



## **Calm Spirit Acupuncture And Wellness Advises Use of Natural Skin Care Products**

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Calm Spirit Acupuncture and Wellness, based in Arvada, CO, is encouraging the community to exclusively use natural skin care products. Calm Spirit seeks a more holistic approach to its treatments, and skincare is considered an extension of holistic health care. Part of this holistic approach is using products with safe, natural ingredients instead of unsafe synthetic products. While synthetic products may sometimes yield positive results, there are many reasons why a natural approach is often more favorable.

According to the clinic, those who use natural skin care products will find themselves in alignment with a conscious, healthy lifestyle. Many of Calm Spring Acupuncture and Wellness? customers are incredibly health-conscious, and the wellness center strives to provide them with products that are likely to produce the best possible effects with as few unwanted side effects as possible. For instance, pesticides, hormone disruptors, and carcinogens are just a few of the substances found in many synthetic products. Calm Spirit Acupuncture and Wellness strives to avoid such issues by relying only on products made using safe, natural ingredients.

In addition to the health of their customers, Calm Spirit Acupuncture and Wellness is concerned about the

health of the environment. Natural skincare is often viewed as more environmentally friendly, and the Arvada, CO wellness center uses Eminence Organics skin care products to pursue this goal. Eminence Organics plants a tree for every product sold and uses only renewable sources of energy (like wind and solar energy) throughout the manufacturing process. Additionally, the company utilizes biodynamically grown ingredients in their formulas, which are more nutrient-dense and better for both consumers and their environment.

Another reason to go natural instead of synthetic is the fact that natural products tend to be more beneficial for the skin barrier. Natural ingredients do not disrupt the skin's delicate outer layer the way some synthetic products are capable of doing. Instead, natural ingredients work with the skin's natural protective barrier to improve the health and appearance of the user's skin. This is the goal for any skin product, to work with the skin barrier as opposed to attempting to disrupt and replace the body's natural functions. This approach is especially beneficial for those with highly sensitive or acne-prone skin.

The team at Calm Spirit Acupuncture and Wellness makes it a point to come up with customized treatments for each customer's skin, producing custom-made solutions that result in near-flawless skin. A representative of the company says, "Our expert skin therapists will customize the best treatments for your skin and will recommend appropriate home care products to complement your desired results."

Every facial is performed by a licensed esthetician using Eminence Organic Skincare products. The award-winning plant-based professional product line, which features award-winning, non-toxic treatments, is the reason Calm Spirit Acupuncture and Wellness is able to balance many different skin types and conditions effectively. Each facial includes a skin consultation, cleanse, exfoliation, steam, extractions, massage, and a BioMat session. All are welcome to book any of the clinic's skin therapy treatments today.

The wellness center also enjoys a reputation for excellent acupuncture services. Calm Spirit Acupuncture and Wellness's highly trained acupuncturists combine traditional wisdom with modern techniques to achieve their customers' health goals. The gentle insertion of fine needles into specific points on the human body promotes natural healing, reduces pain and stress, improves sleep, and much more. Calm Spirit Acupuncture invites Arvada residents to book an appointment today and experience the profound benefits of acupuncture. With the center's help, anyone can embark on a transformative journey that promotes well-being throughout the body.

"Lexie is a lifesaver," says a review of the wellness center. "I typically get an acupuncture treatment to help with stress, mood, or sleeping disorders. Lexie always asks questions to ensure she understands the full picture. During a recent visit, she found out I was suffering from never-ending, premenopausal bleeding. I had seen several OB-GYNs and doctors who were unable to stop the bleeding. (I can't take hormones.) Lexie stopped the bleeding with acupuncture. Amazing! Who knows what else she can do - You should go see her and find out!"

Visit Calm Spirit Acupuncture and Wellness? website for more information. The center is also active on social media.

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For more information about Calm Spirit Acupuncture and Wellness, contact the company here: Calm Spirit Acupuncture and Wellness Alexia Bennetts (303) 467-5337 appointment@calmspiritacu.com 12380 W 64th Ave, Arvada, CO 80004

## **Calm Spirit Acupuncture and Wellness**

*Calm Spirit has skilled acupuncturists, chiropractors & estheticians who are knowledgeable and highly rated in their fields. We help our patients reach optimal balance & wellness for longevity and create personalized plans.*

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