



natural hair care specialists

beauty without risk

we use only safe eco-friendly
chemical-free & organic
hair & beauty products

custom wigs & hair loss solutions

pure beauty ...

inside and out

transitions  studio

health • beauty • naturally

Weekly holistic events--see our calendar on-line

transitionstudio.ca 905-937-1623
244 grantham ave st catharines

NATURAL BEAUTY & ANTI-AGING

Loss of skin elasticity, tone and smoothness can be delayed or even reversed with an holistic approach to skin care that includes a healthy diet, balanced lifestyle, and use of natural products. Holistic skin care naturally detoxifies and rejuvenates your skin. Most beauty products contain synthetic fragrances, chemicals, dyes, and heavy metals that can trigger allergic reactions, age your skin, and cause a wide range of health problems including cancer and hormone disruption. They also wash down your drain to contaminate our environment and drinking water. Natural beauty products feel great, are safer for you AND the environment, and cause less allergic reactions. Often, they are more effective, too! ~

*Allowing intimacy, openness
and vulnerability is essential
to relationships.*

*Let yourself be touched.
Listen to the truth of others.
Help their needs be met.*

*Slow down.
Allow time for words to get
from your brain to your
heart*

*see also Aromatherapy, Lymph Massage,
Specialized Massage, Weight Loss, Vitality*

NOTL Natural Health Clinic Virgil 905-468-9041
Ask about our Healthy Aging program for beauty that
starts on the inside! *see ad page 11*

Providence Place Health & Wellness Ft Erie
Weight Loss & Anti-Aging packages *see ad fr cover*



Esthetic Services

Facials Microdermabrasion Ultrasound Facials
Manicures Pedicures Waxing Body Wraps
Hot Stone Massage Thai Stem Massage Relaxation Massage

Essence Esthetic Studio

Rosalyn Young Certified Esthetician
by appt 905-371-1129 3048 Olden Ave Niagara Falls
www.essenceesthetic.com