

8 Reasons to Experience an Organic Facial at Eco Skin Therapy

- 1.) Your face is often the first thing someone will notice about you, including most importantly your own reflection. This is why taking excellent care of your face contributes to your well-being, self-esteem and confidence.
- 2.) You are in good hands. As a licensed esthetician for the past 15 years, I offer experience as well as a gentle, mindful and loving touch.
- 3.) The products I use are plant-based, organic and your skin will recognize them as much-needed nutrients. Nothing synthetic, fake, artificial or lab-made.
- 4.) The treatments are massage-based. Not only does it feel incredible, movement of the face stimulates collagen production, removes cellular waste as well as sculpting your face and neck muscles.
- 5.) You will be in a safe, non-judgmental environment. My treatment room offers a warm reprieve from the stressors of everyday life.
- 6.) I can work deeply with your skin without causing irritation. Many spa facials leave your skin red, picked over and raw. My treatments leave your face radiant and glowing.

- 7.) Therapeutic touch received from someone else relaxes your nervous system. Not only is this relaxing and de-stressing, it also improves your complexion because your skin reflects your inner health. We live in a touch-deprived society. Touch is incredibly beneficial to our bodies and brains and this type of treatment just can't be duplicated at home.
- 8.) Sometimes the only reason you need is it simply feels good. Why splurge on excess goods, alcohol and sugary treats when you can have a luxurious treat with no drawbacks. Organic facials are sustainable and most first-time clients wonder why it took so long to try one. So...what are you waiting for? Invest in a professional natural facial treatment!

Holistic beauty can be defined as the acceptance and honor of ones true authentic beauty which naturally allows you to radiate within.

Our holistic practice takes a complete “wholistic” approach towards the body, skin, and spirit. We believe in honoring skin as our largest organ, our protector, by connecting the external with the internal. Skin is our truest mirror to our internal health and magic occurs when they’re connected, allowing the skin to truly heal from the inside out. The skin is directly linked to many vital organs such as our gut and liver. When an organ, system, or hormones are unbalanced, it can wreck havoc to our skin. One of our main focuses in all of our facial rituals is to eliminate inflammation. Inflammation is the root cause of many skin conditions, such as acne, rosacea, and premature aging. So many want to “treat” the outside, when in fact skin thrives when treated from *w i t h i n*.

By using highly skilled and trained hands along with integrating ancient Chinese Medicine beauty tools + methods such as Gua Sha, facial cupping, and gemstone roller therapy, skin begins to heal. Dr. Vodder's Manual Lymph Drainage (MLD) massage is also incorporated into specific facial rituals, such as the *detox | HEAL+CLEAR | facia experience*, which assists in detoxification of stagnant lymph fluid underneath the skins surface. Many skin conditions and aging can be combated with just MLD alone. MLD directly works with the nervous system, which puts your cells into a parasympathetic state to rest and repair. MLD also allows the cells to be directly nourished with freshly oxygenated blood, which is truly responsible for our internal glow to healthy skin. When all of these holistic modalities are incorporated, skin THRIVES!

Gua Sha is a traditional Chinese Medicine beauty tool that uses a gemstone plate designed explicitly with curves and edges to glide across the skin. Using light pressure in upward and outward movements, following the meridians of the face, the gemstone lifts, tones, and smoothes the muscle from bone structure. As the plate glides, microcirculation is improved, which brings freshly oxygenated blood to the dermis. The newly oxygenated blood clears congestion, stimulates cell renewal, and brightens your complexion. This rush of blood also carries highly dense nutrients that make cell regeneration and tissue repair much more efficient. Gua Sha is exceptionally beneficial for those suffering from acne and hyper-pigmentation. These benefits include moving lymph fluid, which is toxic if the skin has blackheads, acne, or clogged pores. By bringing freshly filtered blood and fluid, the skin clears and immediately de-puffs, giving you a pure healthy glow.

Holistic facials become even more powerful and magical when paired with organic skincare which literally feeds your skin. We are proudly partnered with Laurel Whole Plant Organics, a slow-beauty skincare company, who holds the highest integrity and passion, from farm to face, seed to bottle. Laurel WPO deeply feeds and nourishes the skin from *within*.

“Through the season it takes to grow our plants, to the months our homemade blends sit steeping,

to the hours we spend bottling each batch, we practice Slow Beauty with a patience and intention.

Our greatest reward is knowing you feel this when you use our products.”

Before your facial begins, we start with a 'healing ritual' for your spirit by the light inhale of sage. Sage is known to cleanse and purify your energy, driving out any negativity while restoring balance to your spirit. Any healing that occurs during your facial will be enhanced due to this purification process. Next will be an aromatherapy ritual using the grounding aroma of Laurel's WPO "Spiritual Warrior", which will have your spirit feeling balanced in tranquil peace of mind. At the end of each facial ritual, palo santo will be used to seal in any healing that occurred during your facial. Palo Santo means "holy wood" in Spanish. This sacred wood comes from the Palo Santo trees in South America and when it is burned, the smoke provides medicinal and therapeutic healing energy. Its calming and relaxing aroma is incredible, standing among the greatest of the world's fragrant woods.

CLEANSE. HEAL. SEAL.

All of our facial rituals include a hand + arm massage while your skin exfoliates, facial massage, and the choice of either foot reflexology or a gentle scalp massage while the mask is on. Gemstone facial roller therapy is used at the end of all facials to deeply penetrate all finishing serums and balms. The three most profound gemstones used within a facial roller is Jade, Rose Quartz, and Amethyst.. Jade has high powers of healing for the skin as well as representing wisdom, balance, and peace. The Jade roller assists in calming the skin aiding in decreasing skin inflammation. Rose Quartz is known as the love and compassion stone. The Rose Quartz facial roller calms all skin sensitivities as well as aiding in anti-aging. This stone gives your skin some serious love! The Amethyst roller restores your skin by stimulating collagen production by amplifying heat to the skin as well as clarifying your complexion, reducing inflammation and stimulates lymph drainage to flush toxins. Amethyst has proven benefits towards combating acne and hyper-pigmentation since it provides your skin with a healthy environment for your cells and skin to thrive and flourish. All gemstone rollers are cleansed and cleared with sage after each client, making sure they're pure for your energy only.

The Laurel line is a ritualistic range of flower and herb-based skincare, formulated with impeccably sourced, highly vibrant whole plants picked at their peak for unmatched transparency, purity & results.