

THIRD DRAFT  
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## **SKIN SENSE WELLNESS CENTER ADDS HOLISTIC HEALING COMBINING REIKI and CLINICAL AROMATHERAPY**

***Free 20-Minute Introductory Consultations Offered {Until Aug 08}***

(LOS ANGELES) -- Skin Sense Wellness Center, renowned for its European techniques, has long incorporated aromatherapy, as well as acupressure, into many of its customized skin care, facial and body treatments. Now, it has added holistic healing services, combining Reiki (a Japanese system of energy healing and renewal through gentle touch) and clinical aromatherapy, with the arrival of Nicola Salter, a Reiki Level 3 instructor and professionally trained clinical aromatherapist and educator.

“Nicola takes skin care one step further by giving our clients the opportunity to tap into their body’s own healing potential, relax the mind and encourage greater clarity and a shift in how they handle daily stresses,” says Marion Simms, owner of Skin Sense Wellness Spa.

Each Reiki treatment involves an energy session, which Salter likens to acupuncture without the needles, as she uses gentle touch techniques to rebalance the body’s energy meridians and clear energy blocks, and incorporates a customized essential oil blend based on each client’s physical and emotional needs.

“The essential oils help to accelerate the process and have true therapeutic qualities,” says Salter. “The scent of the oils release neuro-chemicals that have a direct effect on the nervous system. Different oils are used for different needs and goals. For example, bergamot helps to lift people’s moods without making them groggy or tired.”

During Salter’s sessions a healing may occur concerning a physical health issue or an emotional issue. She gives feedback and guidance after each session, as well as vial of the customized oil blend for use at home to support and maintain the progress made in the session.

For example, if a client suffers from migraines, a blend of lavender and peppermint is used in treatment. Salter emphasizes that amounts and ratio are important when blending the oils, as is extensive knowledge. Peppermint raises blood pressure, so it should be used carefully, and never with pregnant women, Salter advises. She is well-versed in the therapeutic usage and health applications of over 200 essential oils.

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## SKIN SENSE/REIKI

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Both Salter and Simms hail from England, where clinical aromatherapy has long been a part of standard medical practice. In addition to stress management and emotional well-being, Salter has used her techniques for pain management in arthritis, fibromyalgia, HIV and cancer patients (including at St. Johns Hospital in Santa Monica); sleep management; and pregnancy issues. Reiki (also known as Biofield Therapeutics), too, has a reputation for efficacy in helping virtually every known illness and malady. It also works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

Salter is currently offering a free, 20-minute consultation {until \_Aug 08) to introduce her service and techniques to potential new clients. To make an appointment, call Skin Sense Wellness Spa at 323/653-4701, located at 8448 West Third Street, Los Angeles – two blocks east of the Beverly Center.

*Over the past 25 years, Skin Sense Wellness Spa has evolved from a full-service salon to a wellness center where all treatments and products are customized to provide the best in results, relaxation and stress management. Owner Marion Simms is a renowned skin care expert and educator in Europe, South Africa and the U.S. Simms' clientele benefit from her strong commitment to educating herself and her staff on the ever-changing innovations, therapies and protocol, and from her resolve to getting results.*