

# Dziao

SKIN CARE

Skin Wisdom



# Dzialo

SKIN CARE

Presents

## SKIN WISDOM

An educational and inspirational guide to the  
Dzialo Method of Skin Care

*I hope you will enjoy this booklet on the Dzialo Method of Skin Care. I encourage you to read with an open mind to a unique approach about how to achieve beautiful skin for all skin types and for all ages.*

*My father was a practicing Naturopath and owned a health food store in New Zealand in the 1950's - a man ahead of his time - and he taught me that the body knows how to heal and that "first do no harm". My mother taught me to love beauty in the world in all its forms.*

*From this base, I decided to approach skin care without the risk of using abrasive or burning products on the skin. I did not want the responsibility of potentially hurting someone's skin. Because of this choice, it took me many years to gain a deep understanding of how the skin functions and heals and to help people regain the natural power of healing that exists within everyone's skin. It is with a great sense of relief and peace that I present to you what I have learned.*

*Sharon Dzialo*

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# SKIN WISDOM

**T**HE DZIALO SKIN CARE PHILOSOPHY and method was developed by myself, Sharon Dzialo, a practicing aesthetician and President of European Facials by Dzialo since 1986.

After decades of personal research with loyal clientele, what became so profoundly truthful to me is that our skin can and wants to heal. This powerful reality revealed itself to me as I sought the answers to take advantage of the skin's natural healing abilities. Dzialo Skin Care was born out of this intention.

MY PRACTICE became focused on removing all sources of friction and heat in my skin care regimes. This focus set me onto a path of gentleness, cooling, and hydration. The results were astounding in their consistency to all who followed and were guided by these principles - regardless of skin type. This booklet will describe the steps required to help bring your skin back to the power of its natural healing capabilities and to capture them in your daily skin care practices.

The Dzialo Method of skin care is an EXPERIENCE OF CARING for your skin in a very natural way. The simplicity of the product line and its beautiful results encourage you to be consistent, and the results will naturally align you with your skin's wisdom.



# ANTICIPATE BEAUTIFUL CHANGES



## PEACE OF MIND

Surely, this is the GOAL - to feel at peace with oneself. Knowing that you can rely on your skin to renew and heal every day is so reassuring. Skin care should be nurturing, calming, and hydrating. It should be meditative, restoring and give you results that give you faith in your routine and that make you love your skin care products every day. Dzialo Skin Care is just that.

## NATURALLY SMOOTH SKIN

Dzialo Skin Care SOFTENS AND POLISHES the skin into a distinct smoothness. Using the Dzialo softening method there are no negative side effects as opposed to aggressive and potentially damaging methods such as scrubs, machines, or chemicals.



## **SOFTER LINES AND INCREASED ELASTICITY**

Elasticity increases dramatically as the tough top layers are replaced with healthy protective cells - simply soften and smooth with hydration. Lines will rebound and elasticity will be RESTORED.

## **CHANGING PORE SIZE**

In combination with professional extraction, Dzialo Skin Care and its Method calms the skin's sebum production and over time REDUCES pore size. The softening effect of the regime will gently smooth the unwanted tough layers surrounding the surface of the pores to create a healed and polished surface without eliciting unwanted redness, or irritation.

## **REDUCED REDNESS**

In my experience, redness in the skin is a strong indicator of inflammation due primarily to surface drying. Dzialo Skin Care enables the skin to heal the epidermis (the surface of your skin) back to strong HEALTH. When the epidermis is strong, you increase the protective barrier against the environment, climate and toxins. As the epidermis gets stronger, hydration increases and the redness goes down.

# SKIN SCIENCE

## YOUR SKIN AND THE BRAIN.

I am not a trained scientist but from what I understand, we cannot talk about the skin without talking about its neural connection to the brain. In my opinion to ignore the effects of the nerves, pain sensors, and receptors in the skin is impossible and leads to misdirected efforts to change the appearance of the skin.

My experience has lead me to the following conclusions. How you TOUCH your skin and the types of products you use on your skin creates neural messages that are sent through the skin to the brain and back. If you message to your skin with heat and friction, burning, rubbing, and drying, your brain will direct the functions of your skin to come to your defense. How long will it take for you to see redness in your skin if you rub it? Not long. Somehow we have lost the connection and AWARENESS that there is a PHYSICAL connection - response to the skin that is affected by how you touch it and what you do to it and that this will trigger a response to help maintain its equilibrium. This response is critical in protecting you from the environment and infection. Recent scientific studies have shown a strong correlation between physical neural pain messaging and acne.

## WHAT IS IN YOUR PORES?

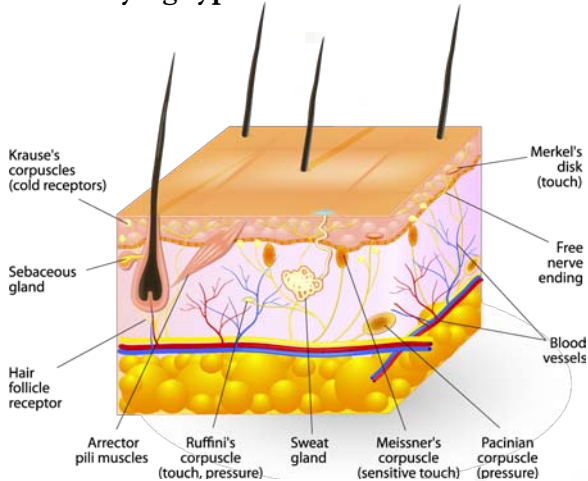
The lipid that the glands produce is a mixture of 12% oil, 25% wax, and the remainder is Triglycerides. This is called sebum. It is antibacterial, provides hydration and protects against friction. When the glands over produce sebum it can clog the pore as it attempts to travel up the pore and becomes mixed with the natural shedding of dead skin cells inside the pore. This mixture is NOT water soluble and therefore explains why cleansers have little or no effect in changing the size of the pores. In my experience, this over production of sebum is directly related as a response to friction, pain, and heat messaging in the skin.

## WHY IS THE HEAD OF THE PORE BLACK?

Not because it is dirty or from not washing your face, but because the cream colored sebum is exposed to the air and it oxidizes and turns it black. A WHITEHEAD, which is usually raised and protruding, is where the pore opening has been covered by a thin membrane of skin and therefore not exposed to the air and not turned black. FRICTION from rubbing the skin is what is forming this covering over the pores - I call it a callous. This callous makes it very difficult to extract. The brain reads the friction as potential weakening to the epidermis and it directs the skin's functions to protect - think of the callous on your feet.

# INSIDE YOUR SKIN

**In a square centimeter of skin you would find: 6 million cells, 5,000 receptors, 156 inches of neural fibers connecting to the brain, 39 inches of blood vessels, 15 sebaceous glands , 100 sweat glands. Notice varying types of touch sensors and receptors.**



**Your skin is the second most COMPLEX ORGAN next to your brain. If it were possible to record the neural activity of a brain, you would need 3/4 of the World's digital storage capacity.**

For human survival, we must be aware of all sensations on the skin - from the most delicate - such as a mosquito or spider landing on your skin to the most painful of sensations in order for the brain to react.

Through constant rubbing and burning we can become desensitized to the irritation we can be causing by using harsh skin care products. As you bring back the delicate neural awareness by being gentle with your skin, it changes the “ground zero” of what you consider irritating to your skin. Think of a nice hot bath that you would enjoy and how a child would scream if you put them in a bath of that temperature. Their nerves are on the alert and are not yet desensitized.

Rediscovering a more delicate level of awareness of sensitivity in your skin will actually bring you back to a normal level of sensitivity that you lost over time. Once you reestablish this awareness, it is highly unlikely that you would go back to the previous rubbing or burning because you will understand that it could change the appearance of your skin in a negative way.

The constant calming of your skin will create new neural pathways which, I believe, in turn helps enable your skin to take advantage of the powerful and restorative capabilities of the body.

# TRANSITIONING FROM YOUR CURRENT PRODUCTS TO DZIALO SKIN CARE

**T**his is the most important area of concern for **CREATING SUCCESS** in your new regime. Please follow these guidelines to help ensure a positive transition. We ask that you be patient with moving from your current products into Dzialo Skin Care - particularly with the cleansers. Experience has shown that by easing you out of your current cleanser over time and by gradually mixing in Dzialo Clara Cleanser will be absolutely essential for success. This cannot be overstated.

For those of you who do not live in Portland, I advise you to approach the transition by beginning with using your current cleanser, or by purchasing Cetaphil Gentle Skin Cleanser, and to use that cleanser alone for 1-2 weeks - but using my techniques. In most cases it is fine to use the Mira and Thermophile Creams from the beginning. Then proceed with transitioning your products as explained in steps 1-3. Eventually you will be able to use all of the Dzialo Skin Care products and you will love them.

1. Begin by mixing your current cleanser with Clara Cleanser at a proportion of 1/4 Clara Cleanser to 3/4 your current cleanser. Always use a 50 cent size total amount of cleanser.
2. If your current cleanser contains exfoliants or drying agents, such as glycolic acid, salicylic acid, retinol, or benzoyl, please do not use it. Instead, for the transition period of one month, purchase Cetaphil Gentle Skin Cleanser to mix with Dzialo Clara Cleanser.
3. Slowly change the proportions over a 4 week period by reducing the amount of your cleanser and increasing Clara, so that eventually all you are using is Clara Cleanser. (Contact us for any questions).

See additonal instruction on Clara Cleanser page 22.

See our video for demonstration at [www.dzialoskincare.com](http://www.dzialoskincare.com)

Feel free to contact me by phone 503 223 8901

We recommend that you try tinted creams in place of foundation and powder.





# GENERAL INSTRUCTIONS

**P**lease try and avoid getting your face wet in the shower. **WATER IS DRYING!!!** - and the sebum in your pores is not water soluble. Tilt your head back when you are washing your hair just like at the hair dressers. Always use Dzialo Skin Care at the sink when you get out of the shower, not before. Never take your products into the shower - the bottles are glass!!! Begin your regime with 5 - 10 cold compresses. (Always cold compress after exercise or when you have had too much sun). Always use cool water in conjunction with the Clara Cleanser. Never rub your skin. Watch the video for demonstration of how to be very gentle with your skin products. Add cool water as you are gently moving the products - NEVER rubbing your skin. This gentle movement becomes a softening and polishing of the surface of your skin. It COOLS, HYDRATES, and SMOOTHS. Apply Rosa Toner with a small cotton ball without rubbing and then pat on Mira Cream (Never rub in the creams). We recommend that you try adding a drop or two of Thermophile Cream to the Mira. At some point in the future you can try using Thermophile Cream on its own - It's amazing!

**Please Read Transitioning Your Products.**

# DZIALO SKIN CARE

-TRIAL / TRAVEL PACK	\$25.00 / \$40.00
-PURO CLEANSER (coming soon)	
-CLARA CLEANSER	\$28.00
-ROSA TONER	\$26.00
-MIRA CREAM	\$55.00
-THERMOPHILE CREAM	\$120.00 or \$43.00
-DZIALO BODY CREAM	\$34.00

All products can be purchased at [www.dzialoskincare.com](http://www.dzialoskincare.com)



# TRIAL PACK

**SIMPLY AMAZING – The Dzialo Skin Care Trial Pack kit includes four beautifully simple natural products for all skin types. Over time Dzialo Skin Care creates smoothness, refines pores and softens lines. Reclaims your naturally exquisite skin color. Simply, gently, and consistently.**

**Take advantage of the POWERFUL HEALING PROCESSES of the body that we all share. Whether it is dryness, sensitivity, or problem skin – With over 29 years of research, Dzialo Skin Care understands and capitalizes on the power within. So amazing and yet so simple.**

**DZIALO'S UNIQUE SOFTENING METHOD of smoothing and deep hydration naturally increases the protection of your skin. Dzialo Skin Care will help to strengthen your epidermal layers. Increase the protection of your skin from environment, moisture loss, sun, and time.**



- 1 Clara Cleanser @ 30ml/1 fl. oz.
- 1 Rosa Toner @ 30 ml/1 fl. oz.
- 1 Mira Cream @ 10ml/1/3 oz.
- 1 Thermophile Cream @ 5ml/1/6 oz.
- 1 Sea Silk Sponge.

# CLARA CLEANSER

Please also see General Instructions

**I**f you are new to Dzialo Skin Care we recommend that you initially mix the cleanser you are currently using with Clara Cleanser at a proportion of 1/4 your cleanser to 3/4 Clara. Over four to six weeks of time, gradually decrease your cleanser, and increase the amount of Clara Cleanser until all you are using is Clara Cleanser. Your patience will enable a SMOOTH TRANSITION.

1. COLD COMPRESS 5 to 10 times before you begin. Use the size of a 50 cent piece of product to work with, whether you are mixing or using Clara Cleanser alone. When all you are using is Clara, and you are using the full size bottle, pump the bottle 15 times to have enough cleanser. The opening of the pump is very small.

2. Gently pat on Clara and then add cool water with your fingertips. VERY IMPORTANT - We recommend you glide the product on your skin whilst constantly adding a little cool water. Avoid all friction – move the product; not your skin. Add cool water through the massage to keep the skin cool.

**Over time, you can increase the length of time of the massage for up to 2-4 minutes.**

**3. VERY GENTLY remove with the sea silk sponge. Have several sponges on hand so that you can let each sponge dry completely between uses. The sponges can be cleaned with soap.**



**4. Always follow with Rosa Toner. Fill a small cotton ball and gently move over your skin without any rubbing.**

**5. Gently pat on Mira and/or Thermophile Cream (never rub in the creams).**

**Clara is not designed to remove foundation - it will remove tinted creams. Our goal is to help you restore beautiful natural color to your skin so that you will find that a tinted cream will be all you will need to create a glow to your skin.**

Clara Cleanser is not designed to deeply “clean” your pores. I do not believe any cleanser can do that. Professional extraction will accomplish that. Sebum is not water soluble and sweat is 98% water and is not what clogs your pores. What Clara does do is multi-faceted and well worth your time.

1. As you move Clara across the skin with cool water, you are creating new neural pathways of cooling that reduce inflammation.
2. Over time the gentle gliding movement will polish the skin into smoothness.
3. Elasticity increases because of the reduction of hard skin at the surface. This enables the lines of the skin to rebound more easily which in turn keeps them softer and less visible. Think of an anenome or a jelly fish and how it moves in fluidity.
4. It creates a special time for you to mentally relax and be focused on just you. Not a time of self negate, but a time of appreciation of how your skin feels .

After using Clara for 4 weeks , try gently gliding Clara across the skin for 2 - 4 minutes whilst adding cool water.





Completely Hydrating without being filmy – washes away with cool water leaving the skin refreshed, calmed and soothed.

# ROSA TONER

**NEVER DRYING and easily absorbed for healing and calming. Rosa Toner is totally moisturizing and restorative.**

**Rosa Skin Toner is TOTALLY SUPPORTIVE. Your skin will be restored. Calming to sensitivities and dryness. Creates a soothed tissue that will respond to your kindness.**

**BENEFITS EVERY FOR SKIN TYPE. Your skin is your second most complicated organ next to your brain. Using Rosa Toner sends soothing messages through the nerve endings of your skin. Simple concepts producing a powerful result.**

**Use Rosa Toner after removing Clara Cleanser. Fill a small cotton ball with Rosa Toner and glide the cotton ball across your skin. Without dragging and never rubbing. Feel its GENTLE AND SOOTHING effects. Always follow with either Mira Cream - try adding drops of Thermophile Cream to Mira - or use Thermophile Cream alone.**



It is not necessary to remove Rosa. Do not let Rosa Toner air dry before applying Mira Cream and/or Thermophile Cream

# MIRA CREAM

**DZIALO SKIN CARE TECHNOLOGY has created a lightweight satiny Mira cream moisturizer that is unscented and loved by all skin types**

**Supporting NATURAL ANTI-AGING properties of the skin, Mira Cream Moisturizer is targeted to help bring back and protect your skin's natural moisture levels while softening lines, restoring normal hydration, and refining texture.**

**WHY WE MOISTURIZE. My primary reason for moisturizing is to protect the top layer of the skin which in turn creates the strongest epidermal layer. The stronger the epidermis, the more beautifully we age.**

**MIRA CREAM can be used alone, but please try adding drops of Thermophile Cream to it before applying. The Thermophile Cream will increase the protection factor and truly help prevent dryness.**



Always pat on Mira Cream – never rub  
the cream into your skin. Friction is to  
be avoided at all times.

# THERMOPHILE CREAM

**THERMOPHILE CREAM** is a clear liquid cream moisturizer for all skin types, all ages, and works equally well in all different climates. Completely unique in its abilities to protect against the environment and allow deep natural healing and hydration to occur.

**AN AMAZING BARRIER** is created on the skin's surface from enzymes extracted from thermophiles. This in turn strengthens your skin's ability to retain its own internal water content and health.

**Eliminates dryness and is TOTALLY COMPATIBLE** for every skin type, including acne. This moisturizing liquid can create a beautiful complexion of calm and smoothness.

**THERMOPHILES** are micro-organisms found in volcanic vents at the ocean floor and in geysers. Scientists have learned how to take advantage of their abilities to live in these extreme environments. This unique concept is that if they can survive in these extreme hot temperatures, then they will act as a barrier on your skin. Read more about Thermophiles at [Wikipedia](#).



CAN BE USED ALONE DAY AND NIGHT  
Fill the dropper half way and squeeze into  
your hand. Pat on.  
Can also be used with Mira by adding drops to Mira.

# DZIALO BODY CREAM

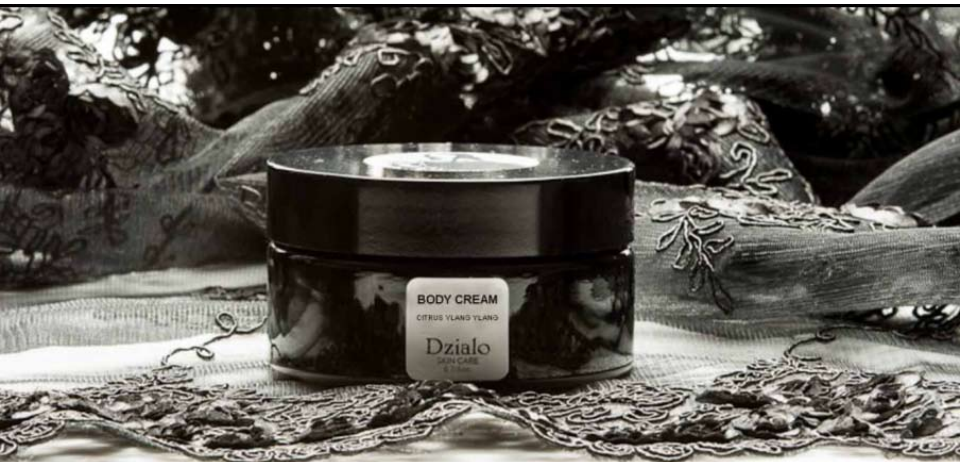
**DZIALO BODY CREAM TO DIE FOR!** Citrus blend with a hint of floral. Bergamot to recalling Italy and blending perfectly with Sweet Orange – vibrant, and light. Lemon – for light freshness. Ylang Ylang – stress relieving “flower of flowers”

**LUXURIOUS** Silky, vitamin-enriched cream that sinks deeply into your skin for rehydration and softness.

**NEVER STICKY** - Use as an all over body cream every day. Great for hands and feet as well. unique in its ability to be completely moisturizing without being sticky for an every day body ritual. With regular use, feel increased softness.

**A DELICIOUS BLEND** of pure essential oils of citrus and delicate floral aromas which entice, but are fleeting so as not to interfere with other scents you may wear.





Use as an all over body cream every day. Great for hands and feet as well.

# COMING SOON

## PURO CLEANSER

Scheduled to be released later in 2016.

**PURO CLEANSER will be a new addition to Dzialo Skin Care. It will be designed to act as a cleanser to be used to help new clients transition away from their current products into Dzialo Skin Care. It also will offer a cleanser that is designed to help remove foundation. Clara Cleanser will not do that. Clara Cleanser can remove tinted creams.**

**Puro Cleanser will have a drying factor that is necessary and very helpful in making the transition from your current products into Dzialo Skin Care. Because of main stream approaches to skin care, most cleansers have drying side effects which can disturb the health of the skin. Experience has taught me that I cannot quickly switch you from a drying cleanser into my completely hydrating Clara Cleanser. Therefore I have decided to create a cleanser that will be a TOOL to be used to help ease you out of drying routines into a hydrating one and for those who decide to remain on foundation.**



# INGREDIENTS

## Clara Cleanser Ingredients:

Aqua, Kosher Vegetable Glycerin, Emulsifying wax NF, Phenoxyethanol, Cocos nucifera (Coconut) Oil, Rosa mosqueta (Rosehip) Seed Oil, Simmondsia chinensis (jojoba) Oil, Xanthum Gum (Polysaccharide Gum), Tetrasodium EDTA, Citric Acid.

## Rosa Toner Ingredients:

Aqua, Rosa damascena (Rose Distillate), Kosher Vegetable Glycerin, Phenoxyethanol, Tetrasodium EDTA, Citric Acid.

## Mira Cream Ingredients:

Aqua, Hibiscus sp. (Hibiscus) Flower Extract, Cocos nucifera (Organic Coconut) Oil, Kosher Vegetable Glycerin, Rosa mosqueta (Rosehip) Seed Oil, Emulsifying Wax NF, Stearic Acid, Tocopherol (Vitamin E), Phenoxyethanol, Niacinamide (Vitamin B3) Beta Carotene (Pro Vitamin B5) Xanthan Gum (Polysaccharide Gum), Rosmarinus officinalis (Rosemary) Oleoresin, Azadirachta indica (Neem Oil), Tetrasodium EDTA, Citric Acid.

## Thermophile Cream Ingredients:

Dziao Skin Care has chosen to keep this formula extremely simple in order to allow full benefit of the Thermus ingredient. Kosher Vegetable Glycerin, Aqua, Thermus thermophilus ferment, Phenoxythanol, Tetrasodium EDTA.

## Dziao Body Cream Ingredients:

Aloe barbadensis (organic aloe vera juice), rosa damascena, kosher vegetable glycerin, cocos nucifera (organic coconut oil), emulsifying wax, stearic acid, tocopherol (vitamin F), phenoxyethanol, hibiscus sp. (hibiscus) flower extract, niacinamide (vitamin B3, dl-panthenol lpro-vitamin B5), beta carotene (pro-vitamin A), Ascorbyl palmitate (vitamin C ester, Xanthan gum, tetrasodium edta, citrus aurantium bergamia (bergamot essential oil), citrus sinensis (sweet orange) essential oil, citrus limonum (lemon) essential oil, Cananga odorata (ylang, ylang) essential oil.

## Puro Cleanser Ingredients:

This product will be developed sometime in 2016.



# UNDERSTANDING ACNE

**M**Y METHOD, my products, my very intention is to approach acne and clogged pores as a wound that can heal. In my experience this approach brings a different mentality to the treatment and care of acne for all ages and would minimize future skin problems for children and young adults. The following is what I have learned.

THE SOURCE of clogging in the skin originates with the sebaceous glands which reside in the middle layer of the skin called the Dermis. These glands are surrounded by Sebocyte cells that form lipids. The lipid is composed of a mixture of 12% oil, 25% wax, and the remainder is Triglycerides. Oil is very little of what comes from the glands. This lipid is technically called Sebum. Sebum is *not water soluble*.

Your glands are stimulated by neural messaging and hormone messaging. The sebocyte cells are covered in receptors to receive these messages. Recent research has shown that when clogged pores and infection are present there are large amounts of a neuropeptide messenger called Substance P. Substance P is highly associated with pain messaging. WHY is there an increase of pain messaging to the glands for people with acne?

I BELIEVE that this pain messaging is primarily occurring because of the daily friction, heat and irritation that occurs through the use of harsh skin care products and the rough methods by which we use all skin care products. These products are usually used because we are fundamentally unhappy with the appearance of our skin, and we are trying to force the skin to change.

MY EXPERIENCE has taught me that we must absolutely remove all those messages of pain from our skin care routines and begin creating new neural messages of complete gentleness, hydration, and cooling. It is called building new neural pathways. When you got to the gym and lift weights you are telling your brain to respond to pain. The brain is aware of the stress on the muscle and it responds by building a bigger muscle. We, however, do not want a more defensive response in our skin. Calm skin is beautiful - not agitated skin.

I advise my clients to never rub their skin with cleansers or creams. Move the product, not the skin. Cold compressing is critical for removing inflammation and the messages of pain. I encourage you to cold compress 5 to 10 times before washing, after exercise, and after sun. Simply fill a baby washcloth with cold water, wring out and hold against your face. It will warm quite quickly so repeat and repeat to cool the skin down.



Professional extraction is recommended to shrink the pores. Extraction does require some level of “push” to get it out and there can be swelling and/or irritation to the skin. Cleaning out excessive clogging requires patience, but eventually it can be cleared.

If you choose to have a lot of extraction done at each facial, then it is possible that because of the sensitivity of your skin, due to the extent of dryness and damage to your skin, there can be some breakout. If you decide to go more slowly with the extraction, there will be less breakout but it will require more facials to achieve the goal. Either approach is fine, but it is a personal decision as to how you want to proceed.

I have never seen exfoliation with scrubs, chemicals, or machines, and their inherently potential damaging side effects, be a solution for clearing out pores. This must be taken care of through facials. The manual extraction of clogged pores, in my experience, is the only way the pore size can change. This process of extraction should be the only part of SKIN CARE that can potentially cause irritation - “pain”.

I am consistently explaining this approach to clients with varying severity of acne. I ENCOURAGE YOU TO READ MY REVIEWS. I hope this knowledge will resonate with you as skin wisdom.

# HEALING INFECTIONS

**P**us in the skin is a SIGN of the body attempting to eliminate bacterial imbalance. It means that your immune system is at work and it is trying to get rid of the unwanted bacteria. White blood cells carry macrophages that go to the bacteria to destroy them and the pus is the toxic waste of that process. It is a sign of your body's immune system at work. But, of course, no one wants to see pus on their skin. As you follow the DZIALO METHOD and your skin starts to show signs of healing - less redness and dryness, you will begin to see infections decrease and heal more quickly. Regular facials with extraction will be extremely helpful in changing the severity of infections if you can find someone who will perform the facial without harsh exfoliants, rubbing, or steam.

We highly recommend CALMOSEPTINE as a wonderful product to use on infections. This barrier cream that is recommended for babies is available online or through your local pharmacy. This cream will help heal infections without scarring or damaging your skin. Apply with the end of a hair pin so as not to apply too much (it is pink and it will show). Pat off the excess, let dry, then use a spot concealer if you wish to hide it. Never try to wash off the Calmoseptine. It will naturally self-exfoliate off.

I UNDERSTAND anyone's desire to pick at infections, particularly when there is obvious pus showing - but ultimately it can lead to scarring. What to do? My advice is to use Calmoseptine as soon as you start to see or feel the inflammation beginning. Just use a small amount so that it will not show. Pat off excess and then let it dry and then you can very gently pat on a light application of concealer with a spot concealer brush. Treat each infection separately with this gentle protectant, rather than over treat your whole face with drying products.

COLD COMPRESSING is like a miracle for all skin problems as well as for aging well. Take a washcloth and get it wet with very cold water and then wring it out and hold it up to your face. This is such great SKIN THERAPY. Repeat and repeat. It is incredible for healing and reducing inflammation. I recommend this before washing, after exercise and sun.

If you have been on PRODUCTS that contain salicylic acid, glycolic, or benzoyl peroxide, there are going to be ups and downs with infection until your skin has regained its strength. Again patience is the key to restoring the beauty of your skin - beauty which I believe is your inalienable right. I am happy to consult with you by phone. I have assisted clients in other countries and across the United States.

# FACIALS



# DZIALO SKIN CARE FACIALS

My sister, Andrea, of Andrea's Facials, and I offer beautiful treatments for smaller pores, softer lines, and smoother skin.

1 1/4 Hours for every skin type.....\$90.00

Every facial includes hand and arm massage, cleansing and preparatory treatment for extraction (if desired), relaxing massage for smoothing and hydration, and finishing cream mask. (or upgrade to Collagen Fleeces)

Collagen Fleeces for maximum hydration and reduction of redness.

One collagen fleece.....Add \$20.00

Two collagen fleeces.....Add \$38.00

We can accommodate 2 people at the same time.

## READ REVIEWS

[YELP](#)

[GOOGLE PLUS](#)

[CITYSEARCH](#)

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# Dziao

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