



*Many things will catch your eye,
but only a few will catch your heart...
pursue those.*

Anonymous

INTRODUCTION

As the demands of being a holistic skincare specialist increase so does the client's knowledge and expectations of immediate results. At a time when high-technology cosmeceuticals are making procedures such as botox, chemical peels and dermabrasion increasingly mainstream, the client wants more than just traditional skincare.

However, although the barriers are being pushed further back, it seems paradoxical that holistic medicine is also enjoying an extraordinary renaissance.

This is the first edition of a comprehensive holistic skincare therapist handbook, which can be read from cover to cover or can be dipped into whenever the need occurs.

Either way, enjoy the aims of this book.

I hope to de-mystify the complexities and ambiguities of holistic medicine, and to encourage you to ask questions of yourselves and your clients that will lead to the safest, most effective and beneficial treatment for them.

You can also register for my quarterly newsletter by visiting www.purevisionuk.com where you are welcome to contribute ideas, comments and experiences, ask questions and debate the evolving world of the holistic skincare therapist.