



by Enna Ruiz

skin | loud and clear

vocal facial

IN THE GRACIOUS LAND OF

Beverly Hills, where movie stars, rock stars and aspiring entertainers are aplenty, keeping up with the latest beauty treatments is a job in itself, and finding the perfect facial treatment is not easy. Then there are those rare few that not only deliver excellence in the beauty department, but also go that extra miracle mile. That is exactly what Dana Elise of Dana Elise Solutions in Beverly Hills has done with the Vocal Facial.

The Vocal Facial not only delivers beautiful skin, but enhances the voice so that entertainers and other public speakers can give amazing vocal performances all the time.

"At Dana Elise Solutions, we regularly see VIP players in Hollywood to keep their complexion celebrity worthy," states Elise. "It's exciting that they are now booking their Vocal Facial as a 'must have' prep before a show or recording."

As Sophocles once said, "To be doing good deeds is man's most glorious task."

Dana Elise's glorious Vocal Facial was an idea that came to her as she was chatting with a friend who was struggling in the recording studio. The friend mentioned that her voice was slightly

better after her last facial. As Dana Elise questioned her friend and thought back to the treatment she had offered that day, the combination of therapies necessary to create the Vocal Facial began to form in her mind. Dana Elise's Vocal Facial technique has mastered the science of strategic pressure point massage and combined it with lymphatic drainage to help a professional voice sound better than ever, especially when recording and performing.

"With the Vocal Facial treatment, I am able to focus the client on relaxing

for full lung capacity and a smooth voice. Following this soothing and effective massage, a custom mask is applied to the face while the hands and forearms are gently massaged.

"Who knew there was such a thing as a singer's facial," says Sheila, a client at Dana Elise Solutions. "I am a singer/vocal coach and with age, the chops—they ain't what they use to be! I was preparing for a show down south and was in dire need of some skin glow. The 'mentholly' steam was fantastic, opened me up [and was] very relaxing. My skin was radiant."

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the mind and body to open the vocal cords," Elise explains. "I begin with a thorough double cleanse, including a double session of mentholated steam and therapeutic essential oils to open the pores and relax the vocal cords."

According to Elise, steaming with essential oils is key to the procedure, because in order to keep the mucous membranes moist and to alleviate any throat inflammation or irritation, it is necessary to increase blood flow throughout the ears, nose and throat. Strategic pressure points on the face also help open the sinuses and relax the throat, allowing

As with all Dana Elise Solutions facials, clients undergo a thorough advanced skin analysis, enzyme-derived exfoliation, extractions, performance serums, precision-based masks and moisturizers and sun protection care. The Vocal Facial's breakthrough technique is truly becoming a staple for all who use their voices in public performances.

Laura from Los Angeles is another client who cannot stop raving about her experience with the Vocal Facial.

"I am over the moon since discovering Dana Elise Solutions has a singer's continues



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facial," she said. She explains that in the winter, singers have overly tight vocal chords and irritated sinuses caused by the weather and the drying effect of heaters.

"I've been finishing up a new CD and encountered numerous difficulties in the studio with a tense, tight voice. Not only did I leave Dana Elise Solutions with incredibly glowy skin, but the feeling that my voice could reach the heavens were I to sing right there on the street! This is a must for singers, actors and speakers alike," Laura concludes.

Dana Elise Solutions is a premier full-service skin care spa dedicated to delivering truly transformative results to clients by providing the most progressive skin care options available today. As a leader in skin care, hair removal and a carefully-chosen selection of other esthetic services, they offer safe and effective solutions for even the most troublesome skin care problems. The unique fusion of health, beauty and science at Dana Elise Solutions is an all-inclusive approach that promotes inner health, outer beauty and greater self-confidence. ■

Enna Ruiz is a beauty explorer based in Southern California. She shares her findings on beautybookmagazine.com, and serves as the marketing manager for The Professional Image, Inc., a nationally recognized, full service public relations and marketing firm for the medical, esthetic surgery, beauty and fitness industries. For more information, follow her on Twitter @ennabeatriz and @BeautyBookMag.



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