

Organic Herbal Facials

by Monika Ghent, Natural Skincare Specialist, Registered Herbalist

An *Organic Herbal Facial* assists the skin in its normal functions of self-repair. Cleaning and nourishing at the deepest levels, it leaves the complexion radiantly clear, hydrated and revitalized.

All products used in the facial are hand-blended from the finest natural ingredients. They do not contain any synthetic preservatives or chemicals and are ideal for even the most sensitive skin types.

The *Organic Herbal Facial* takes 1½ hours and consists of the following:

The Initial Cleanse: This exfoliating cleanse prepares the skin for deeper treatment by removing surface impurities, oil, and dead skin cells that can enlarge the pores and dull the complexion.

Aromatherapy Massage: This aromatherapy facial and shoulder massage releases muscle tension and increases nutrients and oxygen to the skin. Lymphatic drainage encourages the elimination of metabolic and environmental toxins and decomposing cellular material that cause premature aging, acne and other skin disorders. An acupressure eye treatment is included with the massage to stimulate muscle tone and release blocked energy around the eyes.

Essential Oil Steam: Essential oils infused in purified water are applied as warm compresses. This opens the pores, flushes out impurities, and makes the skin more receptive to the healing properties of the mask.

The Mask (Deep Cleansing): Organic herbs, vitamins, mineral-rich clays and other natural substances are carefully blended for maximum healing and repair according to your skin's individual requirements. The therapeutic properties of the mask penetrate deeply, enhancing your skin's normal metabolic functions while providing nourishment to the tissues.

To Finish: The skin's acid mantle is restored and the pores refined using a pH balanced herbal toner. A cream blended from the highest quality oils and herbs is then applied to seal in moisture and provide continuous nourishment to your newly revitalized skin.

Acupressure Facial Toning

Qi is the vitality or energy inherent in every human being. It is carried throughout the body in invisible channels or pathways called meridians that link together every part of the body, internally and externally.

Specific points of the meridian system can be stimulated with finger pressure to free and direct the flow of Qi within the body and improve its level and quality - this is called acupressure. Stimulation of the skincare meridian points on the face releases energy blocks, tightens the facial muscles and promotes stronger skin. This improves the tone and texture of the skin leaving it looking more youthful and healthy.

