



NATURAL SKINCARE

An Holistic Esthetician's Approach

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Why get a facial? Since multiple factors can affect the health of your skin at any time, it is important to have it regularly checked by a professional esthetician, just as you would visit a doctor for routine check-ups to care for any other part of your body. Estheticians are trained to treat skin conditions such as acne, sun damage and aging, rosacea, hyperpigmentation, inflammation/redness, and post-oncology skin conditions. What makes holistic skincare unique from traditional skincare is that an holistic approach views the body as a whole – rather than focusing on a specific area – and addresses the causes of skin conditions instead of just treating the symptoms.

Rather than treating each and every condition with a one-size-fits-most approach, a skilled esthetician will perform in-depth analysis of the skin using both traditional and state-of-the-art methods and tools, and will review your complete

health history. This enables the esthetician to discuss with you any specific concerns you may have; assess how you might react to products and treatments; and also accommodate treatment to your comfort level and preferences. Seasonal changes, hormones, age, physical and mental health, stress, certain medication, and even ethnicity may cause skin conditions to fluctuate; however, your esthetician can precisely tailor your skincare treatments to take these variables into consideration.

Holistic estheticians utilize natural and safe ways to achieve healthy skin while avoiding trendy technology and substances that may irritate or even harm your skin and your body. Many current therapies and products have side effects whose long-term effects are still unknown; however, holistic methods rely on gentle and sound approaches that have been proven effective.

HEALTHY SKINCARE TIPS

- Avoid products that have parabens and chemical preservatives, chemical sunscreens, phthalates, petroleum byproducts, dyes, and chemical fragrances
- Use the proper cleanser for your skin type
- Safely exfoliate your skin without causing irritation
- Keep your skin hydrated from the inside by drinking plenty of water, and from the outside with a topical hydrator
- Apply an appropriate moisturizer for your skin type over your hydrator to prevent dehydration of the skin
- Use antioxidant serums religiously to keep the skin repaired and healthy
- Use non-chemical mineral sunscreens to shield the skin from burning and aging UV rays
- Eat healthy; avoid alcohol, caffeine and sugar
- Get enough sleep and exercise
- Consider taking whole food-based vitamin supplements

Healthy skincare products and skin treatments should contain all the good ingredients you need, and none of the ingredients you don't. Products should enhance the skin's health and have no harmful effects on the body. Recent studies indicate that in a single day, a typical woman uses skincare and beauty products that contain up to 500 chemicals, some of which are reapplied several times a day. Many of these chemicals can be bio-accumulative, meaning that over time they accumulate in the body, creating a toxic burden to the system as a whole.

When it comes to skincare products, high price doesn't necessarily mean high quality. Your esthetician will carry alternative products that are not only beneficial to your skin, but also highly effective – not to mention more affordable. Because these products are not mass-produced by a large-scale manufacturer, you won't pay a premium for a fancy label, slick packaging or futuristic-sounding ingredients. Instead, you will receive safe and natural products containing ingredients you can pronounce. A knowledgeable esthetician will be able to explain each ingredient and its purpose.

Your esthetician will work one-on-one with you to create a customized, easy skincare protocol that is results-oriented and is healthy for your body. She will educate you every step of the way and instruct you on how make adjustments according to your skin's needs. Learn about your skin specifically. Understand why she is using the specific treatments and products on your skin, what is in those products, and what you can do to maintain healthy skin.

Remember, a healthy body and healthy skin go hand-in-hand. Beauty starts from within. ①

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