

THE ULTIMATE HOLISTIC BEAUTY CHECKLIST

Mark these off one-by-one and you'll have the whole picture for authentic beauty, attractiveness and radiance. Post it and come back to it often



- ☐ Realize that your skin is an organ—not a piece of material. In fact it as much vital energy as it is vital matter.
- ☐ Strive to live in harmony with the energy of each season such as according to the concepts of energy medicine and traditional Chinese Medicine, in particular. You can learn more about this at primary site, phyto5.us. Our blog posts are rich with information on the seasons and elements.
- ☐ Regularly practice physical exercise you enjoy so you can eliminate toxins and stimulate circulation as you increase your endorphins—a stress reducer.
- ☐ Eat foods that nourish and feed your body and soul. Become aware of what is best for your body type.
- ☐ See and know yourself as beautiful. Invoke emotionally charged affirmations accordingly every day.
- ☐ Take time out daily to quiet your mind, listening instead of engaging.
- ☐ Reach for a prevailing mental attitude of kindness, appreciation and joy.
- ☐ Accept what you cannot control; change what you can.

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“Well-being is a state of harmony. It requires anawakening in consciousness. It needs to be built upon. It is personal and it unfolds throughout our lives.”

–Jean Daniel Bartl, PHYTO5 CEO



- ☐ Surround your life with a holistic envelope. Find every way you can to live a holistic life through food choices, skincare choices, home and office feng shui, personal enrichment, spiritual practices, etc.
- ☐ Soak often in a sea salt or algae bath as it nourishes and rinses away old negative emotions. Cleanse your auric field of EMFs (electromagnetic frequencies) both externally and internally.
- ☐ Cleanse, and hydrate your skin, but don't over exfoliate. Use skincare products that nourish by providing minerals and antioxidants and which follow the laws of nature.
- ☐ Stay away from overly invasive products and treatments that do not respect your skin as the vital organ it is.
- ☐ Provide your skin and body with nourishing and balancing vital energy from nature such as with the blends of essential oils found in [Ageless La Cure by PHYTO5](#) and/or the [PHYTO5 energetic skincare line](#) of quantum energetic skincare.

For retail consumers 1-888-715-8008

phyto5.us agelesslacure.com

For skincare professionals 1-888-715-8008

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