

# Jade

HOLISTIC SPA

Organic Spa & Gift Boutique

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Laser

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Esthetics

## Living for better SKIN



THERE ARE SO many ways to approach skin care and so many products lining the shelves, each claiming to be the best, that designing the right regimen for your skin can be overwhelming and seemingly impossible. The truth is that no one product, treatment or combination thereof is going to offer miraculous results, especially if you ignore the fundamentals. The experts at Jade Holistic Spa know that the quality of your skin, like all beauty, is holistic at heart, which is why they suggest taking natural approaches to skin care that consider your overall lifestyle and health.



# Holistic Myths

The word 'holistic' gets thrown around a lot by a lot of different people and companies - enough to make savvy consumers suspicious of its promises. While there's no doubt that some questionable claims have been made using the label, the actual idea of holism is a smart one. All it really means is recognizing that most aspects of our health are affected by our body as a whole, and that we should be aware of what we put into that body. A holistic skin care regimen focuses on natural remedies without any unnecessary additives, while also looking at the other factors that affect your skin like diet and environment. This has the advantage of targeting the true causes of damaged skin alongside the symptoms without sacrificing long-term beauty.

## Holistic At Home

It wouldn't be holistic if it didn't start at home, where the most important consideration is something most people already struggle with: maintaining a healthy diet. Truly good skin is a direct result of good diet, and it's the only real way to achieve long-term results or combat natural aging - otherwise, skin care turns into an ongoing battle between powerful chemicals and unhealthy skin, only causing greater damage as time goes on.

A skin-healthy diet needs plenty of anti-oxidants to fight aging, so lots of fresh fruits and vegetables are a must. The important vitamins A, C and E can be found in many foods, but a good multivitamin is often a useful insurance for meeting your daily requirements. Selenium, another important anti-aging compound, comes largely from nuts, bread, pasta and fish, with the latter also being an excellent source of essential oils. On the other side, the worst things for your skin are sugars and hydrogenated oils, as well as most processed food.


To devise the best possible home skin care regimen, it's extremely helpful to visit a spa and get professional advice. In general, seek out simple, natural products and experiment with them slowly to determine what works and what doesn't. Lean towards gentler treatments, and don't take labels like 'organic' or 'natural' at face value - look up the product and do some research before you buy.

Standing back and seeing everything that goes into your body and all the things you expose it to lets you locate and solve big problems that have ripple effects throughout your life, resulting in much more than just better skin.

help improve your skin and achieve lasting results. One of the newest and most popular treatments is derived from the coffee berry - the part that is normally washed away to produce the bean. The berries have an extremely high anti-oxidant content and have been proving highly effective. Other popular natural treatments include the Jurlique line of products derived from a variety of plants and herbs, as well as treatments based on seaweed that have a similar organic makeup to our own blood plasma.



The other big advantage of every visit to the spa is the knowledge you walk away with. Speaking to an expert takes the guesswork out of choosing products for the home: they've already done the research, seen the studies and experimented with the products first-hand, plus they have experience working with many different skin types and conditions. They can recommend an appropriate skin care plan based on your needs and your lifestyle.

In the end, the number one benefit of taking a holistic approach to skin care is that it can improve your health and appearance in countless other ways, because that's what holism is all about. Standing back and seeing everything that goes into your body and all the things you expose it to lets you locate and solve big problems that have ripple effects throughout your life, resulting in much more than just better skin. When you look at skin care holistically, the result is a whole that is greater than the sum of its parts. 

Resource materials provided by:  
Jade Holistic Spa, Bolton  
[www.jadeholisticspa.com](http://www.jadeholisticspa.com)



## Holistic At The Spa

Since holistic treatments focus on the big picture, they are inherently flexible to different schedules. Whether you visit the spa on a regular basis or as an occasional treat, there are natural products that can