

# Natural Healing

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## Consultation

With the aid of modern technology, you can visit a naturopath leaving your comfortable couch.

We offer base consultation that includes type specific diet, lifestyle, vitamin and herb recommendations to promote optimal health. The comprehensive consultation includes these recommendations, plus advices concerning illness and medication usage.

## Weight loss

A holistic approach to reach and keep your ideal weight, taking into accounts your body's strength and weaknesses.

## Natural skin care

The long list of chemicals, carcinogens and additives in our skin care products are producing chemical and hormonal reactions not only in our skin but absorbed, in our whole body. Dr Szabo's skin care products contain only organically grown and prepared ingredients, natural oils and herbs. The face wash provides deep cleaning and toning. The hydrating oil due to its small molecule size, is able to penetrate into the deep layers of the skin, carrying vital nutrients. The concentrated antioxidants prevent early wrinkle formation and smooth existing wrinkles, making the skin supple, smooth and well hydrated. There are two facial masks in the skin care package, they promote cell turnover, exfoliate and detoxify the skin. The skin care is available for normal, dry, oily and aging skin types.

## Aromatherapy

The aromatherapy oils massaged into the skin or inhaled, cause chemical and hormonal reactions in the body, that effect is analgesic, cough suppressant or calming. Aromatherapy oils are available for the treatments of joint and muscle pain, cough or chronic anxiety.