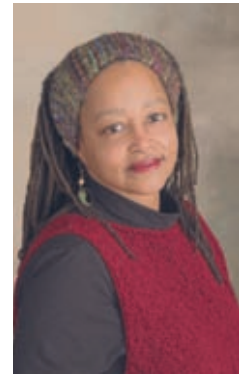




# Make Positive Changes With Mother Nature



WENDY JOHNSON,  
OWNER

We all look forward to the arrival of the New Year as a time of fresh starts and renewal. People all over the world have many different ways of welcoming it, as well as many rituals for insuring health, wealth and other blessings.

Making lasting positive changes in your life involves more than just making a list of New Year's resolutions. It is about shifting old mindsets that have previously blocked you. It is about making changes in your life that will put you in better harmony, flow and balance with the universe.

In this part of the world, we experience the changing of the seasons that mirrors the life cycle of all material things in creation: spring, symbolizing birth and renewal; winter, symbolizing death and the end of the cycle.

Some people experience a period of depression during the months of January and

February because the days seem so short and the warmth, greenery and lushness of the summer are gone. Many of us do not realize that the day after the Winter Solstice actually starts the beginning of a new life cycle.

Each day after the Solstice gets longer and longer. Seeds and bulbs begin to feel the first stirrings of life before bursting forth from the earth in spring.

If we pay attention and become sensitive to Mother Nature, she can teach us to change our thought patterns and tap into the creative, cleansing energy of winter. It is a time for slowing down and looking inward, which precipitates the deepest cleansing and change.

People all over the world have used herbs to help them clear away negative energy, thought processes and behavioral patterns in themselves and their environments. For centuries smudging, the burning of aromatic herbs, has been practiced among Native Americans.

To smudge is to purify with smoke. You can smudge yourself, your home or the objects you give and receive.

The herbs, {usually Sage, Yerba Santa & Juniper}, are harvested, dried and carefully wrapped in 100% cotton string. White Sage clears space, draws out negative energy, supports healing and rejuvenates the mind. Mountain Sage and Yerba Santa dispel nega-

tive energy and infuse healing energy. They strengthen the mind and rejuvenate in times of exhaustion. Juniper attracts positive energy, purifies and protects.

At Herban Legend we offer a variety of smudge sticks, smudge bowls and many other things that will help make your environment fertile for change and new growth. We also carry Tibetan singing bowls, aromatherapy oil, Tibetan rope incense and more to help you on your way to new beginnings. As always, our products are Fair Trade, Earth-friendly and 100% natural.

*So, instead of making another list of resolutions, let Mother Nature and her herbs teach you and help you make positive lasting changes in yourself and your environment this New Year.*

**Namaste**



For more info visit  
Herban Legend  
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[Historicsmithvillenj.com](http://Historicsmithvillenj.com)

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# How I Got Into Permanent Makeup



AMY K. DRUDING F.A.A.M. CPCT  
BOARD CERTIFIED

*Well, just as most people do, you expand your business with new techniques and new ideas to offer.*

In 2003, I felt as though I needed something different, something with more meaning in my life. My life and my business felt "BLAH" the same thing everyday. Not to say that I didn't

LOVE my clients, they had all had become like my family. And I loved what I was doing; I would NEVER call it a JOB. I have always considered myself a very blessed person for what I have.

I watched an aesthetician friend in Florida battle breast cancer. And at that time I NEVER would have thought that SHE changed my life.

While I contemplated after searching the web one evening, I came across Permanent Makeup. With no hesitation, I called up one of the companies and got information on the process. What is Permanent makeup? I had never heard of it! I flew to Arlington, TX, where there were many classes given on eyebrows, eyeliner, lip liner, scar camouflage and tattoo removal.

WOW! This was a whole NEW WORLD! But, better yet, they featured classes on areola reconstruction. I called my friend who battled breast cancer while I was still in Texas (we will call her Sue). I told her, "Did you know that I can replace your nipples?"

of course; there was laughter on the end of the line. For those that know me, I can come up with some crazy ideas. I watched Sue through the months of uncertainty: watching radical mastectomies, implants, skin grafting from certain areas to simulate the feeling and appearance of her nipples.

She used to tell me (and this was prior going to the school and learning about areola reconstruction) about skin grafts the plastic surgeons had done. She still never felt as though the color of her skin tone was true to the effect of what it should be. That her nipples still felt and looked like "mounds" to her.

Well back to finding out about this advanced class in Areola Reconstruction. In order to learn about this technique, I had to go through 3 courses. Well I did and almost a month later, I got off the airplane in Fort Lauderdale. I didn't even go home, I stopped directly at the spa and ran to my friend's room who was laughing yet, patiently waiting for me. We were so excited! The first tattoo I

gave was her highlighted areolas. Once again, I felt as though MY purpose in life has been sparked with a little more flame. I could see life differently in the help that I could now give. "The Look, Good Feel Better" program now gives my more of a SKIP. It was the skip I thought that I lost after so much repetition. I GIVE COLOR!

As an aesthetician for many years, I have always made people feel better about themselves and by teaching them how to care for their skin. But, NOW, I am able to help people on a different level. I am able to make their lives easier. Whether it is medically necessary or not, I can change a life!

Permanent Cosmetics does fade. It is a gentle tattoo that I



Permanent Eyebrow



Permanent Eyebrow

apply to the skin with a desired color and of course (numbing) agents for your comfort.

*So whether you have alopecia, cancer, Multiple Sclerosis or are just tired of applying your makeup everyday and you JUST want to make your life easier, please call me for a consultation.*

**Permanent Makeup**

[www.permanentmakeupbyamy.net](http://www.permanentmakeupbyamy.net)

**Call 609.383.BROW (2769)**

for appointment

**Serving Atlantic and Cape May Counties**