

Esthetician training school run by Mayo Sasakawa, who won the Best Esthetician award in Japan

MBA -Mayo Beauty Academy- Call for Students Enroll Now

■ Facial Basic Training

The basic facial training is perfect for beginners who have no prior experience in facial techniques and wish to acquire the skills, as well as those who have taken a break and want to refresh their knowledge. It is open to anyone.

Designed for beginners or those returning to the field
Facial Basics ¥66,000 (Tax included)

Content	Proper use of turbans, cotton, sponges, and hot towels Cleansing and facial washing techniques
Eligibility	Open to all
Duration	1 day
Course hours	5 hours
Cost	¥66,000 * Diploma issued upon completion

■ "Bikai Muscle Drainage α" Course

Based on the idea that sagging and other problems of the face can be attributed to lymphatic stagnation and stiff shoulders, we will drain the lymphatic system, carefully relax the shoulder area, trapezius muscle, scapula, pectoralis major and pectoralis minor muscles to improve the flow of blood, and then approach the facial expression muscles. This treatment is expected to relieve stiffness in the shoulders, lift up the face, and the bust.

Mayo Sasakawa's original esthetic technique, who won the Best Esthetician award in Japan

Bikai Muscle Drainage α
¥385,000 (Tax included)

Content	As shown in the figure below
Eligibility	Those who has at least 1 year of experience in facial techniques
Duration	Three days
Course hours	18 hours
Cost	¥385,000 * Diploma issued upon completion

What is "Bikai Muscle Drainage α"?

Since most of those who suffer from facial sagging and other problems have stiff shoulders and lymphatic blockage, we offered a body course to alleviate stiff shoulders before the facial course.

However, we received many feedback from customers that they wanted a "facial course" or could not find the time to do both a body and facial course, so we spent a year developing Bikai Muscle Drainageα.

Step 1 Scalp and Behind-the-Ear Massage

Since the scalp is connected to the face as one continuous layer of skin, treating the scalp becomes an essential part of effective facial care.

Step 2 Clavicle Lymphatic Drainage

The lymph nodes around the clavicle serve as the "drainage outlet" for the entire body's lymphatic system. When they become stagnant, waste products can accumulate, leading to various physical issues. This process begins by clearing the clavicle lymph nodes, creating a smooth pathway for waste to flow out of the body.

Step 3 Décolleté and Shoulder Massage

Based on the idea that shoulder stiffness contributes to sagging skin, this step involves thoroughly loosening the trapezius, pectoralis major, and pectoralis minor muscles. Areas impacted by shoulder stiffness, such as the shoulder blades and semispinalis capitis muscles, are also carefully massaged. The technique combines smooth, fitted movements, providing relaxation effects.

Step 4 Facial Massage

First, the lymphatic system of the face is drained to the clavicle. Then, we approach the facial muscles. The frontalis muscle, levator muscle, orbicularis oculi muscle, orbicularis oris muscle, masseter muscle, buccinator muscle, and sternocleidomastoid muscle are treated in this order. This systematic approach results in improved facial lift and contour.



Instructor Profile

Mayo Sasakawa

- Director of Beauty Mind Clinic (Bmc)
- Principal of Mayo Beauty Academy (MBA)
- Winner of the 9th Esthetique Grand Prix (Facial Techniques Category)
- Certified Instructor by the Japan Skin Care Association

[Training Locations] Akita or Tokyo
* Additional ¥33,000 fee for Tokyo
* Interpreter services available at cost

[Contact · Application]
MBA (Mayo Beauty Academy)

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