

# ORGANIC NATURAL BEAUTY

Dr. Debra Anastasio  
Naturopathic Physician

## RX FACE CARE THERAPIES

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### Asian Jade & Pearl Renewal Rx \$75

Exotic botanical therapy with Jade stone Gua Sha massage, antioxidant sheet mask and serum & Pearl moisturizer for detoxifying skin & lymphatics to decrease puffiness and restore a healthy glow.

### Rose Quartz & Gold Restorative Rx \$75

Rose extract therapy with Rose Quartz Gua Sha massage, 24K Gold sheet mask & green apple serum to moisturize, reduce fine lines & wrinkles and encourage collagen repair.

### Oxygen & Mineral Repair Rx \$75

Non-toxic oxygen and mineral therapy followed by clay mask and ozone generation using Galvanic treatment kills germs and stimulates generation of healthy new skin.

### Steam & Peel Refresh Rx \$75

Antiseptic aromatherapy steam, charcoal mask and superficial peel followed by purifying botanicals to restore normal balance to skin and allow cleansing face products to produce healthy skin.

## SKIN CARE REGIMEN EVALUATIONS

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### Acne & Oily Skin \$50

Adopt a morning and evening skin care treatment for the reduction of acne and oil prone skin without drying out the skin or the use of toxic synthetic Retinol therapy,

### Mature & Aging Skin \$50

Establish a comprehensive AM & PM ritual that enlivens skin by day and restores the skin by night. Avoid commercial chemicals and hormones to have beautiful mature skin.

### Sensitive Skin \$50

Skin care products and techniques are modified to avoid stimulating sensitive skin and render a healing, restorative change for healthy skin.

### Hyperpigmented & Uneven Skin \$50

Specific products can reduce or eliminate uneven pigment and maintain normal healthy skin in the process. Non-toxic measures are indicated.

## SKIN & FACE TREATMENTS

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### Facial Reflexology \$60

Stimulation of reflexology points on the face correspond to circulation, elimination and repair mechanisms that can improve health of complexion, nourishment of hair follicles and more!

### LED/PDT Regional Light Tx \$50

Amber light for redness & rosacea, Red light for circulation and repair, Blue light for disinfection of acne, and Green light for pigmentation. This therapy is like laying in the sun!

### Tesla Violet Ray Tx \$50

Tesla's high frequency ray generates oxygen/ozone that can stimulate circulation, lymphatics, & positive changes in the skin. Dr. Anastasio studied Edgar Cayce therapies and use of the violet ray at the A.R.E Clinic in Arizona.

### Microcurrent Rejuvenation Tx \$85

Bio-electric therapy stimulates cell repair and healing. Working with the acupuncture meridians of the face, this treatment encourages tightening of the skin and improved skin quality.

## INTERNAL BEAUTY INTENSIVES

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### NUTRITION FOR BEAUTY \$75

Certain foods and beverages encourages the restoration of hair, skin and nails along with circulation and lymphatic flow. Seasonal recommendations will be considered due to weather and the elements are a challenge to beauty.

### INNER GLOW CLEANSE & DETOX \$150

Opening up the avenues of elimination, stimulating natural detoxification pathways and engaging in botanical and supplements that improve the health of hair, skin and nails is included in this intensive.

### MIND-BODY ACCEPTANCE SESSION \$55

Use mind-body therapy and imagery to identify rejection of self, acceptance of self and gaining the strength to optimize the best self you can be.

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