

and Psoriasis. She says most skin that is prone to acne is sensitive, so she is careful to use blends that will not aggravate the problem skin.

A bride, especially, should begin detoxifying treatments a few months ahead of her big day. "Nature takes time" when it comes to problem skin, says Smith, and she prefers to treat the whole body from the inside out with aromatherapy treatments. The organic facial would be one of the treatments she would use to help an individual with problem skin.

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A therapeutic massage coupled with aromatherapy can also help relieve stress, as well as alleviate those aches and pains.

Laura Phillips, an independent licensed massage therapist in the Golden Isles for the last six years, says that people benefit from a massage because it increases blood flow to the troubled areas and "helps move lactic acid and calcium deposits back through your body." She says it helps



the circulatory and lymphatic system because it's "pushing some really good blood to your heart."

One of Dai's therapy treatments involves reflexology, a system of massaging specific areas of the foot or sometimes the hand in order to promote

healing and relieve stress in other parts of the body. Dai, who's been training in reflexology since he was a child and has been licensed for the last 10 years, says that he loves the method and it's one of his favorite therapies.

Working with the pressure points in the feet not only relaxes the body but, he says, can even heal. Since each point in the foot affects another part of the body, the points in the foot can be massaged to help alleviate pain such as a headache or back pain. Dai can pinpoint the problem areas of the body by the tightness and tenderness in the foot so that he knows what areas may need the most work.

While Dai says there are lifelong benefits to reflexology therapy, he cautions that you need to know what you are doing and leave the therapy treatment to a professional. As a precaution, always check with your doctor when undergoing new treatments, especially if you are pregnant or suffering from ailments.

For a resource on reflexology, Dai recommends "Feet First: A Guide to

Get In Shape For Your Big Day!



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