



The mission of the AHSCP is to:

- ❖ Highlight the latest research on natural ingredients.
- ❖ Provide information about non-invasive methods for corrective, anti-aging and anti-inflammatory skin care treatments.
- ❖ Offer demonstrations of European and Eastern methods for individualized skin care protocols.
- ❖ Provide holistic skin care certification and continuing education for aestheticians.
- ❖ Offer networking opportunities with holistic practitioners.
- ❖ Support holistic health and skincare research.
- ❖ Show that a non-invasive approach to skincare is an effective long term solution for healthy, beautiful skin.

Interested in becoming a Member of the AHSCP? Check out our website.

Phone: 269.384.9080

Fax: 269.384.2170

219 S. Westnedge
Kalamazoo, MI 49007

www.holisticskincarepractitioners.org



H2o Mission Statement

The objective of the Holistic Healers Organization is to reach out to all practitioners of the healing arts and related disciplines by providing a forum for networking. This forum will allow us to interact with each other and through communication and education, enhance our understanding of how we each contribute to the common goal of promoting the well-being of humans and their environment.

**East Coast Conference
Holistic Health & Beauty
Conference 2012**



Keeley's Mobile Spa

Elina
Organics

Fredericksburg, Virginia

WINGATE
BY WYNDHAM

**Presentations & Workshops
Sunday, June 10th**

9:30 am Introduction

9:45-10:30 Steve Chen, Acupressurist, Natural Therapy

Tuina Acupressure Techniques

Pressure Point Tuina is a unique manual healing method based on centuries of old Chinese medicine principles. It is used to bring health and well-being to the whole body. This workshop will discuss a system of whole-body treatment that uses Qi points and special techniques to stimulate the body's innate healing ability.

10:30-10:45 am Break

10:45-11:30 am Elina Fedotova, CEO of Elina Organics, Cosmetic Chemist, Aesthetician, & AHSCP President

Non-invasive Corrective Skincare Procedures

This workshop will demonstrate safe and effective anti-aging techniques such as non-invasive facial lifting and double chin reduction.

Break 11:30-11:45 am

11:45-12:30 pm Cheryl Shotwell, Owner, Feng Shui Solutions

Feng Shui Your Life

Feng Shui theory tells us that the ways things are arranged in our environment can influence the success or failure of our fortunes, health, and relationships. Learn simple and inexpensive ways to improve your surroundings to enhance overall health and well-being using the principles of Feng Shui.

12:30-1:30 pm Lunch

1:30-2:15 Marie Johnson, Certified Body Talk Practitioner and Energy Healer, Inner Health Live

Can Emotions Affect Your Health? Explore the Body Clock and how emotions relate to body wellness.

2:15-2:30 Break

**2:30-3:15 Donna Hetrick, C.C.N., F.T., Lifestyle Fitness and Nutrition
It's All About The Food Dude**

This workshop will discuss the metabolic quality of food and how to make the best possible food choices without spending enormous amounts of time or money. Eating the right foods can reduce inflammation, oxidation, and stress on the body resulting in improved health and younger looking skin.

3:15-3:30 Break

**3:45-4:15 Dr. Yvonne Villarreal, M.D., Embracing Health
Integrated Medicine**

What is Integrated Medicine and how can you benefit from it? This workshop will involve a discussion on the changing paradigm in medicine today and tapping into our own healing powers.

4:15-4:30 Break

**4:30-5:00 Marcia Grimsley, B.A., M.S., Professional Life Coach
Living More Peacefully in a Chaotic World**
Imagine living your life with less chaos, more harmonious relationships, and peace of mind and body. Learn how to create the optimum life you want and deserve. In this workshop, Marcia teaches you how to empower your thoughts and take charge of your stress and your life.

**PRESENTATIONS & WORKSHOPS
Monday, June 11th**

9:00-10:15 am Elina Fedotova & Keeley Bruce, CEO of Keeley's Mobile Spa Services, C.N.H.P., M.A.

Demonstration of Professional Skin Care Procedures

Creating customized treatments and personalized skincare regimens for specific skin complexions. Demonstrations will focus on addressing hyperpigmentation, rosacea, acne, distended capillaries, and millia.

10:15-10:30 Break

10:30-11:15 Eva Morgan, Certified Thai Massage Practitioner, Thai Yoga Massage and Spa

Demonstration of Thai Yoga Massage

Learn about Thai Yoga Massage techniques, and find out how you and your clients can benefit from them!

11:15-11:30 Break

**11:30-12:00 pm Donna Boyle, CYT
Guided Meditation**

Reduce stress, boost energy, and create clarity with Metta (loving-kindness) meditation.