

## What is it?

A 5-Element facial is a health-giving treatment. It is based on acupuncture, meridians and reflex points. The 5 elements are wood, earth, fire, water and metal. They relate to specific organs. This treatment along with the Phyto 5 products will affect them on an energetic level bringing balance to the skin. The 5-Element theory has been long understood in traditional Chinese medicine.

### Your 5-Element Facial:

Each treatment takes about 90 minutes and includes:

- Lymphatic drainage using the revolutionary new Biorhythmic Drainer©
- Eye Treatment
- Facial Massage using Hot Stones and Essential Oils.
- Foot Massage using Hot Stones
- Clay Mask
- Arm and Hand Massage
- Organic, Essential Oil-based products from Switzerland

## Benefits

A **5-Element Facial** is cost effective, non-invasive, relaxing and enjoyable. It minimizes fine lines, plumps the skin, reduces puffiness around the eyes, detoxifies the skin for better circulation, and imparts a natural, healthy glow to your appearance.

*Each Clay Mask is tailored to a person's individual skin type and needs, based on the 5 Elements of traditional Chinese medicine and their organic counterparts.*

1. **Wood** - gall bladder and liver: for oily skin, blackheads, and hyper-pigmentation.
2. **Fire** – heart and small intestine: for red, blotchy, acnaic skin.
3. **Earth** – stomach and spleen: for acne, toxicity, and generally large pores.
4. **Metal** – lung and large intestine: for dull skin, demineralized skin, and fine lines.
5. **Water** – kidney and bladder: for loss of tone, deep dehydration, and wrinkles.



*The price of a 5-Element facial is \$90.*

**A**fter reading this brochure you may want to book an appointment right away. If you have questions, please contact us and we will be happy to discuss our treatments and your personal needs.

To make your appointment, contact

**Mackie Forziati**  
**Licensed Cosmetologist**  
**Licensed Massage Therapist**  
**Certified Fitness Professional**

**(Tel) 781-520-1350**

- ✓ Prepare to have 90 min of “pamper time”
- ✓ Ask for directions if needed
- ✓ We do not accept credit cards. Cash and personal checks only.
- ✓ Please call if you are unable to keep your appointment.
- ✓ Thank you for your business.

## **Mackie Forziati**

**Licensed Cosmetologist  
Licensed Massage Therapist  
Certified Fitness Professional**

Mackie has been a cosmetologist for 22 years and worked in a Boston Newbury St. Salon for 15 years. Her clientele has included many well-known names in media from our area.

Mackie's creative talents come from her passion to help people bring forth their inner beauty so that it can be seen at a glance. Growing up, she had her own struggles balancing her physical health with realistic goals, and she became aware of just how important exercise, health and nutrition are. With that insight and desire to help others, she continues her special studies so she can help women achieve their own goals through fitness and well-being.

Some of her most rewarding work includes oncology massage, Shiatsu, nutrition, strength training, and the biomechanics of assisted stretching.

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# **Mackie's ReFlexions**



**Health is Beauty Made  
Visible** with Phyto 5

