

The Skin You're In

CELLULAR THERAPY WILL SALVAGE YOUR SKINCARE ROUTINE

By Sarah Phillips

What was established in Switzerland in the early twentieth century and is really good for you? No, it's not Riccola. Not yodeling either. It's a slightly lesser known Swiss invention: cellular therapy. Dr. Paul Niehans became the pioneer of cellular therapy by injecting healthy mammal cells into patients with weak organs or immune systems. What he didn't know was that he had stumbled upon an innovative skincare solution.

Cellular therapy targets everything, from the dry and wrinkled to the emotional and environmental stresses our skin suffers from. Cellular therapy offers all the benefits of an anti-aging product, acts as a brightening and hydration solution and smoothes out skin damage caused by environmental, lifestyle and emotional stress.

Don't open that bottle of rubbing alcohol and start sterilizing your arm just yet. You'll be happy to know that cellular therapy has recently been bottled as a topical skincare product. So to get that healthy glow you don't have to travel to Switzerland or even feel the prick of a needle. Cellular therapy consists of two steps: a visit to a clinic

for a highly concentrated topical application and follow-up with a homecare regimen.

Kati Mansouri,
of Mansouri
Health and
Beauty

Therapy, started to use cellular therapy five years ago. She takes a holistic approach to skincare at her clinic. Her working philosophy is that everything is connected, so skin care doesn't stop at the first level of epidermis. "I'm not just interested in your skin, but also what's happening underneath."

Fittingly, it seems one of her favourite things about cellular therapy is that it was first developed as a medical procedure, not simply a beauty product; a sort of inside-out treatment – just like Kati's work.

"When a client with bad skin comes to me for a consultation I know that it is never just topical," says Kati. "There are layers and so many questions to ask: 'When was the last time you saw your doctor? Did you get tests done? Have you ever seen a naturopath?'" Kati's approach is much more sophisticated than just slathering on a skin cream and sending her clients on their way. She strives to educate her clients and get to the bottom of their skin care problems.

Cellular therapy is unique because it works with our physiological differences. Hormonal differences between men and women, age, seasonal changes, or other lifecycles such as menstruation or giving birth are factors that impact our skin. Cellular therapy can help with the affects of such impacts, according to Kati.

Like any treatment everyone. "If you on your face be for

though, cellular therapy is not for have acne, basile cells or cancer cells cellular therapy products may not you." Cellular therapy is appropriate for those who are 25 years of age and older. "This is when the internal aging process begins." At this time, hormonal changes usually occur that dry out skin, hair and nails.

Kati advises that after addressing your internal health needs with a doctor, naturopath or dermatologist; cellular therapy can help boost your appearance and make your skin show how great you feel on the inside. "It's important to get help in any way," says Kati. "We only have one skin to live in."

