



# HOLISTIC ANGLES

Wellness

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In Chinese medicine, practitioners assess a person's inner health by reading what's on the outside. The way facial expressions form, lines around the mouth and eyes, even the height of the forehead, can signal disharmony within. In fact, throughout history, many cultures have regarded the skin as a map to the body's internal condition and viewed both inside and outside as synergistic systems that can't be treated independently but, rather, holistically.

Not every product line containing natural ingredients is holistic, but every holistic product line will contain natural ingredients.

"Plant-based products have been used safely and successfully for a long time," notes Marlene Katz, esthetician and owner of Intelligent Skin (IS), the Westport, Connecticut-based maker of Cellaction Body Sense and Face Sense. Cellaction products contain lots of spices, such as cinnamon and nutmeg, as well as Native American plant extracts, such as arnica, yarrow and willowbark. The company's products also incorporate ayurvedic herbs, including cardamom and cloves, to enhance circulation.

**They promote total hydration.** For many holistic practitioners, a key wellness objective is to ensure that clients are properly hydrated. "Some women who are physically fit have the worst skin," says Katz, who serves as a spa consultant as well as the owner of Intelligent Skin. "These women lose a tremendous amount of water through exercise and aren't replenishing it. Even people who don't exercise are at risk of dehydration, running on adrenaline and caffeine and not getting enough sleep. So when I use the word 'holistic,' I think of working with the skin naturally to let it hold the water it has, as well as bringing more water to the skin."

To encourage proper hydration, Katz offers a cleansing tea containing hibiscus, peppermint, orange and lemon peel, and an antioxidant-rich, immune-boosting tea with rooibos, licorice and cinnamon. "Tea is a great way to get people to drink water," she says.

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