



hello.
I beautified

Living like a Down to Earth Beauty will look different for each one of us, but one thing to know for sure, being a Down to Earth Beauty should be a positively fulfilling experience! It is not about living "perfectly", but about living consciously.

A Down to Earth Beauty knows that beauty is so much more than the physical body. She radiates authentic beauty by approaching all of her decisions with Health+ Self Love. She follows holistic skincare and beauty practices that balance the mind, body & soul. This balance reflects in the health of her skin.

I want to share with you what I have been doing to practice holistic skincare and my personal approach to creating mind, body & soul balance. This balance has allowed me to awaken my own authentic beauty. Do I practice all of these things perfectly? No way! Is this a major work in progress? Always! Bottom line is that I have to work at finding this balance every single day, and some days are harder than others.

So how did I get to this point? Let me back up by saying that I consider myself an expert in beauty practices for the physical body, as it has been my career for over 20 years. I've worked at a full-service day spa and in a medical spa, and have always struggled with the concept of beauty. Naturally, working in this environment we spoke in great length about perfecting physical beauty. While I certainly enjoy discussing that aspect of beauty, I wanted to dig deeper into what beauty meant to me. I always felt that something seemed to be missing. Whether it was missing from myself; my day-to-day life; or my career, I wasn't entirely sure...but I knew authentic beauty was more than the physical body. I knew it had to do with the mind, body & soul connection. Ultimately, I was at a turning point and I had no choice but to make a decision. That's when I decided that I wanted my life choices to be based on two key elements; Health + Self Love. When I nourished my mind & soul with decisions that reflected Health + Self Love and caring for the physical body, I awakened my authentic beauty.

Everything I offer at DTE Beauty is what keeps me in balance. DTE beauty is, and always will be, a reflection of my wellness journey. This philosophy and lifestyle is coming from my heart and I hope it speaks to yours. It is my passion to connect with you. I would love to be a guide and resource to your holistic skincare and beauty practices, and provide another outlet to express and Awaken Your Authentic Beauty. Take advantage of the special offer on this page and come visit me at my studio. I would love to meet you, and hear how you are living like a Down to Earth Beauty. What have you committed to? Let's share with one another and inspire each other...Let's grow together.

Here is what I have been faithfully practicing for some time now, and WOW has it changed my life. In future blogs, I'll be expanding on these things and getting more personal about how these practices became part of my life, the many blessings they've brought, and why I am so passionate about them. But for now, my guide below just briefly touches upon 11 practices for living as a Down to Earth Beauty. I hope it helps you to get to know me a bit better! So, here we go...

I have committed to living as a Down to Earth Beauty and to making the mind, body and soul connection through:



It is critical for me to step back from all of the noise in life to reset and recharge. When I'm feeling overwhelmed from this noise I feel like I literally cannot hear myself or feel my true feelings. I am a highly sensitive person and an energetic sponge and take on everything in my environment, which effects me at every level. For anyone one who really knows me, you know that I won't think twice about stepping back from my phone, FB, or social engagements. Solitude has become essential to my health. When I am alone I can really focus on what I need to connect with my true self...my higher self. Stepping back and making alone time a priority gives me clarity and allows for reflection and making choices from the heart.



This has been a game changer for me, and is something I practice as much as possible. It is another way for me to reset and recharge and a lovely addition to my periods of solitude. Quiet and stillness is a direct path to my higher self and allows me to quickly tap into that inner wisdom and intuition that is always there when the noise in life makes it to difficult to hear. Meditating is a work in progress for me but I am blown away by my experiences so far.



JOURNAL WRITING & INTENTIONS

My head is busy and buzzing all the time with thoughts and ideas and I find it to be quite overwhelming. To gain some sense of order and to capture the essence of my inspiration, I began journaling. And in order to take action on making these inspiring thoughts and ideas a reality, I began writing down my intentions. Intentions are very powerful and are the basis of all energy work, and writing them down in a journal makes them crystal clear in my mind and magnifies their power. Because I use energy work in ALL areas of my life, I place great emphasis on the setting of intentions to help me visualize what I want and guide me in how to get there.



LEAD WITH LOVE

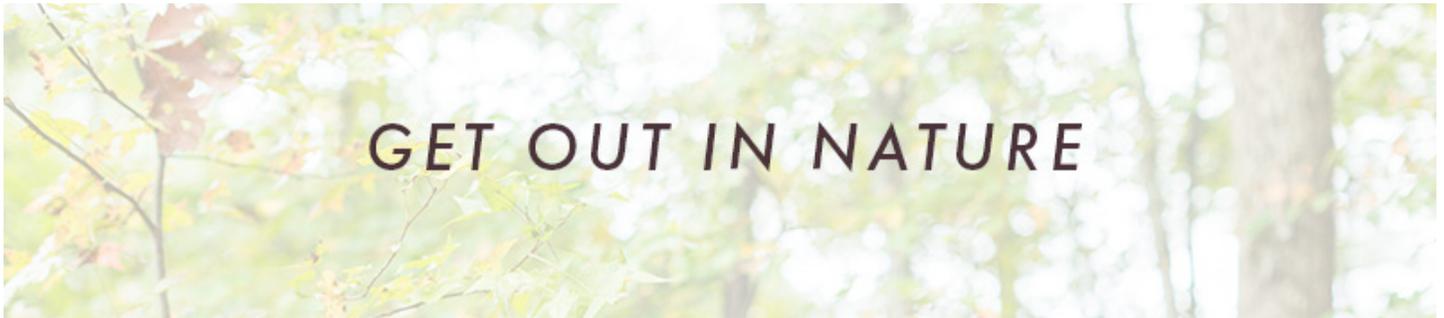
By listening to my intuition and basing my decisions on love and not fear, I have been feeding my soul and getting closer to what I truly desire. It is amazing how this mindset has attracted positive opportunities and experiences into my life!



GRATITUDE

It is a noun that is defined as the quality of being grateful and thankful. However, I like to think of this word as a verb because it is something that I have to act upon and practice. I began actively practicing gratitude when I started my journaling. It was an easy topic for me to write about when I was feeling stuck or intimidated about choosing what to journal about. Although I would like to say I am a generally grateful person, my tendency to worry can move my thoughts in the opposite direction. I was really surprised at how expressing my gratitude

through writing allowed me to feel gratitude more fully. Gratitude now fills my days consistently and sometimes overwhelmingly (even when my days are not perfect) and has replaced the momentary bursts of gratitude I felt in the past.....and I feel grateful for that.



With the purchase of a new camper, the family and I have been in some great areas to enjoy exercising outside in nature. Increased blood flow from exercising will bring more oxygen and nutrition to the surface of the skin keeping your skin cells vital, and will give you that beautiful post-workout afterglow. Hiking through the woods is my favorite way to get an afterglow and is truly a mind, body & soul experience for me.



For me, beauty rituals are really just an adjustment in my attitude and perspective towards my standard beauty routine. I take my ordinary grooming and self-care routines and add consciousness and awareness to the process from a place of Self Love. I don't get caught up in thinking of my self-care as a chore, or an expense, but rather a relaxing and enjoyable experience that is essential for my health. I have some more involved beauty rituals, but I am going to share this very simple example to show how easy it can be: I always do my face cleansing and let a mask set while I am supervising my boys as they are preparing for bed. When they are in bed for the night, I finish this ritual by completely enjoying a warm washcloth for removing the mask and consciously applying my serums and moisturizer. Part of this ritual has to do with understanding my product. I know why I am using it, what is in it, and how it will benefit me. I also experience my products by enjoying the scent and texture. I think of all of this as I am using it while adding in a bit of extra massage. Beauty rituals keep me consistent on following through with beneficial self-care practices. Cleansing and masking is my favorite beauty ritual.



BEAUTY SLEEP

Yes, it's a real thing! When you sleep, your skin repairs, restores and rebalances. A good nighttime beauty ritual will enhance this natural repair process. There is nothing pretty about not getting enough sleep; I am a night owl... I know! When I struggle with getting quality sleep I experience a dull, fatigued complexion. I guess that is why I am so in love with my masking beauty ritual as it brings back my radiance and makes me look fresh-faced again.



MANAGE STRESS

Stress causes the cortisol and androgen hormones to become overactive. These two hormones stimulate oil glands and increase inflammation in the body. This probably explains why my skin breaks out when I am stressed. I know that during these times it is important for me to be extra diligent about my skin care and facials. And this is definitely when my masking beauty ritual goes into full effect! I also have to be conscious about calming my nerves and allowing myself to take a break without feeling guilty. One of my favorite stress relievers is using my knowledge of Reiki for self-healing and balancing. With that said, although I am a Reiki Master and esthetician with the ability to care for myself, I still make time to receive treatments by other practitioners. Nothing can replace having another person care for you. The stress relief that results from lying on the treatment table cannot be underestimated and is a highly important aspect of the services offered at Down to Earth Beauty.

I also love spending time with my crystals and gemstones. Yes, you read that right.... I love hangin' with my rocks. I have loved gemstones for many years and always enjoyed the beauty of my small collection. Over the years I have taken numerous classes about their effects on balancing our energy systems and also the health benefits of what they offer to our skin. But it was after my 1st Reiki attunement that they became a daily part of my life and my once small collection has grown significantly. The metaphysical properties of these gemstones are **MAJOR STRESS RELIEVERS!** And I am majorly obsessed with these treasures from the earth! They feel amazing to hold and are just beautiful to look at. What's not to love?! And as quickly as my energy can be affected by a negative encounter, the positive energy from gemstones can balance it. The process of caring for crystals and gemstones is incredibly peaceful to me. I love setting intentions for my stones and energetically charging them with Reiki. I enhance this process by following the lunar cycles and using the energy of the moon as well as

the sun. This twice-a-month ritual is something I truly look forward to and is simply magical! Nowadays I keep gemstones with me everywhere. They are in my pockets {and my bra...lol!}, in my purse and under my pillow. I wear them as jewelry and I love to hold them when I am driving. Using gemstones also supports my intentions and enhances my Reiki energy work. This has been a wonderful way for me to stay conscious of my stress levels. Even my boys (hubby included) are realizing the calming effects that these gemstones offer. We have shared some great moonlit conversations that were the result of them wanting to understand and share in the process of caring for the stones. Kids love rocks and it is only natural they are interested- they have even started their own collection of gemstones. Working with gemstones is now a dream come true for me and I have incorporated them into my skin studio for you to enjoy and to enhance your skin therapy session!



NUTRITION

Many skin issues are a result of built-up toxins in the system and non-optimal gut health. Clear skin starts with a healthy gut! After some extensive blood work at the endocrinologist it was suggested that I remove gluten, soy and dairy from my diet and to take supplements. Cleaning up my diet and improving my digestion definitely has improved my personal skin conditions. Also, I really focus on eating those good fats! Omega 3's aid in building your natural oil barriers that will keep the skin hydrated, plump and glowing. I have been working with a holistic health coach and I will be blogging and updating all of you beauties coming up, so stay tuned!



CLEAN SKIN CARE

What we put on our bodies is just as important as what we put in our bodies. Our skin is our largest organ, but it's also the last place to receive nutrients from the food we eat. This is why topical nutrition from skincare products is so highly beneficial. Just like eating clean and highly nutritional food will build a beautiful, healthy body, clean and highly nutritional skincare will build a beautiful, healthy complexion.

Holistic skincare and beauty is about balancing my mind, body & soul through decisions and practices that reflect Health + Self Love. This is the path I have chosen on my wellness journey, and what has awakened my authentic beauty. I think of these practices as a special gift to myself. When I am balanced, I am happy and healthy, which will always radiate my Down to Earth Beauty.

Let's explore this path together!