

# SKIN HARMONICS

## DERMAL REMODELING

the first medi-holistic resurfacing method

### DERMAL NOURISHMENT

**MALNOURISHMENT** = Slowed epidermal renewal, general dullness, slowed correction of hyperpigmentation.

**NOURISHMENT** = Resurfaces all skin types, resolves acne, rosacea, hyperpigmentation, prevents & reverses the precursors for sun cancer, fortifies dermal mattress/slowing aging.

**SOLUTION** = Stop superficial serums & inefficient retinol creams! Instead use serums with non-inflammatory dermal delivery. Eat real whole unprocessed organic, local foods. Remember to laugh.

### PROTECTION

**UNPROTECTED** = Accelerated dermal thinning / aging, increased sun vulnerability, chronic inflammation & anxiety.

**PROTECTED** = Preserved, calm, confident skin.

**SOLUTION** = Stop use of chemical peels, toners, astringents, daily exfoliation, injectables, retinol creams, microdermabrasion, all lasers, antibiotic creams! Begin using an oil rich moisturizer to rebuild the natural protective acid mantle. Use pure mineral SPF.

**Deeply Vibrant  
Soft . Plump . Dewey  
Smooth . Joyful . Clear  
Confident Skin**

### WATER

**DEHYDRATION** = Wrinkles, milia & blackheads, excess oil production, increased sun vulnerability, sluggish nutrient metabolism, hypersensitivity.

**HYDRATION** = Soft, plump, dewey skin. Deminishes fine lines, prevents wrinkles & congestion, normalizes oil production.

**SOLUTION** = Stop oil phobia! Layer an oil rich moisturizer over a hydrating mist & hydrating serum. Drink pure spring water.

### DETOX

**TOXIC** = Problematic texture, obstructed circulation, stored long term congestion contributes to the formation of sun cancer precursors.

**DETOX** = Radically improves texture & circulation, prevents sun cancer precursors.

**SOLUTION** = Stop self-extractions, ineffective chemical peels, scrubbing! Begin expert extractions. Avoid chemical cleaning & yard supplies. Identify intestinal candida & food allergies. Practice compassion.