

BECOME

THE BEST

VERSION OF YOURSELF

Paulina **Worgacz**



How to
**Slow
down**
the aging process?

”
*Beauty begins the moment
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Coco Chanel



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"Beauty begins the moment you decide to be yourself" - Coco Chanel

Dear customers I had the opportunity to work with. All of you, who trusted me and therefore we could achieve our dream goals together. You were the driving force behind this handbook.

Thank you!

I am mainly speaking to women here, because it is you ladies that are the majority of my customers. At the same time I can assure any men who would like to read my handbook that they will find many practical ideas and tips inside therefore please feel free to read and enjoy.

At the very start I would like to make sure that my handbook is in the hands of the right person.

Try to provide honest answers to the following questions:

- ◇ Would you like to receive information on how to slow down the aging process?
- ◇ Are you interested in ideas for self-improvement in terms of healthy habits?
- ◇ Would you like, my dear reader, to get to know simple ways for achieving happiness?
- ◇ Are you still with me? Great! Congratulations and now join me in this short journey in the world of health, youth, beauty and ultimately happiness.

My name is Paulina Worgacz. For the past twenty years I have been working in the beauty and health industry. Throughout this time I met and assisted thousands of customers, who helped me gain knowledge and experience in terms of beauty and body care.

I realized there are a few rules that you should follow in order to get phenomenal results. This is not complicated at all, but will require some effort. Ready?

I am not a coach and my advice is not just theory. I have experienced it all and will only provide you with useful tips and tricks. Take advantage of them, if you wish to look good from inside out. Your beauty will radiate from the inside too.

You will find out how to become a better version of yourself. I will show you what factors have the greatest impact on your well-being, health, beautiful complexion and silhouette. I will show you the way to find true happiness and passion you have possibly been looking for for years.

I am asking you however to be fully committed to this project, otherwise we will not be able to get the results you crave.

While working and analysing the problems of my customers, a few principal issues drew my attention.

Check to see if any of the following also applies to you:

1. A lot of stress, you do not stop and do not think

Perhaps you are too busy to analyse what moment of your life you are in now in regard to your body and its needs.

We are constantly on the go and become more and more tired. The results of living like this include intensified stress caused by possible overweight, poor nutrition and in effect poor well-being. Your body is aging and you don't even have time to care for it properly and relax. You don't evolve anymore and realize with horror in your eyes that a dozen or so years go you got stuck at some point and just can't move on.

2. You struggle with aging processes and want to stop them for good

Perhaps you know that proper nutrition and care are necessary in life. Despite this fact you can see inexorable signs of passing time and you can't fight them off by yourself. Your body changes in a way you don't like and your self-esteem starts plummeting. You are looking for answers on the internet, follow trends on the social media, but instead of looking better you constantly come across some poor sources, which makes you completely lost and there are no effects.

3. You are interested in health and beauty issues, but you want to go a step further and don't know how to do it

You are a person who tries to live and eat healthy and knows how to nurture your beauty. You invest more and more into beauty treatments and relaxation. You would like to know at what stage you are at the moment, and if you are on the right track. You have this profound need to discover more and better ways and solutions for yourself.

I know that these problems may seem overwhelming for many of you, but based on my long-term professional experience I have prepared a few simple solutions for you.

1. Clearly define the stage you are at right now and what you want to change in yourself.

You should be ready to answer the question: where am I now? without any doubts. You need to know what is it that you want to change and when such a change should take place. Think about who can assist you in your metamorphosis and where to go to consult your situation in detail. The idea is to guide you to the right sources where you can get professional advice.

2. Take advantage of the advice you get from experienced professionals with good feedback from customers

Your journey throughout the internet jungle can only cause more trouble. Therefore it is recommendable to check customer feedback on individual cosmetologists. Make appointments at places you feel you can trust and the people working there will put you on the right track.

3. Continue to expand your knowledge about how to care for your body.

If you are not a beauty professional it will be difficult for you to realize what possibilities there are to make you even more beautiful, healthy and happy - just as you have imagined.

Would you benefit from knowing all these things?

Perhaps you are wondering whether my competencies are high enough to advise you on such important things as your own happiness due to the fact that you are beautiful and healthy?

All the solutions I recommend in this handbook are based on:

- ◇ twenty years of experience in helping my customers, who care for improving their looks and well-being,
- ◇ tens of thousands of pounds spend on over 60 trainings in cosmetics, cosmetology, aesthetic medicine, hair and make-up styling,
- ◇ thousands of treatments performed so that my customers can enjoy a better life and looks,
- ◇ establishing a state-of-the-art beauty clinic, where every month I see tens of new customers recommended by people I have helped before,
- ◇ continuous professional development by participating in vocational trainings, personal development professional customer service classes,

This experience helped me discover a potential that can help many more people than only these I have an opportunity to see every day.

If you have any questions during the analysis of the handbook and you feel you would like to come and see me for consultations, you are very welcome to.

Perhaps this is the first time you see the author's phone number given to the reader's, but you will find mine below. I enjoy surprises and will be more than willing to answer your questions.

00 44 7878478737

Chapter 1

HEALTHY DIET - THERE IS NO OTHER WAY OUT!

"You are what you eat". You have surely heard or read this slogan many times before.

How did you feel about it? Did you just say forget it and went on with your life, or did you think about it for a while or even laugh?

I hope not! There is a lot of truth in these words...

I am not a nutritional specialist, but I do work in the beauty business and it is a very broad concept. My customers are often surprised when I ask them about the things they eat, how much water they drink or how much sugar they consume every day.

I explain right away why these questions are asked during my consultations and how they can help in pursuing the goals of my customers.

This detailed "confession" I expect from each new customer gives me an advantage over other specialists. This gives me an in-depth picture of the person which facilitates finding the true reason of the problem and finding the solution faster.

A wrong diet definitely has a direct impact on skin problems and accelerates the aging process, which is without doubt a part of my profession.

Therefore I want to make you aware of what factors in your diet affect beauty and well-being, and what is the extent of its impact on the degeneration of cells.

Another important issue and at the same time my personal mission is to have well-informed customers. I have repeated this many times - a conscious customer is a person who knows what they are facing and what they need to change to achieve the intended results.

What can you introduce to your daily routine to have healthy skin and a slim body?

I have good news for you: you do not have to do too much. From my own experience I can tell you that it's enough to have a few good habits to treat your body well from the inside. If you follow the life of healthy habits, you can be sure of getting solid results.

What daily routines will help your body from the inside to be the best version of yourself?

1. Drink water with lemon

A simple, but very useful habit bringing beneficial effects for our body and life.

Every day, immediately after waking up, I drink one to two glasses of warm water with freshly squeezed lemon juice.

Drink it 15-30 minutes before breakfast, every day. Let it become your healthy ritual. Thus, each of your days will start with doing something good and healthy for yourself.

The health benefits of drinking water with lemon are enormous. It has been known for centuries that lemons have a strong antibacterial and antiviral effect and support the activity of the immune system. They are excellent in cleansing the entire digestive system and liver. Lemons are also packed with nutrients. They have vitamin C, B-complex, calcium, iron, magnesium, pectins, flavonoids, potassium and even fiber. What's more, lemons contain more potassium than apples or grapes.

In addition, lemons are considered one of the most alkaline foods that exist. It may seem strange to you, because lemons are sour, but the citric acid has no acidic effect on the body. Lemon juice is alkaline and has a strong impact on de-acidifying the body.

This is very important for your body, because it keeps your skin healthy and glowing. Antioxidants present in lemon juice help reduce the occurrence of blemishes. Recent studies also indicate that lemon juice smooths fine lines. It has also been proven that it effectively lightens scars and age spots, especially those found on the hands.

Are these the results you have been thinking of? See, so far, I don't expect anything difficult from you.

2. Drink green tea instead of black tea This is my real addiction!

I remember when I was 15, and it was at a time when there was no internet, no computers, and the mobile phones reminded of bricks. There was no social media with motivational photos of fit women and inspiring quotes.

Even at that time, I felt deep down inside that I want to follow the path of health and beauty. I came across some information that if you want to always be beautiful, slim and young you should drink green tea. No added sugar, of course. So I bought it and tried it.

My first reaction: a horrible taste! My parents generally served us a pot of black tea with at least 40 g of sugar inside. Therefore drinking green tea without sugar was something completely strange and unnatural for me. Despite everything I forced myself to try and after two weeks I got used to it.

I just developed the habit of drinking green tea every day.

The most important advantages of drinking green tea:

- ◇ improves the appearance of the skin,
- ◇ increases the immune system of your body,
- ◇ reduces the risk of cancer formation,
- ◇ help in shedding extra weight and prevents the development of cellulite,
- ◇ stimulates blood circulation,

Remember not to drink too much of green tea (max 2 glasses a day) and make sure that the tea is of good quality - preferably leafy and organic.

3. What food should you eat?

What food will guarantee a great mood and beautiful looks?

Here are the answers that may take you by surprise.

If you care to have beautiful skin and be healthy, take a closer look at the oatmeal. They help maintain proper weight, lower blood pressure, protect the heart, reduce the risk of cancer and greatly improve the condition of the skin.

They are a source of magnesium and are recommended for people who are working out intensely. What's more, if they are a regular part of your diet they reduce the risk of asthma and improve digestion. And on the top of that they are ridiculously cheap.

Some people think that healthy eating mainly consists of restrictions, careful counting of calories, etc. Meanwhile, reducing sugars and eliminating sugary and carbonated beverages from your diet will be a great improvement.

What do you think, can you do this much? For the beautiful skin, slim figure and great mood?

I believe you have enough determination to undertake this effort, but if you are still hesitating, perhaps it's better to save your time and not read the remaining part of the handbook. Unfortunately, if this is your decision you will not move forward from the stage you are at now.

Chapter 2

STAYING ACTIVE KEEPS YOU HEALTHY

Ever since I was a child I love all kinds of physical exercise.

At that time “fitness” was most popular, but now I know that building lean muscle mass is equally important.

Therefore even if you hate going to the gym, you should visit it several times a month and take classes with a professional personal trainer.

Having a trainer is important not to be discouraged at the beginning, and not to wonder around the gym not really knowing what to do. Of course you need a training plan. I guarantee you will achieve the intended results very quickly and your body will become stronger and firmer.

And I do not mean the six pack or great bicepses. The only thing I am talking about is healthy looks that we are all dreaming of and pirsue. The gym, proper training plan and well-planned diet will change a lot in your body and the effects will last for years.

Remember that the body has cellular memory. This means every exercise you perform properly and every healthy eating habit will benefit in the following years.

I do not doubt that the reason I quickly returned to a normal life and slim body shape after the birth of my sons is that I take great care for the condition of my body.

Running, swimming, yoga, group activities, walking - choose the kind of activity that suits you best and makes you feel good. Do everything to leave the house for at least half an hour a day. After some time the results will be amazing and it will become a natural thing for you - you will simply get into a new healthy habit. It's only half an hour, that's enough for a start.

Each of us has 24 hours a day, so I do not want to hear excuses like "work for 12 hours a day", "I do not feel like doing it", etc. I also work every day, I look after my clinic, home and children. No excuses - start moving and start working on your results!

Keeping active is most important if you spend most of your day sitting down. A healthy body with a proper amount of oxygen is a guarantee of beautiful and healthy skin.

Don't you love this blush on your face right after a brisk walk, independent of the season? Your blood circulation system runs like crazy, your metabolism speeds up and your body regenerates intensely.

Chapter 3

RELAXATION AND SLEEP

A fairly large part of my customers suffer from skin problems. Among other things you can see an accelerated aging process or dark circles around the eyes resulting from the lack of sleep. Most often they work at night or do not fully use the night to regenerate and rest.

Why is a healthy and restful sleep so significant in our everyday life?

Sleep is the best (and the cheapest) medicine for our body. It provides us with more energy, helps to fight stress and "charge the batteries" for the next day. However, its advantages do not end there.

How does sleep affect our health?

Sleep improves our memory skills, including movement and coordination activities (e.g. walking, dancing, playing instruments, numbers typed on the keyboard). That's why children need more sleep than adults. Patients with brain injuries are advised to increase the amount of sleep, because it can greatly speed up the rehabilitation process.

Sleep is the time when you can mentally unwind. It does not only relax the body, but also the brain.

At night, our brain orders and memorizes information. During sleep, memories and repeated information are shifted to those parts of the brain that are responsible for memorising them. Sleep allows you to maintain memories and newly acquired knowledge. Therefore, you will achieve better educational results if you sleep directly after studying.

To some extent sleep also prevents obesity. Disturbances of sleep cause hormonal changes that strongly stimulate the appetite. This can already happen after two poorly slept nights. In addition, studies have shown that people who suffer from insomnia, don't often prepare their own meals, but prefer to eat out in fast food restaurants. According to a study

conducted in California, which covered a million people, people who slept fewer than 5 hours a day, were 70% more prone to become overweight. In addition, they are more easily affected by cardiovascular disease and hypertension.

Disturbed, restless sleep promotes the development of diabetes.

Not enough sleep limits the ability to concentrate and increases the risk of car accidents. After 17 hours without sleep, a person acts as if they had 0.5 per mille of blood alcohol.

Midday naps (at least 3 times a week for half an hour) have a beneficial effect on your heart and reduce the risk of death from coronary heart disease by 37%. What's more, such naps also relieve stress.

During sleep our skin also rests, which means that people who sleep well have a nicer complexion. This is the result of a very dynamic tissue renewal process and is triggered by the presence of growth hormone, which is produced during sleep. Tissues are multiplying 10 times faster than during the day. Skin blood circulation and the process of toxin removal are improved. It is safe to say that sleep is the best beauty product!

If you do not give your body the right amount of sleep, your productivity at work drops by as much as half. This is not only a source of frustration, but you can also get in trouble at work.

I believe that the aforementioned facts will convince you to pay more attention to get a proper amount of sleep.

Do not forget about relaxation and resting

Sleep is not everything, I devoted much time to study the optimal relaxation methods to use by my customers.

It includes proper music, candles, spa and of course the bed. It is important to calm down and cut off the outside world from time to time.

It is often the case that people who see me are busy, constantly on the run and stop thinking about themselves and about their due relaxation. There is nothing worse than to be interested in everything around you, but forget about your own needs.

I do realize that we have our daily duties, work and children. The times we live in expect us to be a superhuman of the 21st century, who can deal with everything.

You must remember that there is no way to be the best in everything you do. One person will do one thing faster and better, and another will take more time to do the same thing and the results are not so stellar.

At some point you will feel that it is not impossible to go on like this. You will try to find a golden mean, but it will probably only happen when you no longer feel good.

Therefore I am asking you to at least once a week plan a set amount of time for relaxation, massage, sauna, a beauty treatment, stroll or lying in bed with a favourite book in hand.

I personally encourage you to find a superb beautician performing spa treatments and she will show you the way to true relaxation and beauty :)

Chapter 4

ROUTINE SKIN CARE

This is my favourite topic and I am sure that anybody who will acquire this simple but extremely important knowledge will enjoy beautiful and healthy skin for many years.

Routine skin care has wonderful and irreplaceable beauty, healing and anti-aging properties.

There are four basic steps:

1. Cleansing the skin

Use special facial cleansing gels, soap and SLS free. However, if your skin is so sensitive that even water irritates it, use cosmetic creams.

A well-selected facial cleansing gel will definitely not make your skin taut and will perfectly rid the skin of any dirt and makeup.

Remember that neither the make-up removal wipes, micellar solution or, God forbid, soap cannot be equal in cleansing the skin to a proper washing gel.

Rubbing the skin, excessive or waterproof make-up can contribute to the improper make-up removal and poor cleansing, because the skin is overstretched.

A lot of my customers experienced problems with that. After the initial analysis and consultation, it very often turned out that the skin around the eyes was not aged but just stretched due to incorrect cleansing process. Unfortunately, improper cleansing and care resulted in unsightly bags and wrinkles on the skin, in particular in the delicate around the eye area.

Why should you not use soap?

After all, our moms and grandmothers used soap and all was great, so what's going on?

Unfortunately, times have changed. We are no longer a generation watching cows slowly graze on the meadow and the grandfather kill a home bred hen for dinner.

Most of food, and beauty products are full of artificial chemical additives. We must really think about what to choose not to harm ourselves, let alone make our skin and body beautiful.

The fact is that the soap is alkaline and the skin pH is acidic. By washing with soap and products containing SLS, we harm the protective layer of the skin, destroying its natural hydration process.

Hence the feeling of a tight skin immediately after washing the face. Have you experienced it too? If so, it means that your skin is dehydrated and you will certainly need hydrating treatments so your skin can return to its proper condition. On the top of that you need to change the beauty products which do not help your skin.

2. Toning

In French tonique means something which is refreshing, revitalizing, and rejuvenating. You cannot properly care for your skin without toning. Unfortunately, after the preliminary analysis and consultation, only one in five of my customers admits to using tonics. There is a reason why tonics are essential for skin care.

Cleansing the face, we disrupt the natural skin pH, but when we use the toner right after cleansing we can immediately restore it. This is very important because our protective lipid layer of the skin is not disturbed.

The epidermis is immediately hydrated and revitalized. And the skin is beautifully prepared for the 3rd stage in the daily care, which is ...

3. Day cream

Skin, regardless of its type, should be moisturized daily.

During the day skin loses water, therefore it is important to ensure you give it a proper natural cream.

If you have a complexion that shines and is excessively oily you should select light and mattifying hydrating emulsions regulating an excessive sebum production during the day.

People with normal and combination skins should use a bit richer moisturizing creams. Couperose, dry and mature skin types need creams with a rather rich texture.

The SPF is not indispensable as it is very heavy on the skin and SPF's over 30 are purely chemical.

Foundations and powders generally also contain ingredients protecting against harmful UVA and UVB rays. Remember that it is the last SPF product on the face that counts. So, if your cream is 30 SPF, but your foundation is 15 SPF, your protection is only 15, and your skin is unnecessarily strained.

4. Night cream and effective skin nutrition

At night, the whole body rests and regenerates. The absorption of nutrients from creams is much more effective at this time, so you must ensure you apply a good quality product at night. Make sure your cream is rich in valuable nutrients, but it does not have to be extra rich.

How to choose beauty products and brands?

This is a boiling issue! As a cosmetology specialist I myself have a humongous problem when I enter a beauty shop and I know this feeling of being lost among so many brands and products.

The shops are packed with numerous varieties of beauty products, and each company claims their products are the best. Advertising often suggests bad choices.

We are wasting time and money, and in the end always use the cheapest products that do not irritate our skin.

Take, for example, the NIVEA cream. It became immensely popular because it was cheap, and even now everyone knows this product and remembers how it smells. The Nivea creams does not irritate skin and the skin is not so taut. Therefore the majority of people think this is enough to buy this product. On the top of that it is inexpensive, has great advertising and is recommended by family and friends.

Unfortunately the quality of the cream is very poor and it practically does not nourish the skin. The only thing that counts for many people is the fact that the cream does not cause irritation and the rest does not really matter. This is not a good idea if you really care about your beauty and the condition of your skin. You must have some quality requirements and stick to them.

Consider whether you prefer to satisfy your hunger with bread and lard, or maybe go to a restaurant with delicious and healthy dishes?

Let me become your beauty restaurant. As your personal specialist and consultant I do not only offer beauty treatments. I will teach you what beauty products and care treatments are worth your while, so you avoid mistakes and not waste your time and money.

What do you think about this? I offer consultations to each of my customers, whether they came for eyebrow shaping or an aesthetic medicine procedure. Each of the ladies that I saw in my clinic knows exactly what way a customer must go through before they can comfortably sit down in my cosmetic chair.

Ever since I started to make clients aware of how to properly take care of themselves, I have noticed an amazing difference in my work. The treatments I perform are much more effective because people know what to do to make the effects last as long as possible.

The skin is a very intelligent organ that renews itself every 28 days on average. Knowing the steps of proper care, you are able to use this time for its restoration and regeneration.

There are several other products that I would like you to try. Many of them can also be used by men.

I recommend to add an eye cream and enzymatic exfoliator to your home care routine. As I have said before, the skin around the eyes is extremely delicate. It should be treated in an exceptional way and meticulously cared for.

The cream should be light and quickly absorbing, moisturise immediately, and illuminate the eye area. The skin around the eyes is about three times thinner than the skin on your face, therefore applying your face cream around your eyes is simply a mistake. This can be very heavy on the delicate around eye skin and lead to the hated “bags” under your eyes.

Enzymatic exfoliators are used to remove old skin from your face in a very gentle way. When applying an exfoliating mask on your face, the enzymes dissolve the hard epidermis, leaving the skin clean and ready to absorb the nutritional ingredients of creams and more.

Remember that the skin is renewed every 28 days, so the use of 2-3 enzymatic exfoliations is greatly recommended, and you will see the difference practically right away.

I keep far away from granular exfoliators requiring mechanical distribution. They almost always damage the epidermis and the grains have irregular shapes. They are also not recommended for sensitive skins with cracked blood vessels, and unfortunately nearly every one of us has them. So the safest exfoliation is the enzymes found in creams, which will remove the unnecessary burden without any mechanical intrusion.

With unwavering enthusiasm and following the few steps I have described above I decided to fulfil one of my greatest dreams.

Lost in the beauty shops, working for the most of the globally known brands and testing their “miraculous” products I was downhearted. My atopic skin refused to accept any of the products reacting with various types of allergies to any cosmetics I used.

*So the only thing left was to create my own line
of beauty care cosmetics.*

They are perfect, natural and made with passion to the beauty in harmony with nature. I am not the only one who loves using them - a great deal of my customers who trust me and my intuition enjoys the health and beauty benefits my products offer.

Chapter 5 Beautician

Perhaps this will seem shocking for some of you, but I believe that seeing a beautician is as indispensable as personal hygiene and I am not exaggerating a bit.

I do not want to convince you to grab your phone and dial my number to see me right away (although if you feel like it, you are most welcome). The profession of a beauty expert is not only designed to deal with skin problems but also to properly and professionally take care of your face and body.

Therefore you should find a reliable specialist in your area, who will spend time to analyse and consult your individual case. A professional who will advise and select the most beneficial beauty care treatments, and then see you for a series of regular appointments.

Your appointment should always start with a consultations and examination of a several key areas. If this is not the case, change this “specialist” right away.

A professional beautician should perform a preliminary analysis of the following areas:

- ◇ lifestyle,
- ◇ professional work,
- ◇ diet,
- ◇ home care,
- ◇ free time,
- ◇ stress level,
- ◇ treatments performed so far,
- ◇ medical history,
- ◇ expectations,
- ◇ dream goals.

Yes, all these things should be revealed to your professional beauty expert. In order to care for your body, a beautician must get to know you and your needs so that you can get the effects you have always dreamt of.

My customers look great, and age does not really matter in their case. Their skins are healthy and radiant, and premature lines don't stand a chance of appearing. I follow a very logical principle. The skin regenerates every 28 days, and this time should be used to either offer treatment or a strong regeneration procedure to my customer. Only by following this simple logic my effects are stunning.

We strive to look beautiful, by relaxing and ensuring time leaves as few signs as possible on our skin. The results are reflected in the higher self-esteem of my customers, which of course helps a lot in their daily life.

The mission of my life is to take care of you. And it is not only about my skills, qualifications and the intuition of an experienced cosmetology expert, but also about making you aware how to take care of your health and beauty. I often repeat that finding time to relax at least once a month is a priceless benefit.

Everyone deserves to have a moment only for themselves, to leave the outside world outside and forget about the worries of everyday life. Time goes by very quickly and I can help slow it down for you. Conscious choices and finding time only for yourself will produce incredible results in the very first week once you have started to follow the principles listed in my handbook.

It's worth making these simple rules a routine habit for you. I keep my fingers crossed for you, and hope this handbook will become your guide through the world of beauty. Because, to be honest, I only showed you the basics and the beginning of the road here...

