



# Skin Unique Newsletter



Summer 2009

## WORKSHOPS:

In June and July  
Indoor or outdoor weather  
permitting

### Summer pictures

In this edition of the  
Newsletter you can see  
some pictures of our  
garden.

Indeed feast for eyes,  
beauty and serenity to  
enjoy.

## Happy summer from Skin Unique!

Summer has finally arrived and how wonderful is to see the greenery again and feel the warmth of the sun! We're joining right in, introducing to you an amazing European skin care line "**Eminence**", in addition to "**Holistica**"-Homeopathic Skin Care. "**Eminence**" is one of the best

certified organic skin care from Hungary and very popular with celebrities. Eminence products are very concentrated, have no parabens or chemicals and are by far the most effective and natural skin care of today. Eminence Facials are heaven. **Hands-on seminar is on June 27<sup>th</sup>.**

## Summer Workshops and Diploma Courses

On June 20<sup>th</sup> you'll learn **Aromatherapy Back Massage** and enjoy fresh organic juice. Hopefully weather will be good to be outdoors in our beautiful garden.

The use of essential oils for massage dates back to ancient times. Essential oils were used throughout the ages with wonderful result in health care and perfumery.

You may find out that juicing have great application in many ways and certainly great for fasting, even adding it to your daily diet.

On June 27<sup>th</sup> is "**EMINENCE ORGANIC SKIN CARE**" informational seminar with hands on, Facial demos and Free Draw for Organic Facial will be presented.

On June 29<sup>th</sup> and July 11<sup>th</sup> "**LAW OF ATTRACTION**" will be presented. Many of us would like a better life filled with

wonderful things and enjoy perfect health. You can access all that if you truly desire it. Come and lean how.

On July 4<sup>th</sup> is an anti-aging seminar where the deep exfoliating effects of **microdermabrasion** will be shown. This is a hands demo so you can see first hand how this procedure is carried out.

On July 18<sup>th</sup> and 25<sup>th</sup> there will be diploma course on **REIKI 1 and REIKI 2**. REIKI is a form of universal healing energy, a wonderful tool for daily use on oneself and family members. When you are attuned to REIKI the whole energy field changes to stronger yet more subtle energies; it just flows through you at will. Alena has studied with 4 different REIKI masters and obtained the highest certifications to practice and teach all levels of REIKI.

## *Aromatherapy MASSAGE in the Garden*



### *AROMATHERAPY MASSAGE in the Garden*

Like last year, the Skin Unique offers its outdoor Aromatherapy Body Massage as well. There is something to be said for treatments outdoors, especially massage.

**Aromatherapy** massage is the best way to slow down the fast pace of today's busy lifestyle, maintain wellness, prevent illness, alleviate stress and tension and ease the mind.

Essential oils are valued by many medical establishments in the world. With high anti-microbial activities, anti-oxidant, and immune system enhancer, they indeed have countless applications in skin care as well as health care.

### *Why juicing?*

There are many ways why we eat raw. There are many books written on the subject. Not many of us were brought up with freshly squeezed juices, especially from European countries where fried and sweets were so prevalent. It is never too late for anything, so start now. Raw foods are loaded with enzymes that are vital for every cell in our body. Because our body needs and uses different enzymes for various body processes, we are born with store-house of them. The fact of the

However only genuine essential oils do possess these properties. Because genuine essential oils are very expensive they are often diluted and topped up with chemicals. That is very damaging to immune system and such oils have no medicinal value - buyers beware.

Skin Unique have been using for years only genuine, organic essential oils from very reputable source. Alena personally uses different essential oils on daily basis and loves the phenomenal support they give her.

There are three ways of receiving the Aromatherapy Treatments in Skin Unique - 30min, 1 hour and 1 1/2hour.

matter is that by careless life-style we eventually run on empty reserves. In short we need lots of fruits and vegetables in our diet so we can save our own precious enzymes for "real jobs" if the need ever arises.

When you consume freshly squeezed juices you get loads of enzyme which go to work right away. They start munching on all the stored junk over accumulated over the years, cleaning the body bit by bit and throwing off toxic substances. Go easy when you first start juicing. **Find why June 20<sup>th</sup>**

### *REIKI the Ancient Healing Modality*

REIKI is Alena's all time favorite hands on healing. She can feel its loving energy flow through her so strongly and I am sure lots of you have felt it as well. Alena uses this wonderful loving energy during all of her facials or body treatments. It is very rare that any esthetician has such an extensive training in this area of service.

Alena had her first REIKI training

25 years ago, and she loved it so much that it became her passion. She have traveled extensively and studied with many masters. Now she wants to continue teaching and transferring this knowledge to you. It is not only for professionals but also for anyone who wants to heal their own bodies with REIKI or send the healing to someone else. It is a wonderful tool to have.

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## *Tip of the Month*

What you love to do is a sign from your higher self of what you are here to do.

You may say, I love to read and meditate; certainly that can't be my path and bring me money. However if you allowed yourself to sit and read and meditate, a path would unfold.



Microdermabrasion treatment

## **SMOOTH SKIN**

- Cleanse your skin by using proper skin care cleansers. Soap robs the skin of natural moisture.
- Exfoliate regularly: Youthful skin renews itself every 28 days, but as we grow older this process slows down. A few microdermabrasion skin treatments are excellent natural way to promote fast cellular turnover.
- Tone
- Moisturize
- Maintain

## *GIFT CERTIFICATES*

