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HOLISTIC SKIN CARE

As the skin is an organ of respiration (breathing) and elimination, the skin reflects the health and well being, or lack thereof, of the individual.

Holistic Skin Care takes into consideration factors beyond the surface of the skin. Balancing of the mind, body and spirit creates a sense of well being that is reflected in healthy skin. We address areas such as stress reduction, emotional releasing, balancing through flower essences and homeopathic modalities, and finally, proper balancing of the physical through herbs, vitamin supplements and nutrition.

How Can Holistic Skin Care Help YOU?

Of course, skin treatments to affect common problems such as premature aging, sun damage, pigmentation problems, oily or dry skin, hyperactive glands or enlarged pores and acne are also part of holistic skin care. But when combined with holistic therapies to balance the remainder of the physical, emotional and mental bodies, we see a rapid and more permanent resolution of the skin problems.

If someone is looking for a "quick-fix", holistic skin care may require too much effort. But the rewards of balancing mind, body and spirit are much more than healthy skin. Peace of mind, a deep sense of trust and well being, mentally, emotionally and physically, are attainable with the tools presented during the course of holistic skin therapy. Holistic skin therapy is an eight week course. If you can dedicate your efforts during this time, significant changes can occur - in many areas beyond just the surface.

Where Can You Get More Information on Holistic Skin Care?

Call Plastikos today at 770-457-4677!