

Seasonal Transformations Start from Within

Deborah Lee

Spring is a time for renewal—a time to recreate yourself. It's time to get out of old ruts, time to clean house for body, mind and soul, time to detox and purge oneself of old patterns and consciousness. It is a time for the body to wake up from the stillness of winter and be transformed. Here are some tips for spring.

Skin Transformations

Time to slough off that old dead skin of winter with a good natural exfoliator. Whether it be store bought (organic preferred) or from your own kitchen. If you have not tried items for your own kitchen now is the time to start. See below the recipe.

Body Transformations

Now is the time to invigorate and move the blood, that leftover stagnant chi that has a tendency to accumulate over the winter season in pounds of toxins. Most people love walking and hiking in Montana and that will help your breathing, fresh air, fresh chi in your lungs, flushing out the old stagnant air that needs to go, bringing in that fresh mountain air heavenly chi. Next is physical bodywork of massage, acupressure or Acupuncture. This will move the chi and blood in a very physical way moving the lymph as well and getting that electrical current of meridians stimulated so the body can begin to work at its optimum in releasing the old tox-



ins from the body. (See also the kelp-and-salt bath, following.)

Diet Transformation

Have lemon and warm water first thing in the morning to flush out toxins. Eat light, clean, white meats and fish as your protein, legumes and light grains such as quinoa and millet, and most of all, lots of fresh greens, dark and light. Bottom line is to eat light so the liver has the energy to detox.

Hair Transformation

Remember the health of the hair its lustier and shine have a lot to do with the health of the body.

Making sure to take essential fatty acids will help both the health of the hair as well as the health of your skin. Protective products like Argon Oil will keep the hair shiny from the outside cuticle.

Have fun with these recipes for your spring transformation and renewal for face, body and hair, and your overall health—seeking transformation first from within. ■

Deborah Lee is a Licensed Cosmetologist and Holistic Health Practitioner in the Asian Healing Arts. **FREE one-time 15-minute consultation at either her hair salon or face & body salon. Call 209-5516 for an appointment or more info on her services.**

Soothing Oatmeal Scrub

- 1 tbs. ground oatmeal
- 1/4th tsp. salt (optional)
- 1 tsp. water or olive oil

Mix into paste.

Gently rub it onto your skin in a circular motion.

Let it sit for 5 or 10 minutes.

Rinse.



Bath for Invigorating Thyroid and Liver

- 1 cup kelp seaweed powder
- 1 cup Epsom salt
- 1 cup sea salt
- 5-to-10 drops of each pure organic essential oil or pick a few of the following:
Rosemary, Eucalyptus, Basil,
Clary Sage, Sage, Juniper,
Orange Citrus

Add to bath and soak for 20 minutes...Enjoy!!



Sunday, May 5th • 1 to 3 pm

with **Deborah Lee**, Licensed Cosmetologist Aesthetician and Practitioner in the Asian Healing Arts at HILL BOTANICAL • 438 E. Mendenhall • BOZEMAN

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