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It Is not difficult to find stories of sadness, doom and gloom, corruption and horror. They are all around us, negativity and defiance have become the order of the day. BUT we have choices, either to bury ourselves in this “sludge pool” or rise above it. Let the glass be “half full” throw that single star fish back into the sea and let your personal space be light, be the difference that you would like to see, stand up for truth, morality and kindness.

I believe that it all begins with the family, over the years I have been blessed by you, my clients, you have involved me with your family, shared your joys and made me feel part of a big collective family. What I have noticed is that a family that prays, plays, eats and shares together grows up to be a strong unit, that support one another during the stormy periods, the values are carried forward to the next generation. If this were possible for all, what a wonderful world it would be.

Many of you have heard me talk of Ferdinand, at 17 he fled from Burundi as a war refugee. The road was long, he faced challenges that most of us could not even dream of. Today he works at the Paarman factory as a food technologist, it took 14 years to achieve this. Had negativity, violence and aggression been his tools, he would never be where he is today.

So, it is 2015, thanks to all of you our SWSkin family grows and a mutual respect, trust and love bind us. Towards the end of 2014 we introduced many of you to a new range of products IMAGE, I was nervous as “did we really need another product”? Probably not, but in a very short time Image proved that it was loved, effective and here to stay.

This does not negate any of our other products and Environ will always be a product that can hold its head high. Yet, it is great to be able to offer the Image peeling system and other treatments. Do go onto their or our website to learn more.

As much as I believe in products, so too do I believe in nutrition. Banting, paleo, the Mediterranean diet, alternate fasting days and so many more, which way to go. My personal belief, is to keep it simple. Cut out refined anything, limit sugar and for many cutting out wheat and dairy makes a huge difference to overall health. Eat organic fruit and vegetables where possible. Know yourself, listen to your body and be sensible.

Our mission this year is to be the best we can be, for you our client. Let us know what your budget is and we will work out the best possible programme for you. No budget is too small, there is always something effective that can be done. I have been a therapist for 35 years, and I have learnt and seen that regular treatments with an effective homecare pay off. All of you who have been with me for years are a testimony to that.

My hands are not what they used to be, so it is difficult for me to do the “traditional facial” please use Fiona (who has GREAT hands) if this is your choice of treatment, she has been with us for a year and what a blessing to have Fiona as part of the team. Robyn, always solid, efficient and caring will help to look after all your needs and Marion with her gentleness, kindness and reliability will fill in the gaps.

May 2015 be a year that does not disappoint us, may our inner lights burn brightly (never mind what Eskom does), miles of smiles to light the path forward and a helping hand stretched out to help us over the bumps, hurdles and challenges that will present , but it is these that form and mold our character.

Most of all, love yourself enough so that you can be more to those you love.

Blessings and love

Sharon

Ps I know that in this world of images and technology an old fashioned letter is not the way, but I wanted to chat and share, so well done if you managed to read it!!!!!!!

Pps Sometimes it is difficult to get through on the landline (021 4245581) please sms me on 0826585088 or send an email

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