



# ***Holistic Health Centre***

Natural Beauty for Body, Mind & Spirit

*connect with your authentic self*

*Frequently Asked Questions*

*GALVANIC FACIAL*

## 1. *What is a Galvanic treatment?*

A Galvanic treatment is a professional salon treatment using micro-current for face contour lifting, by re-programming the muscle fibres. In combination with a deep cleanse and the active ingredients that penetrate deeply into the skin in the form of a gel and ampoule, the treatment offers the ultimate facial care. The treatment is both preventive and corrective, so suitable for all ages and skin types (*even sensitive*).

It is referred to as a "*Non-Surgical Face Lift*".

## 2. *Is it painful?*

Absolutely not! A Galvanic treatment uses low output and you will experience little reaction in the facial muscles. Some clients may experience some pulsing in the muscles but this will vary according to their tolerance.

## 3. *When will I see results?*

You will start to see results after the first Galvanic treatment as the lifting appearance of the skin and its texture are improved.

## 4. *Is it an alternative to cosmetic surgery?*

Micro-current is the first treatment system to offer a serious alternative to cosmetic surgery. After gentle muscle stimulation and exercise, your skin is firmer and lifted - a great new way to defy gravity.

## 5. *What are the benefits?*

Corrective:       Enhances natural features (toning & firming)  
                         Softens features (lines & wrinkles)  
                         Improves skin texture

Preventative:    Slows down ageing process through production of collagen & elastin.

Non-Evasive:    Compared with having surgical face lift, (no knife/cutting, and no bruising).

## 6. *How often can I have a treatment?*

- Depending on your individual aim, the length of time required for the results to be reached can be discussed at your first treatment.
- They will vary from once to twice weekly for the length of time required.
- Each treatment can be performed daily, if required
- Maintenance treatments can be taken to retain the benefits long term.

*7. How long are the appointments?*

Allow 1 hour for each Galvanic facial. This will include a free face/body mapping to analyse your skin type and ensure the appropriate product(s) are used.

*8. Does my skin need to be assessed before my treatment begins?*

Your treatment begins with a consultation about your skin and general health. This is an opportunity to ensure that there are no reasons preventing you from enjoying the benefit of your Galvanic facial(s).

*9. What ingredients are in a Galvanic treatment?*

Gel and ampoule are ALL PLANT BASED

*10. What other products are used with the Galvanic facial?*

Dermalogica products are used as part of the facial.

*11. What do I need to do before my facial?*

I kindly asked you to arrive with NO make-up or to remove it upon arrival.

*12. What do I need to do after my treatment?*

- You'll be advised on the skin care products to use after your treatment
- Balance diet/fluid intake
- No make-up for 8 hours (while skin builds acid mantle)

*13. How much does it cost?*

Please refer to my website for current prices.

# *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