



Holistic Health Centre

Natural Beauty for Body, Mind & Spirit

Connect with your authentic self

Looking after your

PHYSICAL SELF

in three simple steps

Caring for your physical self is very rewarding and for many reasons. Whether you physically carry this out or ask someone else to ... it really doesn't matter. The rewards are still the same ... a sense of looking and feeling good about yourself. There is something about feeling and smelling clean that leaves us with a warm nurturing sense inside and out.

To make it easy on yourself, I have put together something you may find helpful as you put in place a regular physical self-care routine ... have fun with this ... change things around to suit you and your lifestyle ... if you're still not sure, and are happy to give yourself the time, [booking is only a click away](#).

Daily Care

Your Skin Is Worth It – use the CUP method

Cleansing your skin daily with a good routine is essential.

Using a good product that suits your skin type will give you peace of mind.

Protecting your skin from an ever-changing environment will make you smile.

Once you have established your skin type and have your products in hand, the next step is to look at a good daily routine that suits your lifestyle.

Now that you have gained confidence with the aid of your professional skin care specialist, you can look at something that is quick and easy that suits you (always remember to keep it simple).

Morning Facial Routine

(takes 5 mins)

- **Cleanse** - using your (skin type) cleanser and a soft cloth, remove any remaining nightly products from your skin.
- **Spritz** - with a light fine spray (to suit your skin type) prepare and freshen your skin ready to take on the day.
- **Moisturiser** – nourish and protect with (your skin type product which includes SPF), apply to dampened skin, as it glides easily and is more cost effective.

You're now ready to apply your make-up for the day.

Top Tip:

Wash any make-up brushes used with your anti-bacterial hand wash, rinse thoroughly under running water, place upright in a glass jar to dry. This will eliminate any build up of bacteria, make-up and dead skin cells to keep your skin free of clogged pores.

Bonus Tips:

- Keep a very limited amount of make up
- Change/wash your make-up bag regularly
- Use a clean soft cloth daily
- Change pillow cases regularly
- Wash scarves regularly to keep them clean and free of make-up
- Regularly clean coat collars and hats during the winter
- Clean mobile phones with a sanitising wipe
- Carry hand wash gel with you

These are just a few things to keep an eye on especially if your skin is prone to breakouts, although it is a good practice to follow for all skin types.

Evening Facial Routine

(takes 10 mins - can be reduced when continuity is formed)

1. **Cleanse** - twice – (you may need to use a separate cleanser for your eyes to remove any mascara). Using your pre-cleanse and a soft cloth, remove any make-up first, then using your (skin type) cleanser proceed with a second cleanse to completely clean your skin from all the environmental pollutions of the day.
2. **Exfoliate** – with your chosen suitable (skin type) product. This will keep your skin looking fresh and vibrant as it removes dead skin cells and keeps pores from becoming blocked. It also encourages the production of new skin cells that will rise to the surface in its 28-day cycle. Make sure your skin is completely cleared of your exfoliator.
3. **Mask** – thinly apply your (skin type) mask. This will give you an intensive boost to your skin, maintaining it at a level of youthfulness. Leave for the agreed time then wash off with your soft cloth and apply overnight (skin type) serum, moisturiser or gel to your face and/or eyes.

Top Tip:

When you have gained a regular cleansing routine (everyone is different so discuss this with your skin expert) your skin will radiate your efforts. You can then reduce the amount of exfoliation down to once or twice a week. The best time to get full benefit from your mask is to apply straight after exfoliation (always follow the agreed amount of time).

Bonus Tips:

- Always remove make-up as soon as you get home
- Mask can be left on while preparing your evening meal
- Remove mask while meal is cooking
- Change your cleansing cloth at the end of each day
- The more water you drink the clearer your skin will become

Weekly Care

*Your Body Deserves It – use the **SEA** method*

Skin brushing will energise your whole body.

Exfoliation maintains a healthy glow.

Apply a boost to your routine with an intensifying body moisturiser.

Once you have established your skin type and have your products in hand, the next step is to look at a good weekly routine that suits your lifestyle.

Now that you have gained confidence with the aid of your professional skin care specialist, you can look at something that is quick and easy that suits you (always remember to keep it simple).

Your Weekly Body Routine (takes 15 mins)

A fantastic natural body detox. Spending extra time on the rest of your skin holds so many benefits, as part of your healthy body routine.

Dry skin brushing helps your body to detoxify via the lymphatic system and improves the flow of blood as it gives nourishment to your whole body, inside and out.

- **Skin brushing** - truly invigorating.
- **Start on dry skin** (use a natural bristle - long handled brush). Front of body - working from your ankles upward, using gentle circular motions, combined with long smooth strokes work up toward your heart (following the natural flow of blood within your body). Back of body - here you can brush from the shoulders down to your lower back. Exfoliating your body really is the key to a smoother, brighter and healthier appearance.
- **Apply a good (easily absorbed) nourishing body moisturiser** (to suit your skin type - with or without gradual tanning). If you're going into the sun, include an SPF.

Benefits:

- Reduces the appearance of cellulite.
- Removes excess dead skin cells.
- Reduces the amount of ingrowing hair.
- Keeps pores from becoming blocked (reducing breakouts).
- Maintains a longer lasting tan.

Top Tips:

- Always be cautious on the softer skin around the breasts.
- Avoid brushing or exfoliating over sensitive or inflamed skin, or areas that are sore and/or sun burnt.

Bonus Tips:

- When exfoliating you can use ordinary house-hold salt. Stand under the shower to dampen your body (place a small amount of salt in the palm of your hand, making sure it is damp enough), using a gentle circular motion over the rest of the body. AVOID YOUR FACE. Rinse well. Your skin will feel so soft and clean. You will need to use a good nourishing moisturiser afterwards.

Salt is a beautiful natural healer.

Fantastic for regular swimmers.

Great for the gym user.

Wonderful for sun lovers.

Brilliant for the soles of your feet.

Monthly Care

Your Peace of Mind – use the TIP method

Tidy those areas by eliminating unwanted hair.

Introduce a new nail colour to beautifully kept hands and feet.

Produce an overall finishing touch of relaxation.

Once you have established your skin type and have your products in hand, the next step is to look at a good monthly routine that suits your lifestyle.

Now that you have gained confidence with the aid of your professional skin care specialist, you can look at something that is quick and easy that suits you (always remember to keep it simple).

Your Monthly Routine (time will vary)

To give you an overall well cared for finishing touch:

1. Remove any **unwanted hair** from those areas of concern. (You know your preferences)
2. Maintain your **hands and feet** - cut, shape and file your nails, removing any polish prior to applying a new fresh colour.
3. You can put the **finishing touches** yourself.

Look and feel ten years younger with regular monthly appointments, as you hand yourself over at the end of each month to your trusted professional expert to put the overall finishing touches. With peace of mind, all you need to do is RELAX and ENJOY.

Personal Care Package

Call me to plan your **CUP**, **SEA** and **TIP** methods to save you time and give you peace of mind.

Choose any **four** individual treatments from any of the **CUP**, **SEA** and **TIP** methods per month and receive from me a gift of 10% saving. These treatments can be taken together on the same day or over the course of the month to suit your lifestyle.

Call me to arrange your personal care package.

Treatments

These treatments will help look after your physical self, all of which can be booked using my [on-line booking facility](#).

Holistic facial

If you have persistent areas of concerns such as pigmentation, skin aging or breakouts, then this facial will effectively concentrate on these needs. Your facial will include a deep cleanse, exfoliation, refreshing tone, relaxing face massage, enhancing mask, protecting moisturise and, if needed, serum and SPF defence.

BioSurface Peel™

The Dermalogica BioSurface Peel is a powerful new professional expert strength, skin resurfacing system that helps reduce acne, pigmentation and signs of premature aging to reveal smoother, brighter and softer skin. Regenerating the skin on a deep level for better health and radiance with immediate visible results.

Galvanic facial

Gives you visible benefits of younger looking skin, by rejuvenating your complexion, softening wrinkles, lifting, tightening and toning facial fibres on the face and neck. Your facial will include a deep cleanse, exfoliation, refreshing tone, Galvanic treatment, protecting moisturise and, if needed, an SPF defence.

Shrinking Violet Body Wrap

This Shrinking Violet (Inch Loss) Body Wrap works on removing your unwanted fat. The fat is removed from difficult areas without effort or discomfort such as the stomach, bottom, thighs, hips and upper arms are a problem for many of us. The amount of fat reduction varies depending on your build and lifestyle (i.e. nutrition, exercise and general health). A reduction can be at least one whole size after your first treatment.

Express manicure or pedicure

Nails are shaped, cuticles pushed back and finished with nail polish. Perfect if you're short of time, chipped or broken a nail. A little bit of attention to save the day.

Essential manicure or pedicure

This treatment includes nail shape, cuticle soak and tidy, exfoliation, hand and arm rejuvenation/removal of hard skin on feet and finished with nail polish. Keep your cuticles, nails and skin constantly at their best, reflecting the optimum condition of health all year round.

Gel polish nails (hands or feet)

Gel polish dries instantly to leave a long-lasting glossy finish for up to 15 days. It doesn't chip so protects your finger and toe nails from accidental damage giving your nails the chance to grow.

Waxing

The PhD system is a quick, clean and easy form of waxing, using a hygienic tube and individually sealed applicator this waxing system is totally free of cross contamination

Eyebrow tweeze tidy

Eyebrow shape

Eyebrow tint (An allergy patch test must be booked at least 24 hours beforehand).

Eyelash tint (An allergy patch test must be booked at least 24 hours beforehand.)

Ear Piercing

As the world's leading specialist, Studex® is a quick, safe and hygienic ear-piercing system. Earrings are all pre-sterilised and hypo-allergenic. Included are nickel free earrings, cleansing solution and antiseptic wipes.

Hopi Ear Candling

Hopi Ear Candling is a non-invasive, beneficial treatment to the ears helping with conditions such as sinusitis, hay fever, air pressure, flu, colds, headaches, tinnitus and compact wax. Using "Biosun" candles made from natural ingredients work like a chimney, drawing impurities to the surface which are gently removed. Includes ear massage, head and facial pressure point massage and rebalancing of the body's energy.

Welcome to my world ... of intrigue, insight and intuition

Working with Spirit has been a challenging journey throughout my life. Making choices that I know to be my spiritual truth did not always align me to my physical life.

Being shown by Spirit how to work with energy and what was needed for a seamless flow, and how to change the flow when it became disrupted, has taken me persistent practice and lots of patience.

This led me into a world of childhood adventures with my Spirit Guide, from connecting to the elemental kingdom and the nature spirits, to whizzing off into the universe meeting other spiritual and highly evolved beings; there are many stories I share with you in my teachings.

There was also the little matter of my own life lessons that were to be experienced. Staying true to myself, got me into a lot of situations that I had to master for myself.

With each physical challenge ... I began to grow spiritually ...

I am so happy to share my knowledge and wisdom, by helping, you to learn to trust your own inner ability as you connect and grow too.

When you ask yourself...

Can I really change my situation?

I would say to you ...

*Yes, you hold the potential to
change your life.*

You then ask ...

What if I get it wrong?

I then respond to you ...

*Whatever you choose, will always
be the right way for you.*

With love from

One Beautiful Soul to Another

sandra

The Energy Mentor