

A Holistic Approach to Healthy Skin

If you see a conventional medical doctor about your skin, they'll probably prescribe a regimen of antibiotics, irradiation treatments, or steroid creams. These treatments may work in the short term, but they'll do nothing to improve your skin's health over time. Unless you continue using the treatment, your symptoms will return, and you may find that your skin problems become even worse than before you started.

Here in our office, we opt for a more holistic approach. A "holistic" approach means treating the whole person, rather than just the physical symptoms of disease. Holistic health is a whole approach to life. As a holistic clinic, we believe that skin disorders are more than just "skin deep," and that diet and lifestyle choices can play a significant role in their onset.

Because the skin acts as a shield between the body and millions of foreign substances in the environment, it reflects both internal and external problems. External problems can arise when the skin is exposed to germs or toxins. Internal problems arise when the body is unhealthy, typically as a result of inflammation. This customization of your program is designed to address both causes of skin disorders and leave you looking as radiant as you'll feel!



If you're interested in purchasing the Solutions4 skincare products listed in this brochure, you're in luck!

We're offering a special discount on these products when they're purchased together:

- Green Tea Cleanser
- Apricot Exfoliator
- Apple Stem Cell Moisturizer
- Green Clay Mask
- Skin Repair Cream
- Toner Spray

Ask a staff member for more information about this special offer!

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Enhance Your Program for Clear Skin

Foods, Supplements, and Treatments for Clear Skin



If you're struggling with acne or visible signs of aging, we recommend that you center your diet around brightly colored vegetables and dark leafy greens. You can find more information about this type of diet in your program manual. The dietary strategies outlined in your manual may focus on weight loss, but you'll find that the same foods and

supplements will work wonders for your skin. Our dietary strategies, supplements, and treatments will leave you looking (and feeling) absolutely radiant in a matter of weeks! In addition to these dietary strategies, we recommend that you pay particular attention to avoiding these three "problem" foods:

Top 3 Foods That Wreak Havoc on Your Skin

1. Refined Sugar: Though you probably know that sugar is bad for your waistline, you may not realize that it's equally bad for your skin. Each time you eat something sugary, your body rapidly absorbs the glucose and starts pumping out insulin. This can cause widespread inflammation, which, in the short term, may result in a breakout. In the long term, eating too much sugar can cause collagen to break down, producing some of the visible effects of aging.

2. Refined Flour: In the body, refined sugar and refined flour have basically the same effect. The refined flour that you eat (in a slice of pizza, a sandwich, a box of crackers, or a plate of pasta) is rapidly broken down into glucose, thereby triggering the same cycle of insulin production and inflammation.

3. Refined Vegetable Oils: When you think about the foods that typically cause acne, you probably think about French fries, potato chips, and other types of junk food. These foods all share one major component in common: they're all cooked in refined vegetable oil. Though vegetable oils go by many different names (soybean oil, canola oil, safflower oil, sunflower oil, etc.), the effects on the body are the same: they contribute to acne and premature aging.

Lifestyle Strategies for Clear Skin

Be Mindful of Sleep Hygiene

Though it may seem obvious, it's important to keep your sleeping space clean and conducive to clear skin. The first step is to wash your face before bed. This will prevent any dirt, grime, makeup, or other environmental pollutants from getting onto your bedding and causing a breakout. It's also important to launder your pillowcase every 2-3 days. Keeping your pillowcase clean will make you look and feel better throughout the week!

Work Up a Sweat

Regular exercise is one of the number one keys to healthy skin. Each time you exercise, you increase blood flow to skin cells, which nourishes them and keeps them healthy. When you exercise, you also work up a detoxifying sweat that facilitates the removal of toxins from the body. This is a huge bonus when it comes to clear skin!

Use Non-Toxic Skincare Products

You shouldn't put on your skin what you wouldn't put in your mouth. When you use lotions or skincare products, the ingredients are absorbed into your skin – and some of them make it into your bloodstream. Most facial products are loaded with toxic additives and chemicals that only make skin problems worse. Solutions4 offers a unique line of non-toxic skincare that's different from anything else. All ingredients are 100% natural and good for your skin. These skincare products don't just wash away impurities – they actually have healing properties.



The All-Natural Solutions4 Skincare Line



Green Tea Cleanser – This potent cleanser creates a rich, foamy lather that heals and softens the skin. Super-antioxidants like green tea leaves, CoQ10, and vitamin C fight the free radicals that give skin a dull and lifeless appearance. This cleanser is also packed with the extracts of healing plants like aloe vera, red algae, chamomile, and comfrey!



Apricot Exfoliator – The Apricot Exfoliator is a grapeseed oil-based scrub that combines a perfect blend of nutrients, antioxidants, and moisturizers to provide superior protection and gentle exfoliation! Apricot seeds gently stimulate the skin, leaving your face feeling smooth and fresh.



Apple Stem Cell Moisturizer – Apple stem cells are revolutionizing the skincare industry in ways you never would have imagined! This product combines these plant-derived stem cells with other anti-aging actives like antioxidants, anti-inflammatory botanicals, and UV protectors! We are able to rejuvenate your skin's DNA and literally give aging skin a fresh new start.



Green Clay Mask – The Green Clay Mask has been specially formulated to help with acne-prone skin. This 30-minute mask absorbs excess oils, purifies the skin, and leaves you looking absolutely radiant!



Skin Repair Cream – Skin Repair Cream was originally formulated to minimize scar tissue formation following surgery. Now, it's primarily used to reverse the scarring process and promote healing for all types of skin conditions. Skin Repair Cream can work wonders for dry and damaged skin, acne, burns, scars, eczema, psoriasis, stretch-marks, abrasions, and sunburns!



Toner Spray – This natural, botanical Toner Spray helps refresh the skin and leaves the face feeling silky smooth. It combines the healing powers of aloe vera, white oak bark extract, witch hazel, comfrey, hyaluronate, peppermint, and roman chamomile! Spritz it on at any point throughout the day to rejuvenate the skin and soften the appearance of facial lines.