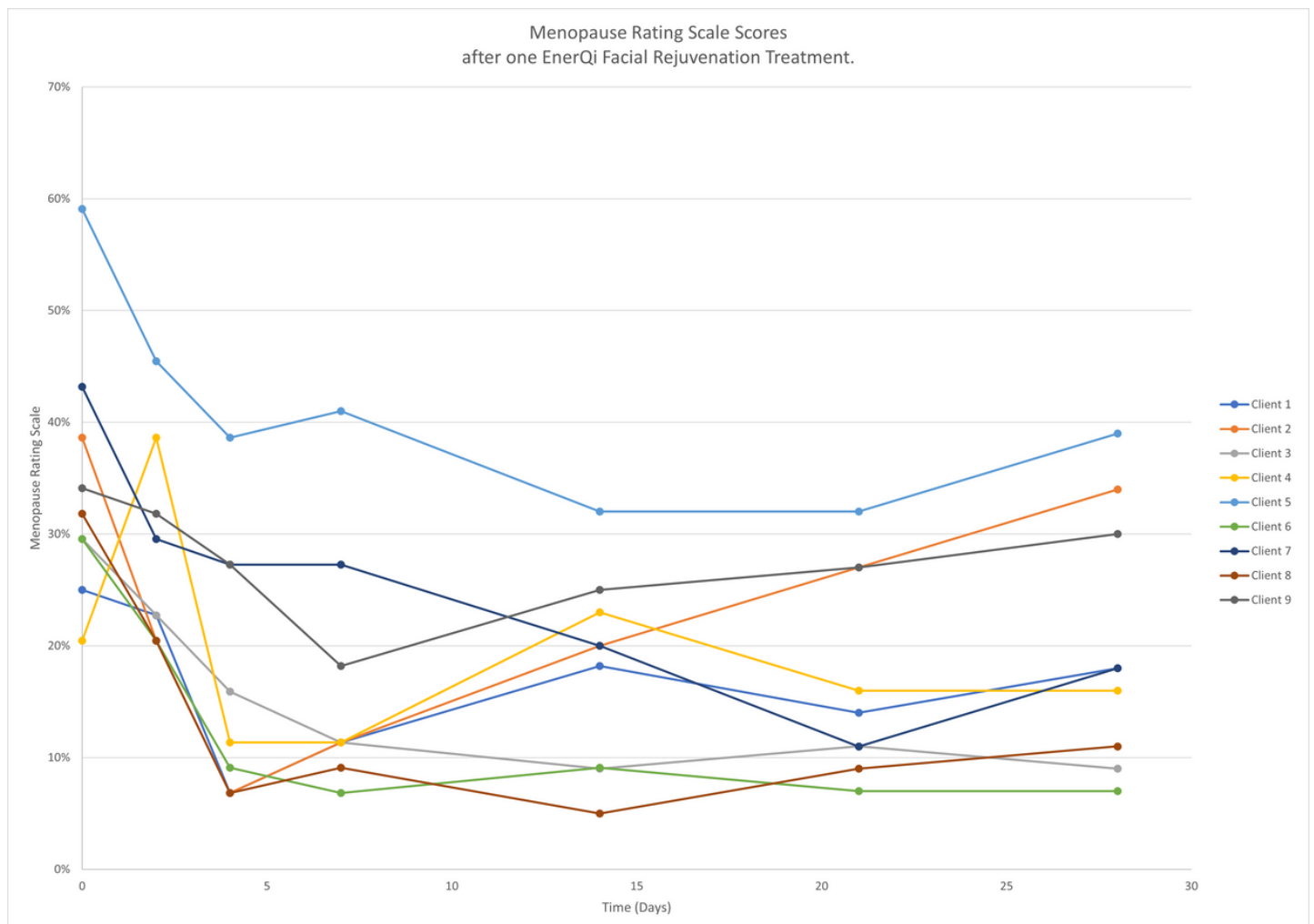


## The Results (Continued)

The graph below shows the results for each participant. You can see a significant downward trend in symptoms for every client following the treatment, which then rises again over the following month. Unfortunately Client 4 fell off her horse on the morning of her treatment and that has negatively affected her results.

For 3 of our clients symptoms almost returned to pre-treatment levels after one month, but for the other 6 clients symptoms were still much improved one month post treatment. It is likely that some clients may need a few sessions to make greater progress, whereas others will benefit from monthly treatments, or occasional treatments as they feel their symptoms return.

It was interesting to see that across the board (ignoring client 4), symptoms had improved by Day 2 but then continued to improve by Day 4. So it seems that the full effects of the treatment are reached about 4 days afterwards and some continued to improve until 1 week afterwards.

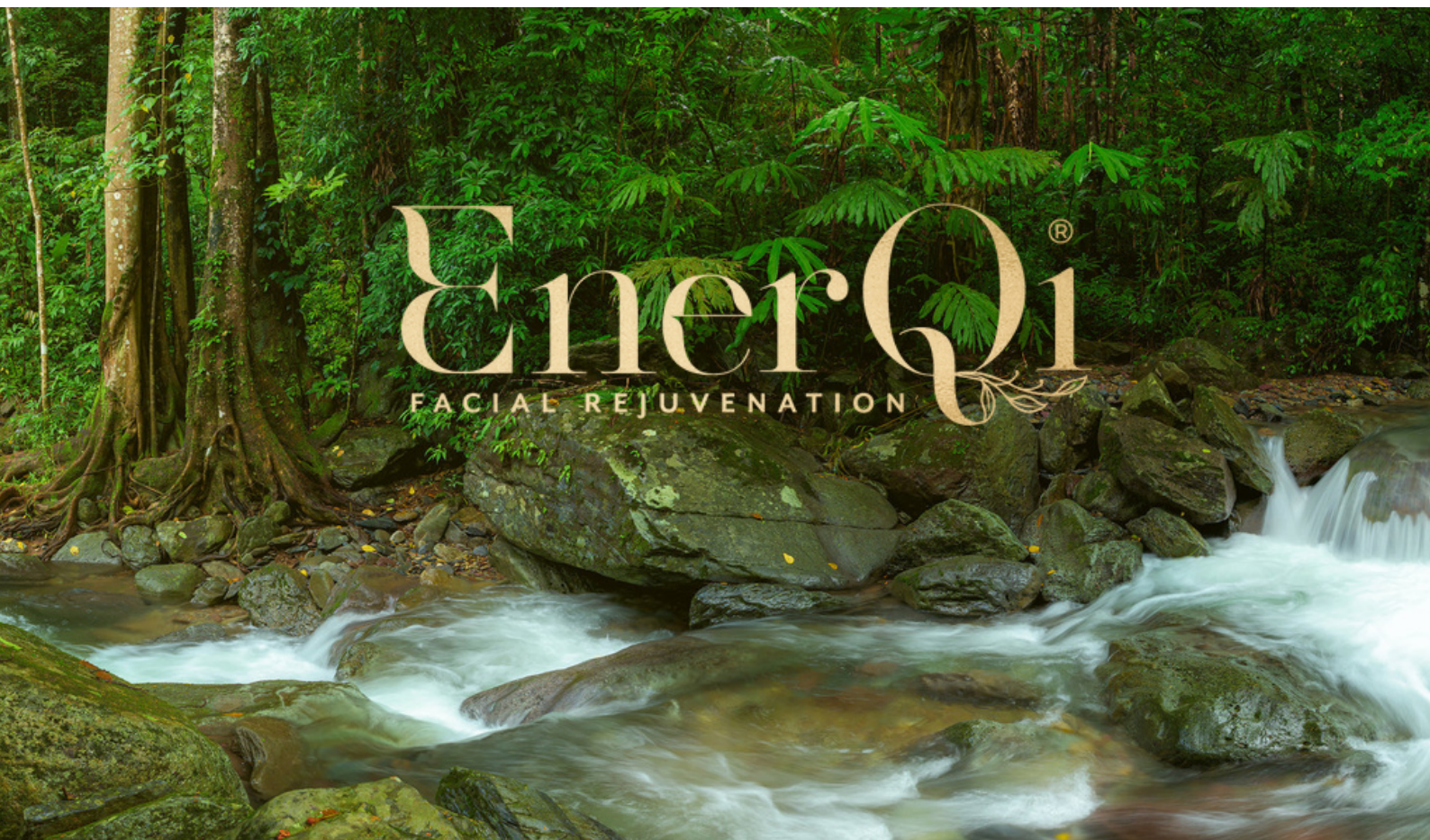




# Conclusion

The results show a significant improvement for the majority of women, which lasted for almost a month, some clients may need more treatments initially to make greater progress, whereas some women will benefit from monthly or occasional treatments, depending on their symptoms. The full effects of the treatment are reached about 4 days afterwards and some continued to improve until 1 week afterwards.

We hope to raise funding to do a larger research project with more women to test a larger sample and more regular treatments to test cumulative effects. We would also like to test shorter treatments to see how we can make it more accessible to more women and also compare against a placebo. If we were to measure symptoms again, we would measure hot flushes more specifically too as the levels in the MRS are quite broad and this would give us more precise data.



# Acknowledgements

This study could not have happened without support from the following people, for which we are truly grateful:

- Katie Duff - Part time nurse, part time complementary therapist. Now a Director of Gentle Release Therapy, Katie performed most of the EnerQi Treatments in her own time.
- Our volunteers who came to have a treatment, and filled out all the forms as requested.
- Ian Robinson, my husband for his statistics, research, critical thinking and excel support!

We would absolutely love to develop our research but can not do so without funding. If you have any ideas or would like to help us fund a more substantial study please get in touch.

## Contact

**Helen Robinson**  
**Gentle Release Therapy Ltd**  
Weir Farm House  
37 Main Street  
Scothern, Lincoln  
Lincolnshire  
LN2 2UJ  
UK

[www.gentlereleasetherapy.com](http://www.gentlereleasetherapy.com)

[www.enerqifacial.com](http://www.enerqifacial.com)

[hello@gentlereleasetherapy.com](mailto:hello@gentlereleasetherapy.com)



# Appendices

## The Menopause Rating Scale (MRS)

	None	Mild	Moderate	Severe	Very Severe
Hot flushes, sweating (Episodes of sweating)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Heart Discomfort (unusual awareness of heart beat, heart skipping, heart racing, tightness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep problems (difficulty in falling asleep, difficulty in sleeping though, waking up early)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Irritability (feeling nervous, inner tension, feeling aggressive)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxiety (inner restlessness, feeling panicky)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical and mental exhaustion (general decrease in performance, impaired memory, decrease in concentration, forgetfulness)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sexual problems (change in sexual desire, in sexual activity and satisfaction)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bladder problems (difficulty in urinating, increased need to urinate, bladder incontinence)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dryness of vagina (sensation of dryness or burning in the vagina, difficulty with sexual intercourse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joint and muscular discomfort (pain in the joints, rheumatoid complaints)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

A world beyond  
simply skincare

