

## **Healthy Aesthetics? What is that?**

Recently, I have become more and more concerned about all the chemicals that we all inhale, apply to our skin and ingest. It's hard to ignore since there are new issues being brought forward everyday.

I have always tried to be kind to the environment by recycling and refraining from buying bottled water, but I knew that I could do more...and learn more.

So, I started to research and learn. I was amazed at all of the healthier options available and easily accessible. With a little extra effort, I found (and continue to find) replacements that save money, save time, save our health and save our world...and, compromise nothing. And, I am excited to share them all with you.

I removed all conventional cleaners from my home (including room sprays). I changed my laundry soaps and then bounced my beloved dryer sheets...I was hooked!!! Easy, less expensive and it now seems ridiculous that I ever used those unnecessary toxics.

And then, my business! Chemicals! Chemicals! What could I do to make it healthier??? Again, research and testing brought fabulous, environmentally friendlier, safer and organic products to my attention. First I changed over my skin care line, then my nail products and a new, improved, healthier aesthetician emerged!

Now, I can confidently and enthusiastically provide you with great healthier services and I promise to continue to research and make them even better. I also look forward to sharing my new knowledge with you.

Here's to good health and healthy aesthetics.

Live Safely. Look great. See you soon.



**Iris Bocknek**

HEALTHY AESTHETICS