

“What Not To Do To the Skin You’re In”

is a monthly publication on practical everyday advice for your Skin Care, Beauty & Health needs.

Skin Nutrition

Winter – 2010 Issue #3

The Healing Room

15 Minutes to a beautiful Honey Glow...

Honey has wonderful humectant properties to nourish and moisturize the skin; it softens scar tissue and encourages growth of new skin.

Honey Face & Body Treatment

Face:

Tsp. runny honey massaged directly into damp skin for 15 minutes, rinse with warm water – instantly moisturizes and softens the skin from the harsh elements of winter

Body:

Sit in steam of shower and massage runny honey over entire body (a little at time or as needed), shower and follow with warm bath for 15 minutes, enjoy the luxury of being transported to the spa....

Wellness Consultation Fix!

Moisturize, Moisturize, Moisturize

Your skin takes a beating during the winter months, extreme heat inside, cold wind outside. Internally and externally it is a challenge to continuously hydrate and repair the cells. Here are a few weekly rituals you can try to add moisture into the skin; Shea butter mixed with glycerin - massage and apply warm towel for 5 min. and leave on the face overnight, oatmeal & warm milk mask or egg white blended (let dry), then remove with hot towel, and above everything drink & mist skin with water continuously.

Cheers, to a beautiful you!
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Specials

Holistic Facial \$40 (1hr) includes neck & shoulder massage

Deep pore cleansing, extractions, peel, mask & aromatherapy treatment for each skin type

Free Energy Bracelet (gemstones & plant oils encased in liquid crystal)

Raise the Vibration in your life (Abundance, Luck, Health & more ‘vibrational therapy products’) follow the link

Mission: helping individuals create their ideal health and wellness lifestyle by discovering their personal inner and outer beauty.