



*Mariga's
Signature
Holistic Facial*

Holistic Treatments

Powerful, natural healing techniques from around the world.

The Holistic Facial is a super-customised combined skin and wellness treatment. We will choose from and combine several holistic skincare and complementary therapy elements including lymphatic drainage, facial reflexology, crystal lifting and oriental five element facial techniques as well as choosing a blend of essential minerals and natural plant oils to create the perfect treatment for you. Choose this one for a full-body wellness boost as well as targeted skin treatment.

Following a gentle cleansing massage each holistic facial proceeds with the application of a carefully chosen blend of minerals and crushed natural gemstones such as rose quartz, lapis and topaz, among others. Gemstones aid in healing and skin treatment and also help to balance the energy levels. The gemstones are ground to a micro-fine powder along with a mixture of vitamin rich oils and are applied directly to the skin which helps the face to relax and improves skin texture.

Minerals naturally occur in the earth and are crushed into a fine powder and blended with the mask and/or applied afterwards depending on your skin's requirements. Minerals used are biodegradable and organic.

Next, experience a full body balancing using advanced facial reflexology and lymph drainage techniques to gently begin addressing energetic/emotional blockages in the whole body system which can be seen in the face as uneven skin tone, texture and colour.

Depending on the needs of each client the second phase of the treatment will include one or more of the following techniques/products:

- Facial reflexology wellbeing boost to calm and balance the hormonal and immune systems, helping your mind and body to release stress and relax a stressed-looking complexion.
- Deep muscle stimulation, especially useful for the eye area to open up and brighten the whole area.
- **Crystal Rose Firming** for any particular area of concern due to thinning or sagging skin, often used with deep muscle stimulation to de-puff and relax the eye contour area.
- **Luban Peel**, using organic boswellia extracts to gently exfoliate skin that is dull, sluggish and tends to discolouration and lines. Excellent for those with a history of sun exposure.
- Rosehip seed oil-infused steam towels to facilitate deep absorption of organic, cold-pressed precious rosehip extract to hydrate, nourish and regenerate dry or dull skin.
- Biodynamic Lymphatic Drainage face and neck treatment, chosen when puffiness or poor circulation is the main concern.

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Email us: info@skinessentialsbymariga.com

