

“What Not To Do To the Skin You’re In”

is a publication on practical everyday advice for your Skin Care, Beauty & Health needs.

Skin Nutrition

Spring – 2010 Issue #4

The Healing Room

Aromatherapy for the ‘Sole’

Blending oil (base to mix essential oils into) - Grapeseed oil

You can choose a blend (a few drops each) of lemon, chamomile, lavender, cypress, or peppermint or keep them separate in your blending oil (Grapeseed).

You would then put a few drops of your mixture into a warm to cool footbath, soak for 20 minutes. Followed by a 10 minute foot massage and heated socks for another 5 - 10 minutes.

Benefits:

great for circulation, fatigue, and to invigorate, and also very indulgent...go ahead you deserve it!

Wellness Consultation Fix!

I can now openly admit that I have a fetish for colour. I didn’t know this when I was younger but I am thoroughly enjoying it now, especially in the form of nail polish, I am like a kid in a candy store. So before the weather gets any warmer start preparing your hands and feet to be seen on a regular basis. Exfoliate, buff, get rid of any and all callouses, corns, etc., completely unacceptable to see cracked dry heels on both women and men, with so many options to take better care of our hands and feet. Salt & sugar scrubs, oatmeal paste with olive oil and crushed avocado moisturizing mask. Your hands and feet deserve all the pampering they can get, after all they do so much for us in return.

Cheers, to a beautiful you!
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Specials

'Spring Cleaning Body Detox' package
\$175

- includes 3 Consultations / plan & follow-up & 3 Ion Cleanse sessions

Get rid of heavy metals such as lead & mercury, yeast, impacted waste, inflammation, mucous, etc., in 10 to 15 days

Mission: helping individuals create their ideal health and wellness lifestyle by discovering their personal inner and outer beauty.