

**There's No Magic Pill to Keep You Fit
or Fight Aging.**

**It Takes Lifelong Healthy Habits.
Green Bamboo Can Help**

Article By: Bonnie Williamson

Photos By: Josh Triggs

Relax.

The importance of relaxation, along with maintaining a healthy lifestyle inspired Carol Blessing to start her own business close to home. She wanted to help others feel better and look better as well. After dealing with the long commute to Washington, DC, from her home in Shepherdstown, WV, for 18 years, Blessing had had enough.

"I was a research librarian for a law firm," Blessing says. "I loved the job, but just couldn't take the commute anymore."

She adds that she loved getting facials, which ultimately contributed to her career path. Blessing attended classes and



graduated from the Von Lee International School of Aesthetics in Baltimore. Von Lee is the first licensed school in the United States devoted exclusively to esthetics and voted, "Best Esthetics School in the US" by Aesthetics World Magazine. She obtained her esthetician's license and began working for a skincare shop in Shepherdstown.

She has been a licensed esthetician for 18 years. An esthetician is someone with special training in a variety of skills like administering facials, aromatherapy, skin care, and makeup. Her business, Green Bamboo Quality Skin Care, is located at 27 S. Main St. in Boonsboro, MD. The rather unusual name for the business was literally derived from the green bamboo



Carol Blessing and Diana Wesley



that grow majestically in her backyard.

"Bamboo can be used in many ways, but one thing it does is help moisturize the skin," Blessing says. "My sister and I were discussing names for the business when she looked out back and suggested green bamboo."

Blessing harvests the bamboo and a local business, Cedar Ridge Soaps in nearby Keedysville, use it for such things as soaps and oils that Blessing utilizes in her business. Green

Bamboo is a small space with a very comforting atmosphere. It's quiet with subdued lighting with calming music in the background. Her business is located at the back of the Boonsboro Wellness Center building. She is not part of the center.

One of the most popular services Blessing offers is the Custom Facial with Multi-Masking.

"Facials shouldn't be looked at as a reward," Blessing says. "They maintain the health of your skin."

Facials have numerous benefits.

"Facials shouldn't be looked at as a reward, they maintain the health of your skin."



They can cleanse the skin, increase circulation, nourish the skin, promote penetration of ingredients, relieve pain, remove dead skin cells, restore a healthy glow, retard wrinkles, soften the skin, soothe nerve endings, stimulate activity of skin glands, and strengthen muscle fibers. They're much more than just a treat or a luxury.

Blessing's Custom Facial also includes a gentle and relaxing face, neck and shoulder massage. It's not a deep tissue massage. Blessing gently rubs the face, neck and shoulders after applying an oil for lubrication. Customers lie down on a heated pad. Part of the service involves the application of a mask, which can be made from a variety of mixtures like charcoal and green tea.

The mask is accompanied by a soothing steam.

A customer's skin is also given close inspection by Blessing.

"I can actually tell if changes to the skin have taken place," Blessing says. "A customer I've had for years recently came in. She and her husband were eating more vegetables. The skin actually looked better."

Other treatments at Green Bamboo include body wraps that remove trapped wastes and toxins, treatments that focus on the feet or hands and an Aqua Collagen eye treatment, which deeply hydrates and tightens the delicate tissues around the eyes. Customers can also add on to custom facials with the application of hot stones that stimulate the nervous

We do too much multitasking. A positive attitude is good for the skin and the soul

system and eliminate toxins and excess fluids so the skin is firm and toned. There is the M'lis Natural Alternative to Face Lift Surgery, a special mask treatment that contains amino acids, Vitamin C and 188 trace minerals in their organic form.

Youngsters are also included in services such as the Mini Skin Treatment for

those skins 12 and under. It consists of cleansing and moisturizing with natural and organic skin care products for children of all ages. These products are non-toxic, sodium lauryl sulfate and paraben free. It's a safe and fun way to introduce proper skin care practices, encouraging lifelong healthy habits.

Blessing is initiating a new service this year. It's Celluma or low-light therapy. It involves a panel with LED lights that is suspended over the customer's face for about 30 minutes.

"Believe it or not, it originated from NASA to help astronauts,"

Blessing says.

The procedure stimulates cells by increasing the production of adenosine triphosphate (ATP)—the fuel that drives cells. It can be used as an anti-aging treatment, help alleviate acne and even ease arthritic pain and muscle spasms.



Blessing says this treatment does require commitment on the customer's side. It's given three times a week for 12 weeks.

Taking care of the body is not the only area where Blessing tries to help her customers.

"We need to be kinder to one another," Blessing says. "I try to get people to be more mindful by being aware of the present. We do too much multitasking. A positive attitude is good for the skin and the soul."

She also emphasizes a holistic approach to life.

"There is no magic pill," she says. "You have to eat well, exercise and try to work on a good state of mind."

Blessing says her background as a research librarian also helps her customers.

"I was once told you don't have to remember everything. Just know where to go to get the information. I can guide customers in that way when they have questions," she says.

She says she enjoys working in Boonsboro, a small town with a tight-knit business community who meet on a regular basis and support one another. The Inn Boonsboro on the Square, just down the road from Green Bamboo, includes her business in one of its packages offered to its patrons. The Girls Trip, which can also be for men, includes a bottle of wine, a \$25 gift card from Vesta, a local restaurant, two facials from Green Bamboo, a \$25 gift card from Turn The Page Bookstore and a \$25 gift certificate from Gifts Inn Boonsboro.

Green Bamboo is open by appointment only. For more information, go to the website atgreenbambooskin.com or call 304-279-3109.

"...you don't have to remember everything. Just know where to go to get the information."