



DO WONDERS FOR YOUR BODY

IN THIS ISSUE

Botox, What Is It?

Botox is an injectable substance that is a medical grade form of the botulinum toxin A, also called Botox botulism.

It is a medical protein that is injected into the muscles of the face to minimize the appearance of furrows and lines.

Although the words Botox and Botox botulism sound frightening, there is really nothing to worry about. The fact is that nobody has been harmed by Botox or even had an allergic reaction to it. A lethal injection would consist of 2,500 – 3,000 units! Cerebral palsy sufferers are given doses of Botox as high as 1,000 units routinely to help them with the associated muscle spasms. As the average dose for cosmetic reasons is 75 units, it is extremely safe.

When Botox is used for cosmetic purposes, the toxin is purified,

diluted and then injected into the facial muscles. The toxin blocks the nerve impulses that control the movement of muscles by restricting the patient's ability to contract them. A smoothing effect is seen almost immediately and it continues to improve over the next few days. The results last from three to six months after which most patients gradually return to their former state.

The main questions people ask is "will Botox make my face look frozen?", "how will I look?" and "will others detect my little secret?" One of the biggest misconceptions is that Botox will eliminate all facial expressions. If it is done properly, using an artistic eye, the proper technique and conservatively, the patient should look like a more rejuvenated and refreshed version of themselves.



Natural Face Packs

There are different varieties of face packs to keep you and your face healthy...



Essential Oil Uses A Users Guide

The uses of essential oils were known to ancient Egyptians long before...

Natural Face Packs

There are different varieties of face packs to keep you and your face healthy and young. These facial packs contain many healthful and beneficial substances and necessary vitamins that are necessary to keep your face skin glowing. These facial packs foster skin by improving its color and by cleaning and reducing interstice. Facial packs improve the blood circulation within the veins of the face. These facial packs are easy to use and you can take care of your face and neck well, at home.

The effect of any facial pack on face is only temporary, so it is a must to use face pack 2 to 3 time in a week time.

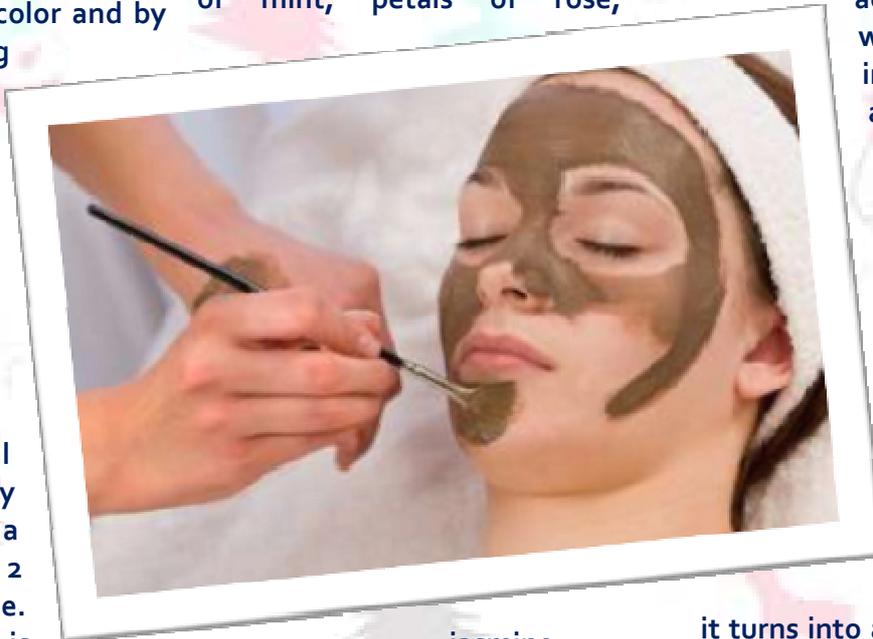
A mix of face pack is needed to be prepared, just before it is required to use. A face pack is applicable only on clean skin and that too without any cosmetics on skin. Before applying facial you will need to take steam bath with chamomile, lime, sage, and peppermint.

If you have dry skin, take 5 to 10 minutes steam bath, atleast once in every month. If you have oily skin, take steam bath about 15 minutes atleast twice in a month.

You can replace steam bath by warm compresses. In warm compress, a bath towel is moistened with extracts of

different herbs and flowers. Then this moist towel is pushed on the face and neck gently and kept in contact until it turns cold.

There is a need of different face packs for different type of skins. If you have dry skin, use the extract of mint, petals of rose,



jasmine, chamomile, lime, leaves of raspberry, strawberry and black current.

If you are dry skinned, your face pack will be; a mix of nettle, plantain, coltsfoot, calendula, aloe, St. John's wart, eucalyptus, birch buds and milfoil.

No matter, what type of skin you have, you will need to apply the pack in the whole face and neck bottom up. Do not apply the face pack around your eyelids. After applying the face pack lie down and allow the pack to set for about 15 to 20 minutes. Use only low-

neck pillow, so that your face do not elevate too much.

To remove the face pack, soften the water with boric acid and use lemon juice to acidify it. You also can use juices of orange, cranberries or red current etc for acidification. Take wads of cotton, dip it into acidified water and then use it to remove your face pack. If you have normal skin type, you can use herbal extracts, tea, milk, etc to remove your face pack.

You are strongly advised to not overdone your face pack, especially when

it turns into a solid pellicle. Do not put face pack on your face for more than 15 to 20 minutes, otherwise it will cause strain and tiredness.

Use of face packs varies according to climate, skin type and age also. Face packs may be of different type, for example; face pack made of fruits or sour cream and cream etc.

No matter what type of face you have, the use of face pack will make your face skin shiny and glowing.

-Deborah Holmes

Essential Oils - A Users Guide



The uses of essential oils were known to ancient Egyptians long before research began on their medicinal and aromatic qualities in the early nineteenth century. The sweet fragrance emitted by essential oils has had people going crazy on it for ages.

An essential oil is the extract of plant derived from flowers, stem, leaves, bark and other parts of a plant. The process is often complex and requires distillation through steam or water of the plant. The result is the pure essence of the plant, often in a highly concentrated form. In the following article we will list some of the common uses that essential oils are put to.

Diffusion

Diffusion means breathing the fragrance of essential oil. The oil is evaporated using accessories such as electric diffusers, lamp rings, aromalamps, scentballs etc. These accessories are available in various assortments in the market. They operate by continuously shooting out microscopic particles of essential oils into the air. To facilitate easy assimilation through the sense of smell, the oil is broken into fine

invisible mist. Diffusion helps create a relaxing atmosphere and loosens tight muscles.

Massage

The therapeutic effects of essential oil when combined with the magical powers of touch, revives the anatomy and furthers overall well-being. When using essential oil for the purpose of massage, it is advisable that it be diluted with carrier oil. It is too concentrated to be used neat. Different proportions need to be devised for people of different ages, skin types, etc. For children, the advisable content of essential oils per ounce is 6 drops. When shopping for massage oil, a person will come across a large collection of readymade aromatherapy massage oils & lotions. These may be purchased only from reputable vendors after checking the contents well.

Baths

An essential oil bath can be quite relaxing. Moreover, this will help in combining the benefits of hydrotherapy as well. Just add a few drops of your desired essential oil to your bathtub or spa, and get that rich and nourishing feeling.

Alternatively, the essential oil mixed with good carrier oil be applied to ones skin after the morning shower for that all day long refreshing sensation. This keeps skin soft, smooth and youthful.

Steam inhalation

Steam inhalation is another prevalent method of using essential oils. 5 to 8 drops of essential oil of one variety or more is mixed in a pot of hot water, and the user sits with his face close to the pot, eyes closed and about 10-12 inches above the pot. As vapour rises, it gets absorbed by the minute pores on ones face and through the nostrils. A humidifier too can be used by adding a few drops of essential oil in it.

The uses of essential oils are many. One can experiment on his own to find new uses of the oils and thereby contribute to the already spilling research works on the subject.

6 Steps To Super Sleek Stylish Hair

Whether you want to look great for a party and have all afternoon to get ready, or just want to smarten up before a meeting, there are things to do to get your hair looking great and give your confidence a real boost.



Super Hair Tip Number 1:

Shampoo properly. By this, I mean that you should invest in a top quality salon shampoo that matches your hair type, if you have coloured hair, make sure that the formulation of your shampoo is suitable, likewise if your hair is thin, greasy, blonde, or brunette, talk to your stylist, and get them to advise you on what they think is best.

Super Hair Tip Number 2:

Condition deeply. Hair conditioners have a formulation that will add shine to your hair. Also, a good conditioner will help to keep your hair static free, which will reduce frizziness even more. Massage the conditioner from root to tip and leave it to work its magic and make your hair look really healthy and shiny before rinsing it thoroughly.

Super Hair Tip Number 3:

Dry your hair well. Modern hair dryers will not harm your hair as much as they used to, but if you are going to use a blow dryer to get your hair dry quickly, make sure you keep it moving over your hair and dry it evenly to avoid overheating. If you have the time, use the dryer on a cool setting to avoid damage.

Super Hair Tip Number 4:

Use a good Serum. There are a huge variety of great products around that are designed to smooth your hair. Generally hair serums work in three ways, by relaxing the hair, smoothing it, and reducing the potential for it to

attract the static electricity that will cause it to frizz up.

Super Hair Tip Number 5:

Use good quality hair straighteners. Most people find that the cheaper hair straighteners do not do a very good job. You might find that they do not get hot enough to iron out the kinks properly on a single pass, and are not slippery enough to allow your hair to pass through smoothly. Opt for ceramic or glass heating plates, and make sure that there is an adjustable temperature. Ceramic plates will help discharge the static electricity from your hair too, and leave it looking straight for longer.

Super Hair Tip Number 6:

Eat well. Your hair is nourished by what you eat and drink, and will never look good if you don't eat a balanced diet with lots of vitamins and minerals. Hair is mostly made of protein, so make sure your diet includes plenty. Drink water too, as this will flush impurities out of your body and keep you healthy.



Traveling Harmony Mobile Spa

(678)948-7721
1203 Country Pine Drive
Ellenwood, GA
30294, United States
info@travelingharmonymobilespa.com

