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# HOLISTIC SKIN (& BODY) CARE 101 – AN INTRODUCTION



Nature gives you the face you have at 20 but it's up to you to merit the face at 50. At the end of the day, the best wrinkle is the one you never get.

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Six months ago a young girl walked into my office to keep her appointment. As we got talking we discovered that her acne/ skin concerns seem to affect her life as a whole. In spite of being the smartest in her office team, she let most opportunities slide as she didn't feel confident or powerful, her romantic life suffered as she felt insecure and became clingy, was depressed, had put on weight and didn't even want to go out with her friends anymore. To add to all the misery, she was burning a deep hole in her pocket buying all sorts of expensive & heavily advertised beauty and skin care products.

So we began her healing journey together. Instead of using the symptomatic approach we adopted an inside-out, holistic approach, and I'm happy to share, that 6 months later, her skin has cleared up, she healthier, happier, more confident, has lost the extra weight, is more involved at work and has a more fulfilling relationships.

So what does the term Holistic (sometimes referred as wholistic) approach mean?



The term Holistic, is the philosophy and practice of healing that has to do with constantly keeping ourselves (the physical body, the mind and the spirit) at the highest level of wellness. Drawing from the universal natural laws, a whole is made up of the sum of all its parts and that the parts cannot function properly if the whole is not functioning properly. Similarly, if there is a problem with one of the parts, the entire whole is affected.

Pertaining to skin care, this implies that we cannot treat the skin as a separate entity from the entire body. The skin (largest organ of the body) performs many functions, all of which either work in connection with or depend upon the functions of the internal vital organs. Paying attention to the health of your skin is one of the best ways to listen to your bodies. Whatever is going on inside will eventually show up on the outside. So if you have skin concerns, chances are you need to look beyond the surface to discover what is really going on. Your skin concerns are symptoms; they are your body's way of communicating with you that something is out of whack. Simply treating the skin as a separate unit from the whole might lead to short-term improvements; however, long term and true resolution



There are 2 basic underlying principles to Holistic health and skin care.

## BIO INDIVIDUALITY

As the term suggests, is that, each person is a unique individual with highly personalized health care or skin care requirements. There are so many personal differences in everyone's anatomy, metabolism, body composition and cell structure that influence overall health.

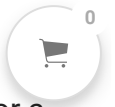
Bio- Individuality teaches us how to tune into our bodies in order to discover what we need to be healthy and happy.

Working on the principle of bio-individuality, you make positive changes that are based on your unique needs, preferences, gender and constitution.

This is one of the reasons why a cream that worked so well for your friend does not work for you or a home remedy that leaves your sister with glowing skin leaves you with itchy, blotchy skin.

I will share the other principle (Primary & Secondary nourishment) of Holistic approach in the next part of this series. Meanwhile, you can try and tune into your body and see your own personal miracle at work.

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