

Why

## Why Choose an Associated Skin Care Professionals Practitioner?

Your skin care treatments should be provided by a properly trained professional. Don't hesitate to ask your skin care therapist about his or her background, training, and experience—especially as it relates to the treatment you are considering.

As a member of ASCP, your skin care professional's state licensing credentials and/or core training have been verified. ASCP members follow a code of ethics, ensuring you're treated responsibly, confidentially, and with



utmost respect. As a member, your skin care professional has comprehensive information on changing trends and treatments at his or her fingertips, so you'll be receiving the most up-to-date care.

Compliments of:

Affordable Spa

2926 W. Marshall St, Suite B

Richmond, VA 23230

804.525.4038

fax: 804.525.4134

Affordable2012@gmail.com

www.AffordableSpaServices.com



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MEMBER



Associated  
Skin Care  
Professionals

Organic  
Skin  
Care



## What

### **What is Organic Skin Care?**

There is no single definition, though many of us have an intuitive idea the less alteration there has been to natural substances we put on our skin, the safer they are. At least 10 organizations in the United States and Europe are working to define *organic*, as it applies to personal care products. The discussion is sure to go on for some time. An estimated 80 percent of products being marketed in the United States as *organic* or *natural* do not meet existing criteria under the law. Your skin care professional is your best resource for what ingredients, organic or otherwise, are good for your skin.



## Who

### **Who Can Benefit From Organic Skin Care?**

Anyone who prefers the organic approach and understands its advantages and limitations can benefit from this care. There's ample creativity in the skin care world and your esthetician is able to

choose from many innovative treatments. There are many natural substances that can exfoliate, cleanse, hydrate, soothe, protect, and beautify your skin.

## How

### **How Should I Prepare for My Organic Skin Care Treatment?**

Be ready to fill out a medical questionnaire and describe what medications and skin care products you are using. It's essential you tell your licensed skin care therapist of any food or topical allergies you have, especially seafood or iodine allergies. Your therapist will do an analysis of your skin, look for any interactions between products and medications, and devise a treatment plan that's suitable for your skin type and condition. If possible, come to your appointment without anything on your skin; otherwise your skin care professional will cleanse your skin. You may be getting a facial or wrap strictly for the enjoyment and afterglow, or you may have specific treatment goals for your skin's health and appearance. Your skin care plan may include a series of treatments.

## What

### **What Should I Expect From My Organic Skin Care Treatment?**

Depending on your goals and the treatments your skin care professional recommends, you may undergo a facial that includes several phases, such as cleansing, exfoliation,

conditioning, soothing, and protecting. If you are getting a body treatment, you may choose from a variety of wraps, such as salt glows or mud treatments. You may experience aromatherapy with essential oils from the natural world. These are proven to have distinct properties that influence mood.

## What

### **What About Home Care?**

Your esthetician can provide the best guidance on caring for your skin after a treatment. He or she may have products available for your use, or may recommend skin care recipes you can whip up right in your kitchen.

