

Lasers Skin Treatments the facts and experts advice



On week 308 we are sharing facts, about Laser skin treatments, resources, and experts advice. It is so important to do research and know as much as you can about treatments that if

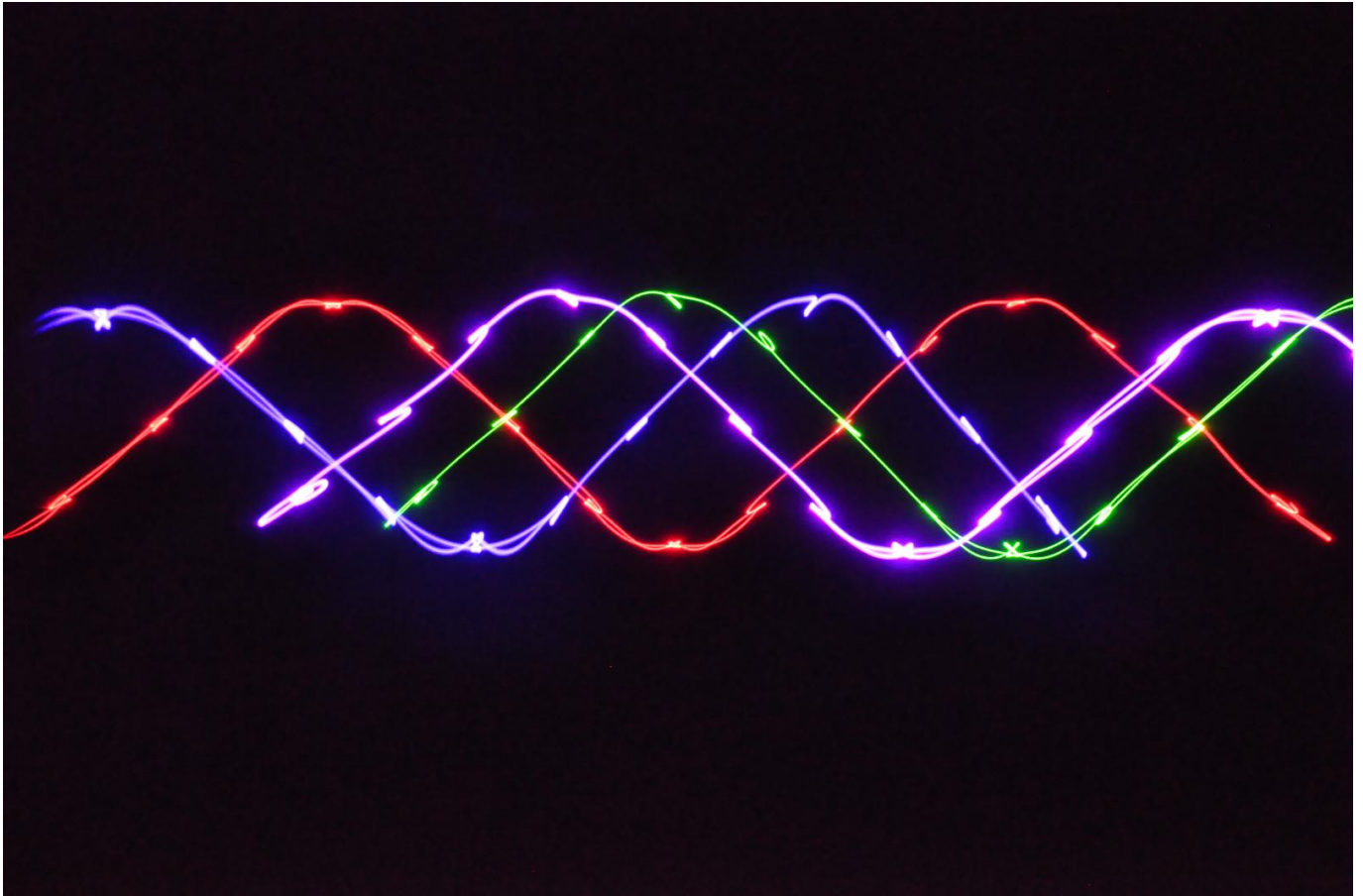
are not done well can scar you for life. The prices vary but then again if you look for cheap treatments you will find them. The results can be devastating, so it is important to not compromise.

We are very grateful for your likes and shares and for all the thousands of followers, thank you for your support it is our fuel.

Have you suddenly found yourself with unwanted skin conditions that you wish to correct? The temptation might be to try the first “miracle cure” you come across which seems to be now just days everywhere. That could be anything from a cream or lotion to a laser treatment a homemade product, lunchtime fillers and in office, surgeries to mention a few modalities readily available. But, while many of those options work well for some skin conditions and variable different personalities, to say the least, they don't all work for every person or every skin type. That's why it's important to carefully examine all of your laser and non-laser options before choosing one and that is if you need it at all.

Do **RESEARCH** and find a Dr that is certified and has a lot of experience check the reviews, ask him how long and how often he does upgrading training and how knowledgeable he is about upgrades and new techniques how long has he done the procedures ask for photos and if he or she has people that you can talk to. Ask as many questions as they come to mind because that will make the difference in between a major Aweee!! that may not have fixing and an incredibly well-done procedure. If you are looking for the best price, make sure you don't compromise quality and integrity, because if you do it will probably cost you more to fix it if it is possible to do so, you can end up with great regret. What we are saying is RESEARCH it well, from here we are taking you on a journey to learn about the different kinds of Lasers and most of their qualities, pros, and cons.

Laser

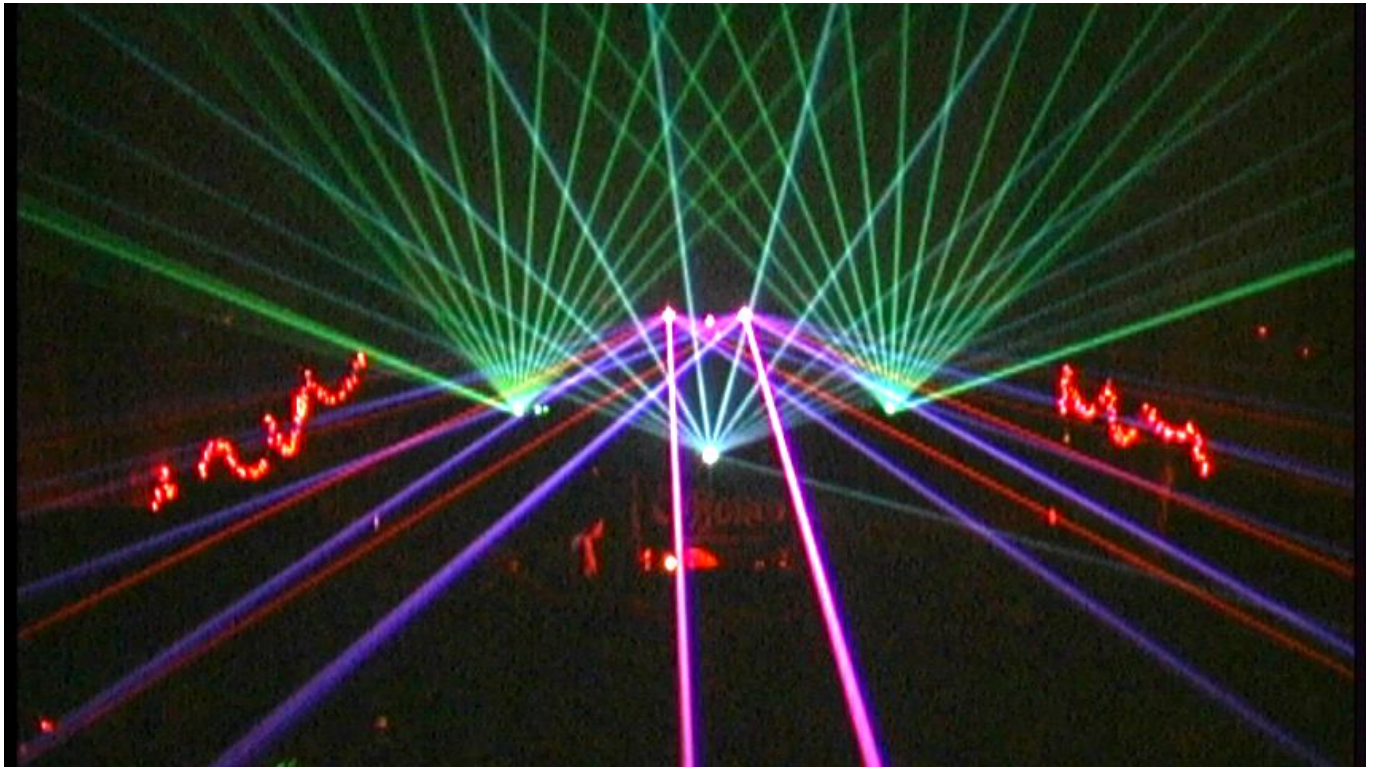


A laser is an acronym for “**l**ight **a**mplification by **s**timulated **e**mission of **r**adiation.” Lasers work by emitting a wavelength of high-energy light, which when focused on certain skin conditions will create heat and treat the problem via destruction. There are many different wavelengths (or colors) of lasers because each wavelength treats different things this

is a very important fact. That explains why so many models and types of lasers exist.

According
to: <https://en.wikipedia.org/wiki/Laser>

A laser is a device that emits light through a process of optical amplification based on the stimulated emission of electromagnetic radiation. The term “laser” originated as an acronym for “light amplification by stimulated emission of radiation”. The first laser was built in 1960 by Theodore H. Maiman at Hughes Laboratories, based on theoretical work by Charles Hard Townes and Arthur Leonard Schawlow. A laser differs from other sources of light in that it emits light *coherently*. Spatial (space) coherence allows a laser to be focused to a tight spot, enabling applications such as laser cutting and lithography. Spatial coherence also allows a laser beam to stay narrow over great distances (collimation), enabling applications such as laser pointers. Lasers can also have high temporal coherence, which allows them to emit light with a very narrow spectrum, i.e., they can emit a single color of light. Temporal coherence can be used to produce pulses of light as short as a femtosecond.



According to
NASA: <http://spaceplace.nasa.gov/laser/en/>

Lasers are a special form of light. Laser light does not exist in nature.

Only human technology can create laser light.

Ordinary light, like sunlight, is made up of many different wavelengths, or colors, of light.

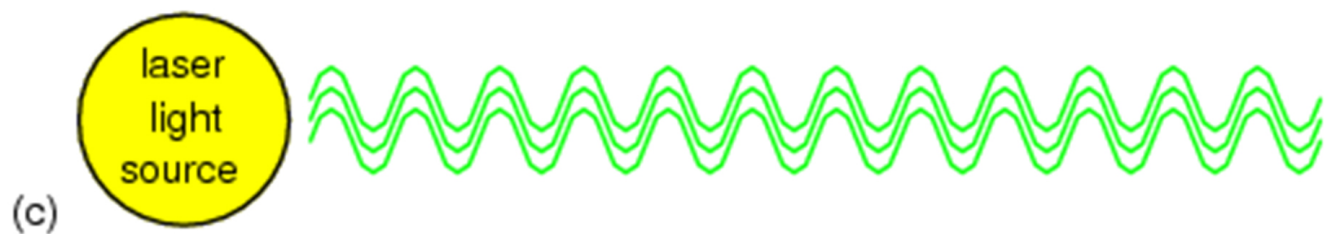
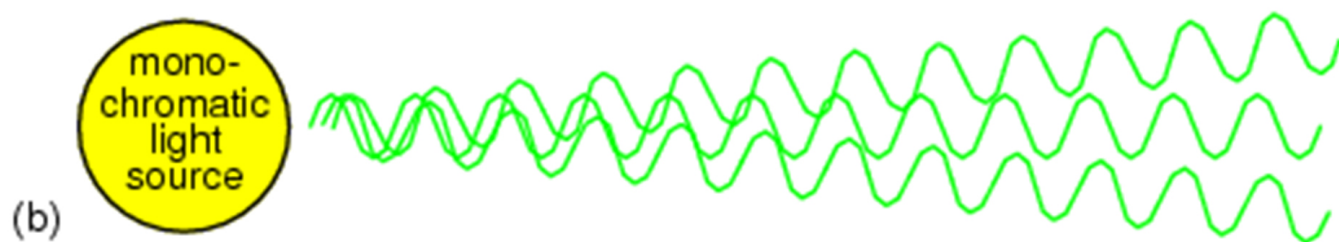
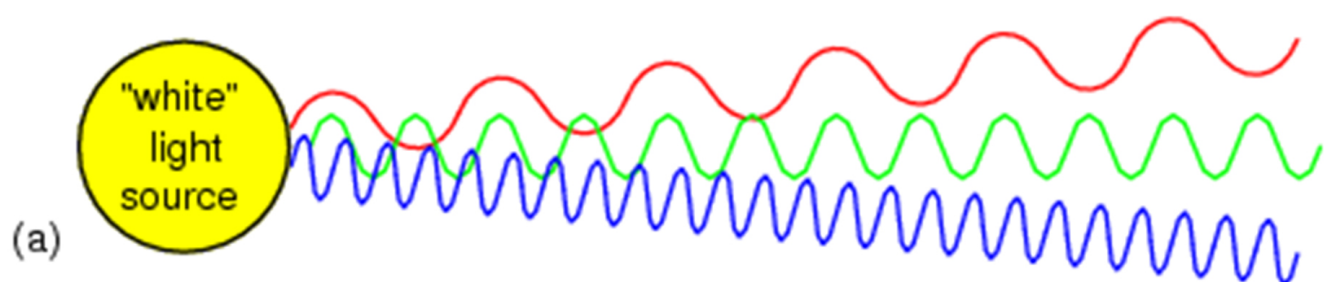
The difference between daylight and Laser light. First, the light from a laser contains exactly one color or wavelength rather than a lot of different wavelengths. Scientists say

that laser light is “monochromatic,” meaning of one color.

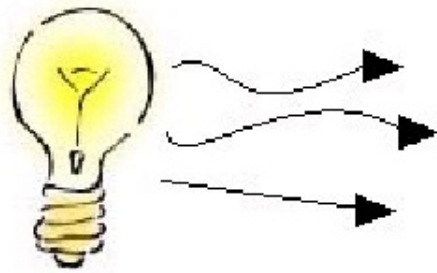
Second, all the wavelengths are in phase. That is, they are all “waving” together at the same time in the same direction, like a well-timed audience. All the wave crests (high points) and troughs (low points) are lined up. Scientists say the laser light is “coherent.”

And third, while light waves from ordinary sources (such as flashlights, light bulbs, or the Sun) spread out in all directions the laser light waves are all traveling in the same direction, exactly parallel to one another. This means that laser light beams are very narrow and can be concentrated on one tiny spot. Scientists say the laser light is “collimated.”

Because the laser light is monochromatic, coherent, and collimated, all of its energy is focused on producing a small point of intense power. This focused power makes laser light useful for cutting and welding. It also makes it possible to control laser light very precisely which extends the versatility of it.



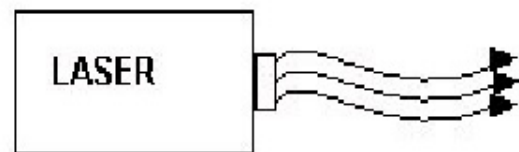
Ordinary light & Laser



5.Many wavelengths

6.Multidirectional

7.Incoherent



1. Monochromatic

2. Directional

3. Coherent

Different Kinds of Lasers and

their qualities



Laser Terminology:

Selective Photothermolysis: Photothermolysis means using light (photo) to heat (Thermo) a selected area for destruction (lysis). It is the process by which lasers work to treat skin problems.

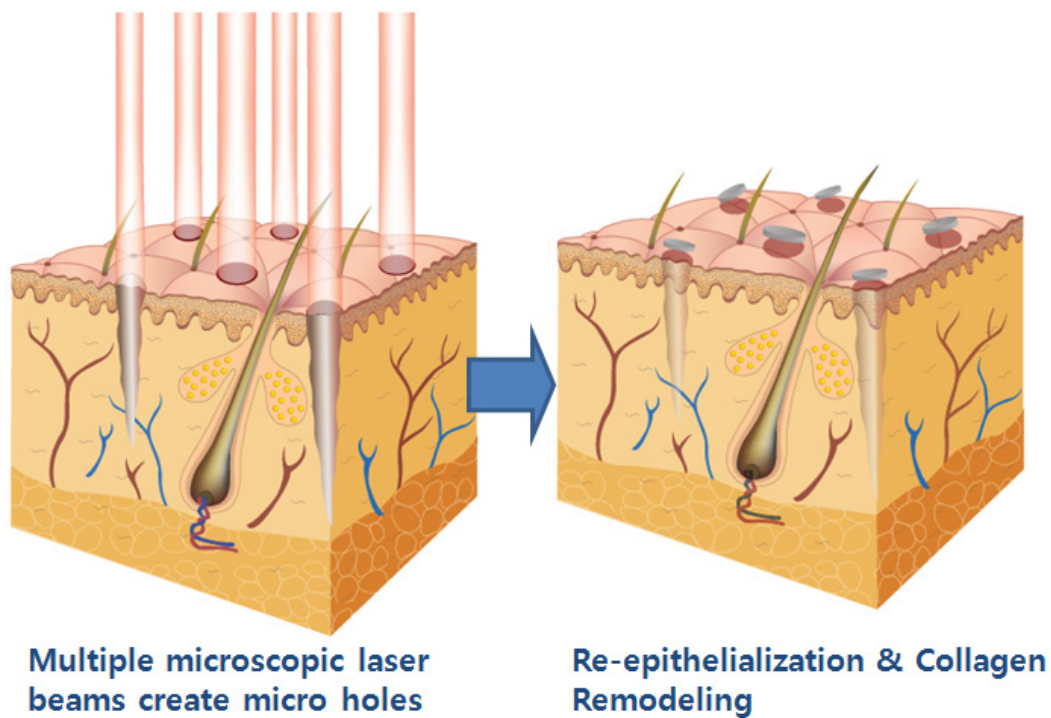
Ablative: Ablative lasers were the first type of laser to be used in laser skin resurfacing. They vaporize the top layer of your skin, physically removing (destroying) any skin damage you want to treat and allowing healthy skin to grow back. Old school CO2 laser resurfacing is an example of an ablative

procedure. Nowadays, ablative lasers (not fractionated, which is explained below) are rarely used for the face because of the long downtime. It takes months to recover and multiple ablative treatments to get the desired results. Some people are also subject to a high risk of scarring and hyper/hypo-pigmentation.

Non-Ablative: Non-ablative lasers penetrate into deep layers of skin without removing the top layer of skin. Therefore, they can treat skin issues without damaging the surface of your skin. These lasers are a significant improvement over ablative lasers because of the large decrease in recovery time. Many non-ablative lasers claim to have “no downtime” and are even advertised as “lunch-time” procedures. However, in **my experience**, even with a non-ablative laser, you will still experience **side effects**. But you will be able to go back to your normal life far more quickly than with an ablative laser treatment.

Fractional: While non-ablative lasers were less invasive than ablative lasers, they proved to be weaker. Because of this, fractionated cosmetic lasers were developed. *Fractionated*, *fractional*, or *fractionally* means that a laser beam is split into hundreds of tiny beams (a bunch of dots) instead of one solid beam. Therefore, when a fractionated laser penetrates your skin, it penetrates in a scattered way, treating some skin while leaving the skin in between alone. In other words, your skin is only *fractionally* treated with a laser because the laser beam has been split up (think string cheese instead of a block of cheese). Instead of getting one solid dose of a laser in a specific area of your skin, you get a spread out a dose, receiving the same benefits minus the downtime. The first fractionated laser was Fraxel, but any type of laser can be fractionated – fractionated ablative lasers, fractionated non-ablative lasers, fractionated carbon dioxide lasers, fractionated nd: yags, etc.

Ablative Fractional Laser – Skin Tissue Interaction



Pixel Laser: Pixel lasers or pixel technology means the cosmetic laser in question has been fractionated.

Continuous Wave: A continuous wave (CW) laser is a laser beam that is constant. The laser emits high energy light non-stop, unlike pulsed lasers which emit laser beams in short bursts. Old cosmetic laser technologies like carbon dioxide lasers and argon lasers are examples of continuous wave lasers. CW lasers

are not used to treat facial skin anymore because there are other lasers that produce the same results without such severe side effects and downtime.

Pulsed: A pulsed laser delivers laser beams in pulses. Instead of lasing your skin in one continuous beam, pulsed lasers zap your skin in beats. Therefore, instead of going *zaaaaaaap* like a continuous wave laser, pulsed lasers go *zap, zap, zap*. There are long-pulsed pulsed lasers, with a pulse duration of around 30-50 milliseconds, and short-pulsed pulsed lasers, with a pulse duration of around 5-100 nanoseconds.

Q-Switched: Q-switching refers to the technique of making a laser produce a high-intensity beam in very short pulses. Q-switched lasers are a type of pulsed laser, but they are short-pulsed pulsed lasers with durations of 5-100 nanoseconds. Q-switched lasers are usually used for tattoo removal on the skin.

Long-Pulsed: A long-pulsed laser is a pulsed laser that has a pulse duration of approximately 30-50 milliseconds. It's still a very short pulse, but compared to short-pulsed pulses, long-pulse pulses are relatively long.

Diode Laser:

A diode laser emits a wavelength of light at 800nm. They are usually used for hair removal, skin pigmentations, and vascular lesions like spider veins.

Argon Laser: An argon laser is an ablative, continuous wave laser with argon as the medium. It's an older laser technology and used to be used for laser skin resurfacing. However, because it had a lot of side effects, it is not used that much in cosmetic medicine anymore.

Carbon Dioxide Laser (CO2 Laser): Like argon lasers, carbon dioxide lasers were one of the first cosmetic lasers used to treat skin conditions. A carbon dioxide laser is *very strong*

and can cut into or vaporize skin tissue. As the name suggests, it uses carbon dioxide as its medium. A continuous wave carbon dioxide laser is not as favorable anymore to treat facial skin conditions because of the severely associated downtime. Instead, the carbon dioxide lasers used on skin today are *fractional* carbon dioxide lasers. Continuous wave carbon dioxide lasers are still used to remove moles and other skin issues though.

Erbium Laser: An erbium laser is an ablative laser used for skin resurfacing. Like carbon dioxide lasers, erbium lasers vaporize the surface of your skin. However, they do not penetrate as deeply as CO2 lasers and are therefore used to treat moderate wrinkles and photoaging on the face, hands, and neck. Non-fractionated ablative lasers are rarely used for the skin anymore because fractional lasers are less invasive. There are several models of fractionated erbium lasers used today.

Dye Laser: A dye laser is a laser with organic dye as the active medium. The most popular type of cosmetic dye laser is the pulsed dye laser.

KTP Laser: KTP stands for potassium (K) titanyl phosphate (TP). A KTP laser uses potassium titanyl phosphate crystal as its medium. KTP lasers are known as green colored cosmetic lasers and they are used to treat vascular lesions, such as broken capillaries, spider veins, and redness in the skin.

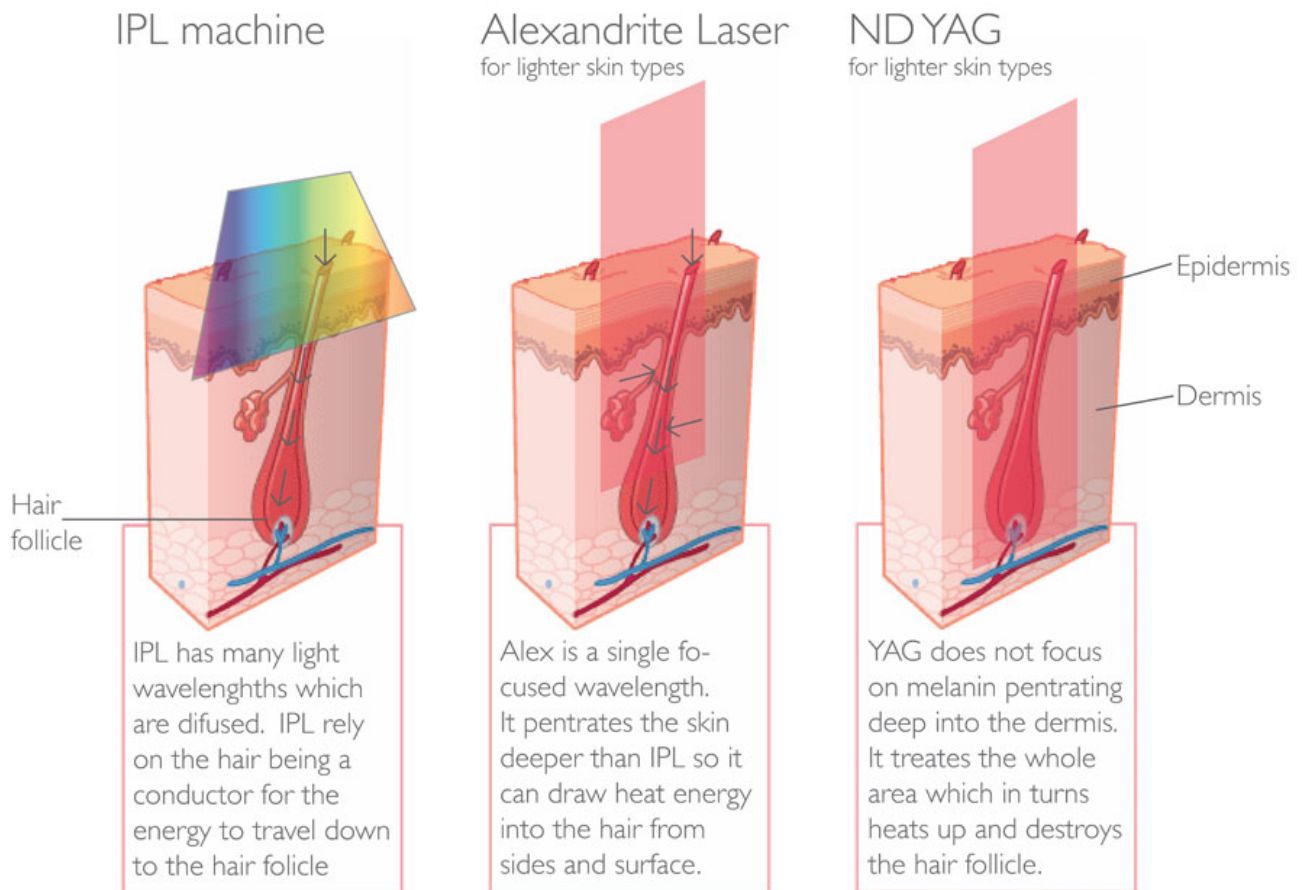
Nd:Yag Laser: An Nd:Yag laser is a laser that uses **neodymium-doped yttrium aluminum garnet** as its medium. It is one of the most common lasers, available in both continuous and pulsed modes. There is a variety of Nd:Yag lasers, which are used to remove unwanted hair and treat skin veins and facial redness.

Alexandrite Laser: This laser uses alexandrite as its laser source. Alexandrite lasers are used for hair and tattoo removal. They are especially good at removing green and black

colored pigmentations in the skin.

IPL:

PL (also known as *Flashlamp*, *photorejuvenation*, and *photofacial* procedures) stands for **i**ntense **p**ulsed **l**ight. IPL is not a type of laser, but a light-based treatment often referred to as a cosmetic laser treatment because they both treat similar skin conditions in similar ways. IPL uses short bursts of high-intensity light from specific flash lamps to selectively destroy pigment cells, capillaries, and hair roots on your skin. Therefore, IPL is used to treat pigmentation, vascular lesions, rosacea, hair removal, and photorejuvenation. IPL is better for people who have light, pale skin. Though post-treatment side effects resemble a sunburn, some people actually experience skin blisters

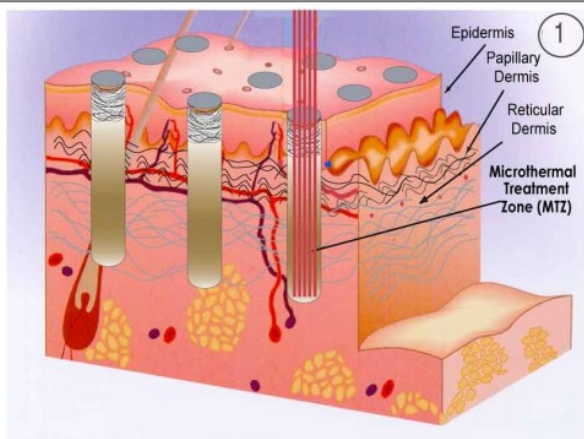


Fraxel:

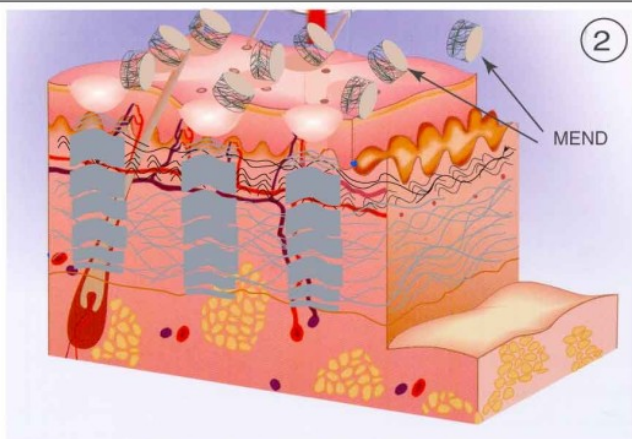
Fraxel is a family of three cosmetic lasers made by a company called Solta. All three lasers in the Fraxel family use fractional photothermolysis to treat certain skin conditions. There are two non-ablative Fraxel lasers and one ablative Fraxel laser. The two non-ablative lasers are *Fraxel refine* (used for skin rejuvenation and minimizing fine facial lines) and *Fraxel restores* (used for skin resurfacing, treating photodamage, and reducing the appearance of acne scars). The

ablative laser is *Fraxel repair*, which uses a CO₂ laser to treat skin pigmentation and deeper facial wrinkles. Fraxel was one of the first fractionated lasers on the market.

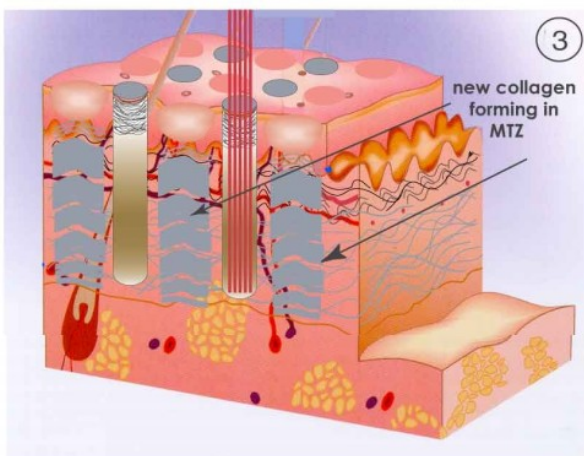
How Fractional Resurfacing works



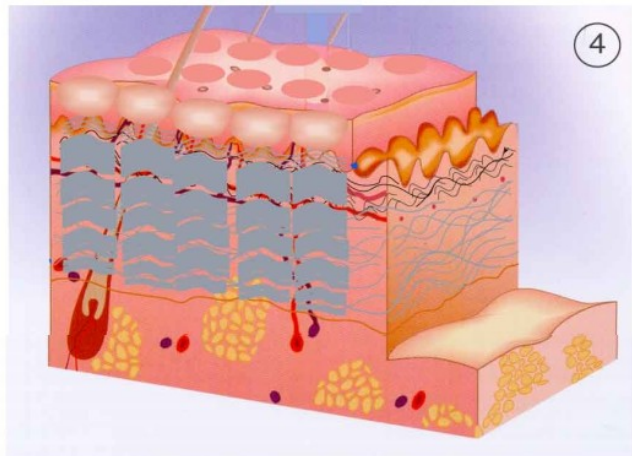
Each hit of the laser produces a Microthermal Treatment Zone smaller than a human hair, sparing the intervening normal tissue.



Collagen remodeling takes place in the MTZ, and a small plug of MicroEpidermal Necrotic Debris (MEND) flakes off in a few days.



A second treatment creates more MTZs as the collagen from the first treatment remodels and tightens.



Each treatment session covers about 20% of the skin surface. Usually 4-6 treatments spaced at 1 week intervals are needed.

Vbeam:

Vbeam is the name of a pulsed dye laser manufactured by the company Candela. It treats rosacea, port wine stains (birthmarks), and broken blood vessels, essentially minimizing any skin condition involving redness. Vbeam uses a cooling

spray with each laser pulse to minimize pain from the treatment.

Radiofrequency (RF):

Similar to how lasers are an energy source, radiofrequency is also an energy source for aesthetic medical procedures. The most common cosmetic treatment using radiofrequency is Thermage, a device developed by the same company that makes Fraxel. Radiofrequency is used to heat (or damage) deep layers of your skin (without damaging the surface) so your body will “heal” the injury, producing more collagen to tighten skin and make it look younger. However, radiofrequency contracts fat cells so many people have experienced facial fat loss and thinner faces after receiving radiofrequency treatment.

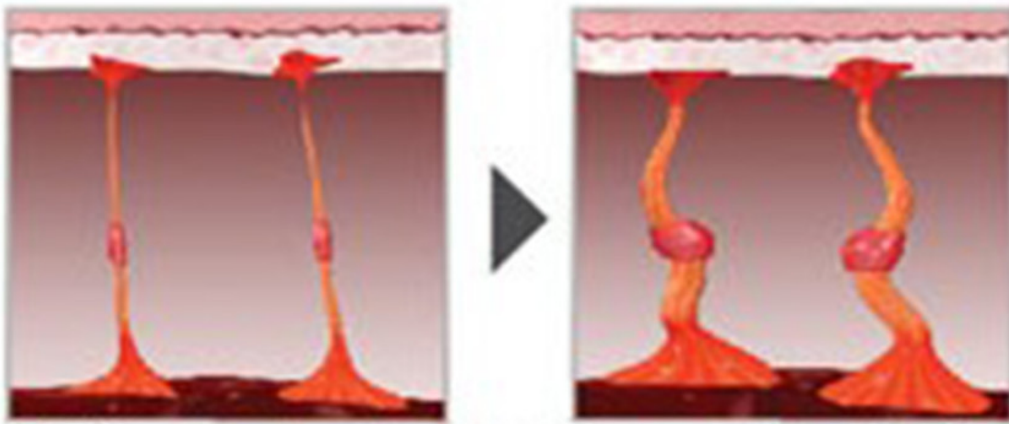
How it works

The magnetic pulse component of (MP)² induces the release of growth factors required for the sprouting of new blood vessels, as well as for proliferation of dermal fibroblast. Simultaneously, the RF component induces collagen and elastin synthesis by causing controlled thermal damage in the dermis, which triggers the self-repair mechanism of skin tissue. The result is a marked improvement in skin tightness and elasticity and in overall skin condition.

(MP)² brings you the power of clinically proven, medical grade Magnetic Pulse Technology with the unique Multi Polar RF, enabling practitioners to offer clients a safe, pleasant and effective skin tightening treatment with excellent clinical results.



Angiogenesis



Collagen & elastic fiber restructuring



Collagen & elastic fiber regeneration

Before



After 6 treatments





Infrared:

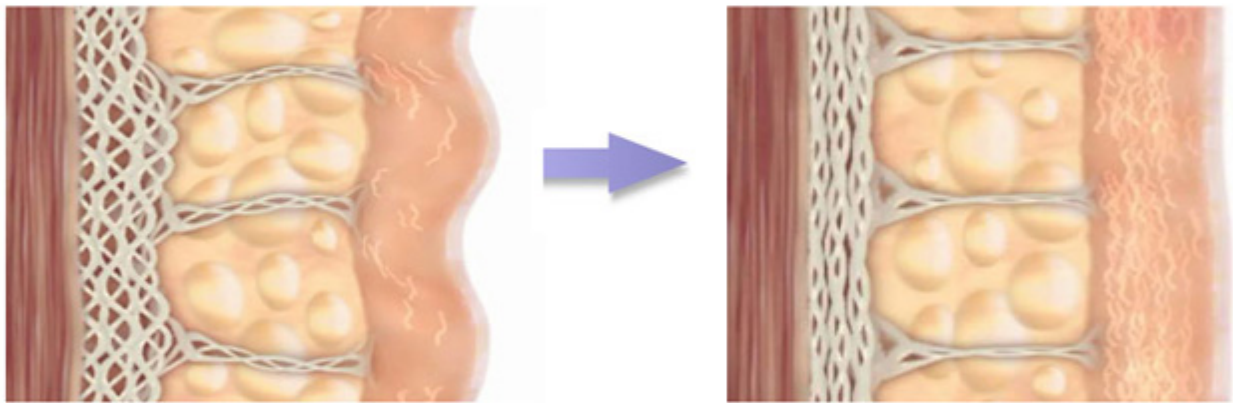
Infrared is another source of energy used in cosmetic medicine. The most popular infrared skin device is called Titan. It is often used for a “non-surgical facelift.” Heat from infrared energy contracts, but does not destroy, collagen in your skin. Your skin then increases its collagen production to “replace” the lost collagen, resulting in a “lift” in your skin.

Ultrasound:

Ultrasound is the newest energy source used for cosmetic medical procedures. Ultrasound imaging allows you to visualize the tissue beneath the surface of your skin. Therefore, you

can see where damage is located and target them precisely. Ultrasound facial procedures rejuvenate the skin and minimize sagging. Ulthera is the name of a popular ultrasound treatment device.

Why Does Ultherapy Work?



Over time, weak collagen is reorganized and strengthened with the growth of new collagen, which tightens and lifts the skin.

Hautstraffung mit Radiofrequenz





Before



After 1 treatment





I got lucky and I was given an Ulthera treatment, from a reliable professional Dr and it works right away, the weird fact is that it keeps on working for at least 9 months it is amazing and no ouweee, I just didn't use make up for a couple of days , I felt that the skin already was trying to heal, so I pampered the skin with Vitamin C, A and D and definitely stayed out of the Sun.

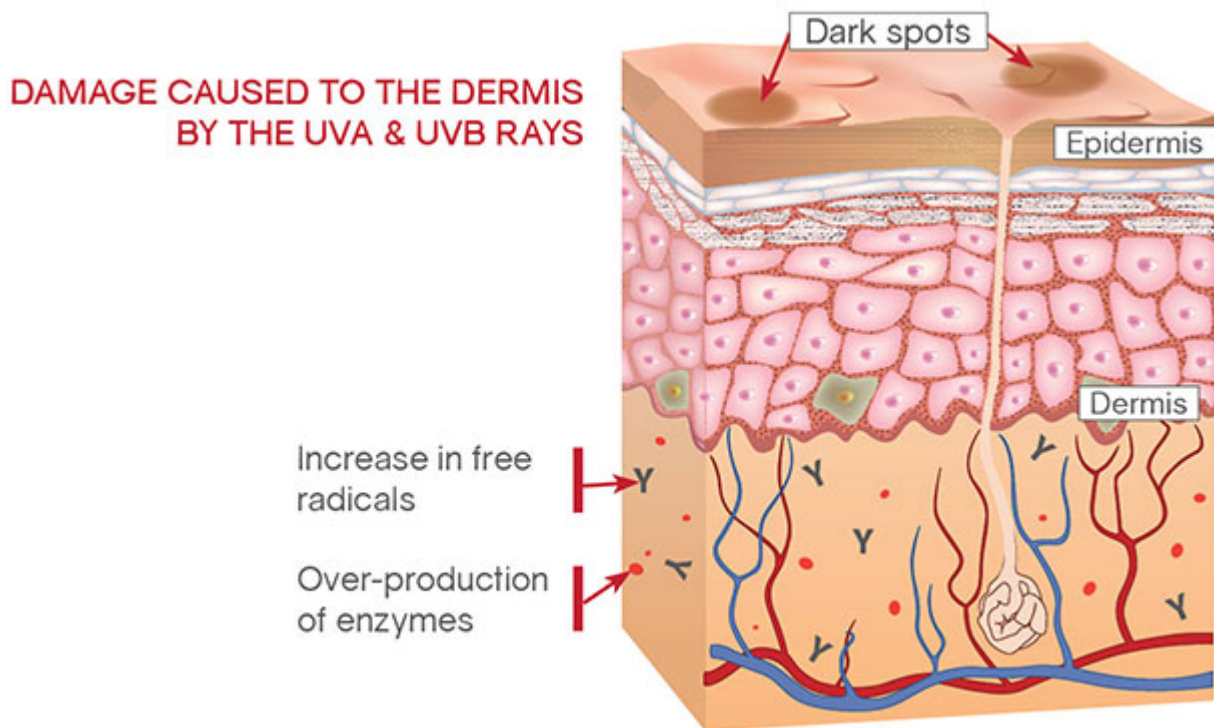
Skin Rejuvenation:

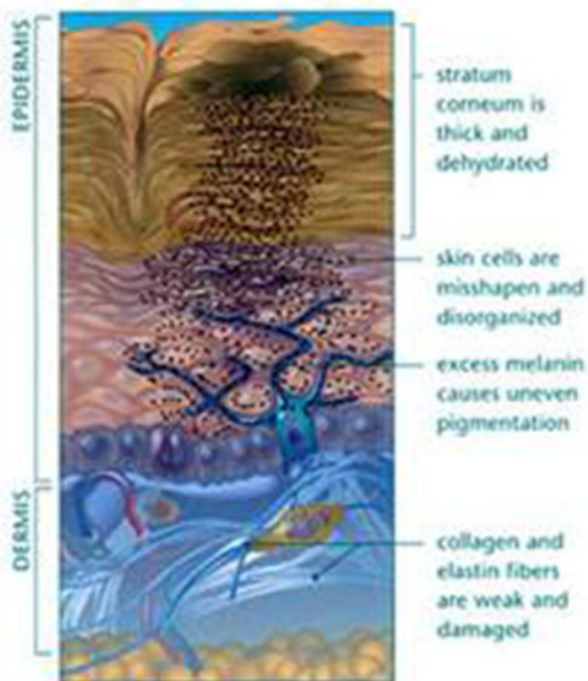
Skin rejuvenation and photorejuvenation basically mean making your skin younger by minimizing wrinkles, pigmentation, sagginess, and other damage from photoaging. There are three main ways to rejuvenate your skin: 1) thermal photorejuvenation using radio-frequency (i.e. Thermage), 2) chemical photorejuvenation using chemical peels, and 3)

mechanical photorejuvenation using cosmetic skin lasers.

Photoaging:

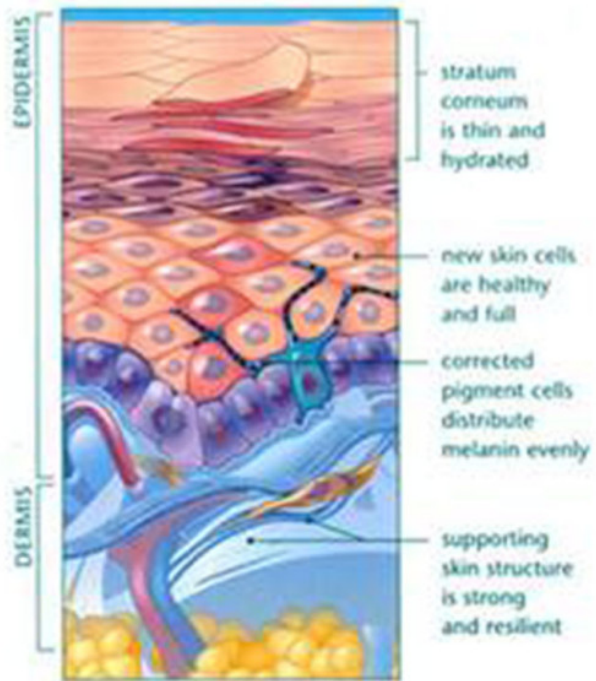
Photoaging is a term used to describe the aging of the skin that occurs because of the sun's UVA and UVB rays.





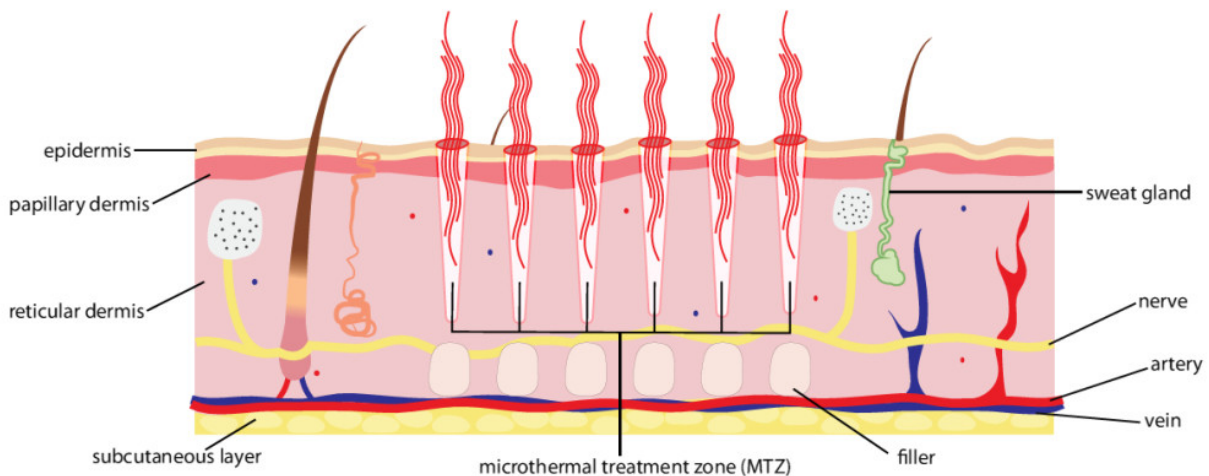
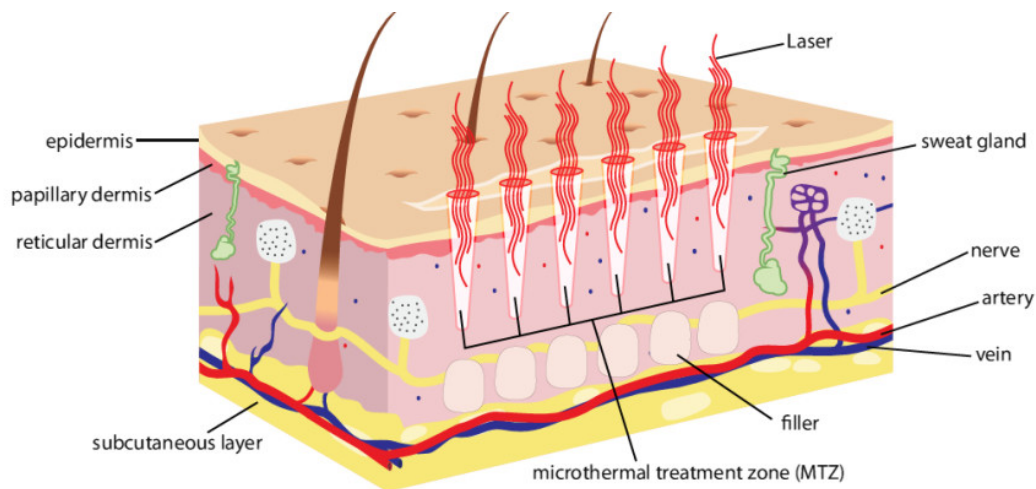
Sun-damaged skin is thinned and dry, with misshapen, disorganized skin cells, uneven pigmentation and weak, damaged collagen and elastin fibers

*Artwork courtesy of Obagi



Corrected skin after rejuvenation procedures with improved pigmentation, new skin cells and increased new collagen formation.

What is laser skin resurfacing?



Laser skin resurfacing, also known as a laser peel, laser vaporization and lasabrasion, can reduce wrinkles, scars, sun damage, liver spots and blemishes. Newer laser technologies give your plastic surgeon, or Dermatologist a new level of control in laser surfacing, permitting extreme precision, for all over the body and especially in delicate areas.

Laser skin resurfacing can improve many conditions, such as:

- Fine lines or creases around or under your eyes, forehead or mouth and neck
- Scars from acne or chickenpox, surgeries, burns etc

- Non-responsive skin after a facelift, like a slow healing skin
- Aged or sun-damaged skin
- Liver spots
- Improve your complexion if you have yellowish or grayish skin tones
- Warts, moles, spider veins
- Birthmarks such as linear epidermal nevi
- Enlarged oil glands on the nose and general pore size

How does laser skin resurfacing work?

It is about using beams of light. The Dr. uses the laser to send short, concentrated pulsating beams of light at irregular skin issues. This will remove unwanted, damaged skin in a very precise manner one layer at a time.

Laser skin resurfacing's targeted approach means there are fewer problems with hypopigmentation, or a lightening of skin for procedures such as laser acne scar removal and that includes dark skins or any skin that has that tendency.

The laser beam used in laser resurfacing will remove your outer layer of skin, called the epidermis. It simultaneously heats the underlying skin, called the dermis. This action works to stimulate the growth of new collagen and Elastin fibers. As the treated area heals, the new skin that forms is smoother and firmer, Bay like is fantastic!

What happens during laser skin

resurfacing?

For the best results, your plastic surgeon may first start you on a few series of skin treatments to prepare your skin for your laser procedure, not always this is a part of all Dr's procedure, now a day most Dr's just go right into it. Often these treatments begin 6 weeks or more before your scheduled procedure. These skin treatments are customized for your particular skin type to minimize complications and obtain the best result from your laser resurfacing.

Almost all Cosmetic laser resurfacing is usually done on an outpatient basis and typically takes between 30 minutes and 2 hours, taking time to asses the skin and overall health of the person and if they qualify for it, plus the numbing of the skin prior to the procedure.

Managing discomfort:

Laser skin resurfacing can be painful for some people and not for others. This is why your doctor may numb the skin with local anesthetics usually a cream. You may also receive a sedative to help you relax. If you are opting for extensive resurfacing that takes a longer amount of time, or if you're having other cosmetic procedures simultaneously, your Dr may use a general anesthetic on extreme cases or if you are having surgery at the same time. Afterward, the doctor will provide painkillers to keep you comfortable or and anesthetic healing cream. In preparation, your face will be thoroughly cleaned and you will be given eye protection.

Special considerations, risks, and

recovery

Every skin that's treated with laser resurfacing may react in different ways. But for the most part, it will feel like a mild sunburn, of course, everybody is different. You'll have some redness and swelling. You may also experience itching or stinging for a few days after the procedure, like Sunburn.

Depending on the treatment, some people may have what looks like a severe sunburn or discoloration. The skin will be raw, and sensitive. Do not scratch or pick at crusts because this can cause scarring and use a strong eco-friendly preferable perfume sent free Sunscreen at all times with or without operant sunlight.

Usually, about five days to a week after laser skin resurfacing, your skin will peel and the beautiful new skin will be there waiting for you to love it!.

To achieve an optimum look, follow these steps as part of your recovery:

- Clean the treated areas two to five times a day with saline or a diluted vinegar solution pat it on doesn't rub or as directed by your plastic surgeon.
- We recommend Vitamin E and A, chamomile compresses and a good non-premixed vitamin C.
- Apply protective skin care treatments that are recommended by your doctor to help your skin heal.
- After healing, you'll need to use sunscreen, particularly one that's formulated for the sensitive, rejuvenated skin on your face. Every day and really through the day. No exceptions!
- Use a liberal amount of Organic moisturizer each day on your new skin, I suggest good oils too.

You can expect that the treated area will peel. After that,

the new, rejuvenated skin will be pink, but it will gradually lighten over two to three months. It may take up to a year for the pinkness to go away. It is very important to protect your skin during this time of healing. Redness tends to last longer in blondes and redheads.

You may resume application of Retin-A and/or glycolic acid products around six weeks after laser resurfacing or as directed by your physician.

Complications of laser skin resurfacing can include:

- Acne flares of some kind. Your doctor will recommend a treatment regimen.
- Sometimes there is a Bacterial infection. Your doctor may recommend taking an antibiotic prior to the procedure and afterward.
- Cold sore reactivation. This may occur if you have laser resurfacing around your mouth especially if you already had outbreaks before. Be sure to tell your doctor about your history of cold sores prior the treatment don't hold back he will help you prevent them. You can prevent the reactivation by taking an antiviral medication before and after the procedure.
- Hyperpigmentation. It's possible the treated area can become darker in tone. Your physician may recommend a bleaching solution or a different procedure that will prevent this from happening. More rarely you may have hypopigmentation, a lightening of the skin tone.
- Milia. These small white bumps may appear during healing. They can be removed by gentle cleansing with a washcloth or agent exfoliation.

- Prolonged redness. For some people, the redness just takes longer to disappear, but we sure you will.
- Scarring. This is rare, but possible especially if you PICK!!!! your skin no, no.
- Swelling. If you are having laser skin resurfacing around your eyes, your doctor may prescribe oral steroids to manage this swelling, we recommend to follow instructions on these and then go Organic compresses perhaps of chamomile or other ant anti-inflammatory herbs.

Tips for an easier recovery:

- Elevate your head with an extra pillow at night so you drain fluids and help to move lymph.
- Use an ice pack during the first day or two to ease swelling and discomfort, always place the Ice Pack inside a cloth do not place it straight on the skin it can damage it, do five minutes at a time and place the recommended products from your DR, then you can clean up.
- Stop smoking. Tobacco smoke will complicate the healing process by a million%, try to stay away from Alcohol and products that are acid so you don't contribute to the inflammation.

Recovery times will vary depending on your treatment:

CO2 laser resurfacing: Generally up to two weeks.

Erbium laser resurfacing: One full week.

Camouflage the pink or red skin

Once your treated areas have healed, makeup may be used to tone down the color. Try a green-based makeup to neutralize red color. Be sure to opt for oil-free makeup. I personally recommend waiting 3 to four days, the longer the better. If you think about it the skin is trying to heal and place Harsh chemicals on top of it. Not so good of an idea, it may create an infection and the whole purpose of the treatment in the first place.

One option you have, especially if you suffer from acne, is mild light therapy. There are several forms of light therapy that could be helpful. One of the most common is intense pulsed light. IPL uses a light beam that doesn't produce much heat, but it can still treat the affected areas and reduce acne scarring for the right candidates. It's even safe treatment for teenagers with specific skin conditions.

Stronger Laser Treatments for More Widespread or In-Depth Issues

If your skin problem is over a widespread area or a more in-depth issue, it may call for a stronger form of therapy. There are several stronger types of lasers that you could try. One type is the non-ablative laser, which treats some deeper skin problems without having a major impact on the surface of the skin. Another type is ablative laser treatment. Ablative [laser devices](#) strip away the surface layer of skin, which can reveal a healthier layer underneath. That can be a great treatment for some skin conditions, but it can make others worse. That's why it's always important to consult an expert.

A third laser option that you might need to think about is Fractional, also known as Fraxel, laser treatment. Fraxel lasers can essentially drill tiny columns of light and heat through the skin, leaving most of it undamaged. The undamaged cells around the columns are then stimulated into helping to repair and strengthen the damaged cells, creating healthier looking skin. They do that by producing more collagen and other healthy components to strengthen the surrounding tissue.

Non-Laser Treatments for Skin Problems

Of course, there are plenty of non-laser treatments for skin problems. Two common examples are microdermabrasion and chemical peels. Both of those methods resurface the skin in much the same way that sandpaper can smooth out a piece of wood. The major difference between chemical peels and microdermabrasion is that the former works using chemicals, while the latter is actually more like sandpaper, using a tool to buff away the top layer of skin cells.

If none of those options sound good to you, don't worry. There are many others that you could potentially try, including forms of laser devices not mentioned here, as well as various types of sound wave treatment. But, whether you choose sound wave treatment, lasers, or some other method, the important thing is to pick the treatment that is best for your skin condition and skin type. That's the best way to get your healthy, youthful appearance back.

From:

<http://www.skinacea.com/facials/lasers/types.html#.ViknYLon38s>

ABLATIVE LASERS:

Type of Laser	What it Treats	Side Effects	Brands
Carbon Dioxide Laser (CO2)	<ul style="list-style-type: none">• Deep set wrinkles• Acne scars and another scarring<ul style="list-style-type: none">• Warts• Birthmarks• Skin tags• Saggy skin (encourages collagen production for skin tightening)• Skin cancer<ul style="list-style-type: none">• Corns on feet• Moles• Sun damage• Not good for stretch marks	<p>Traditional CO2 lasers took months to heal with a high risk of scarring and red skin. Fractional CO2 lasers are less invasive and generally require 2-3 weeks of recovery</p> <p>If you are Asian, you have a higher risk of hyper-pigmentation or hypo-pigmentation. Do not get this treatment if you have active acne on your skin.</p>	<ul style="list-style-type: none">• Sharplan (old technology)<ul style="list-style-type: none">• <u>Fraxel re:pair</u> (fractional CO2 laser)<ul style="list-style-type: none">• <u>Harmony Pixel Perfect</u>

Erbium Laser	<ul style="list-style-type: none"> • Fine lines • Small to moderate wrinkles • Skin pigmentation problems • Acne Scars • Sun damage • Moles 	<p>Erbium lasers have less downtime than CO2 lasers because they burn less of the surrounding skin tissue.</p> <p>Swelling, bruising and redness will usually subside in 1-2 weeks.</p> <p>Darker skin tones can use this laser.</p>	<ul style="list-style-type: none"> • Harmony Pixel Laser (fractional erbium) •
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NON-ABLATIVE LASERS:

Type of Laser	What it Treats	Side Effects	Brands
Pulsed-Dye Laser (PDL)	<ul style="list-style-type: none"> • Vascular lesions • Spider veins • Port wine stains (birthmarks) • Rosacea • Broken capillaries • Fine lines around eyes • Stretch marks 	<p>Post-operative bruising (purpura) and temporary pigmentation changes are commonly experienced.</p>	<ul style="list-style-type: none"> • <u>VBeam</u>

Nd:Yag Laser	<ul style="list-style-type: none"> • Hair Removal • Spider veins <ul style="list-style-type: none"> • Skin pigmentation issues • Tattoo removal • Skin rejuvenation 	<p>Low success rate for the treatment of skin issues.</p> <p>There is a chance of recurrence when used for the treatment of vascular lesions.</p>	<ul style="list-style-type: none"> • <u>CoolGlide</u> • <u>GentleYAG</u> • <u>Laser Genesis</u> • <u>CoolTouch</u>
Alexandrite Laser	<ul style="list-style-type: none"> • Hair Removal • Tattoo removal • Leg veins 	<p>Alexandrite lasers tend to better at removing finer, thinner hairs.</p> <p>They are also good at removing black, green, or yellow colored tattoos.</p> <p>Good for those with white/pale skin.</p>	<ul style="list-style-type: none"> • <u>GentleLASE</u> • EpiTouch Plus

NON-LASERS:

Type	What it Treats	Side Effects	Brands
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<p>Intense Pulsed Light (IPL)</p>	<ul style="list-style-type: none"> • Rosacea and facial redness • Broken blood vessels • Pigmented lesions and skin discolorations • Skin tightening • Moderately good at removing hair • Some tattoo removal 	<p>Redness and swelling post-op, but tends to fade in a few days. Can experience some bruising, scabbing, and changes in pigmentation. Not good for those with darker skin tones.</p>	<ul style="list-style-type: none"> • <u>Lumenis</u> <ul style="list-style-type: none"> • EpiLight • Quantum <ul style="list-style-type: none"> • PhotoDerm • Aculight
<p>Infrared</p>	<ul style="list-style-type: none"> • Skin tightening • Facial contouring • Non-surgical facelift • Stimulating collagen • Saggy skin 	<p>Does not reach fat layer so no risk of fat loss. Very minimal downtime.</p>	<ul style="list-style-type: none"> • <u>Titan</u>
<p>Radiofrequency</p>	<ul style="list-style-type: none"> • Skin tightening • Facial rejuvenation 	<p>Contracts underlying fats, therefore some people experience permanent fat loss in their face. Can make face look more gaunt.</p>	<ul style="list-style-type: none"> • <u>Thermage</u>

Ultrasound Imaging	<ul style="list-style-type: none"> • Skin tightening • Increase collagen production • Improve skin elasticity • Firming skin 	Minimal downtime. No risk of fat loss.	<ul style="list-style-type: none"> • <u>Ulthera</u>
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Christmas traditions from around the world

Christmas traditions from around the world



On week 307 our intention is to share holiday traditions of the different nations and their holiday celebrations, with you and to take this opportunity to wish all of them loving wishes this is great opportunity to focus on PEACE.

We did extensive research and I must say it was a challenge

to try honoring them all, so please forgive us if we miss a nation of your interest and if we did let us know through an email and we will add it. We found that it was so much information we needed a few Posts for that intention so we did our best to edit an amount that is realistic for people to take the time to read, so just enjoy and choose what resonates with you. It is so interesting to learn different traditions, it reminds me once again that the planet is a lot bigger than just my day to day perception.

Thank you again for the generous support from you all, it is overwhelming the thousands of views and connections we receive, we work many hours, sometimes seven days a week to offer you our extensive research.

We wish you Health, Peace and Ideal abundance for you, your family, and friends, and to the whole world may all your wishes come true, from all of us at Isabel's Beauty Blog.

Christmas in the United States of America



from <http://www.whychristmas.com>

The United States of America has many different traditions and

ways that people celebrate Christmas, because of its multi-cultural nature, many customs are similar to ones in the UK, France, Italy, Holland, Poland, and Mexico.

The traditional meal for Western European families is turkey or ham with cranberry sauce. Families from Eastern European origins favor turkey with trimmings, keilbasi (a Polish sausage), cabbage dishes, and soups; and some Italian families prefer lasagne!

Some Americans use popcorn threaded on a string to help decorate their Christmas Tree!

In New England (the American States of Massachusetts, Connecticut, Rhode Island, Vermont, New Hampshire and Maine), there are shops called 'Christmas Shops' that only sell Christmas decorations and toys all the year round!

People in America like to decorate the outside of their house with lights and sometimes even statues of Santa Claus, Snowmen, and Reindeer elf.

Towns and cities often decorate the streets with lights to celebrate Christmas. Perhaps the most famous Christmas street lights in the USA are at the Rockefeller Center in New York where there is a huge Christmas Tree with a public ice skating rink in front of it over Christmas and the New Year.

In Hawaii, Santa is called Kanakaloka!

In the Southwest USA, there are some special customs which have some similarities to those in parts of Mexico. These include 'luminarias' or 'farolitos' which are paper sacks partly filled with sand and then have a candle put in them. They are lit on Christmas Eve and are put the edges of paths. They represent 'lighting the way' for somewhere for Mary and Joseph to stay.

A popular food at Christmas in the Southwest USA is tamales.

You can find out more about Christmas traditions in the
Southwest USA on
[www.lonestarwesterndecor.com/vibrant-Christmas-traditions-of-t
he-southwest.html](http://www.lonestarwesterndecor.com/vibrant-Christmas-traditions-of-the-southwest.html)

Christmas in Mexico



In Mexico, Christmas is celebrated from the December 12th to January 6th.

From December 16th to Christmas Eve, children often perform the 'Posada' processions or Posadas. Posada is Spanish for Inn or Lodging. There are nine Posadas. These celebrate the part

of the Christmas story where Joseph and Mary looked for somewhere to stay. For the Posadas, the outside of houses are decorated with evergreens, moss and paper lanterns.

In each Posada, children are given candles and a board, with painted clay figures of Mary riding on a donkey and Joseph, to process around the streets with. They call at the houses of friends and neighbors and sing a song at each home. The song they sing is about Joseph and Mary asking for a room in the house. But the children are told that there is no room in the house and that they must go away. Eventually, they are told there is room and are welcomed in! When the children go into the house they say prayers of thanks and then they have a party with food, games, and fireworks.

Each night a different house hold's the Posada party. At the final Posada, on Christmas Eve, a manger and figures of shepherds are put on the board. When the Posada house has been found, a baby Jesus is put into the manger and then families go to a midnight Church service. After the Church service, there are more fireworks to celebrate the start of Christmas.

One game that is often played at Posada parties is piñata. A piñata is a decorated clay or paper-mâché jar filled with sweets and hung from the ceiling or tree branch. The piñata is often decorated something like a ball with seven peaks around it. The peaks or spikes represent the 'seven deadly sins'. Piñatas' can also be in the form of an animal or bird (such as a donkey). To play the game, children are blindfolded and take it in turns to hit the piñata with a stick until it splits open and the sweets pour out. Then the children rush to pick up as many sweets as they can!

As well as the posada's, another type of Christmas play known as Pastorelas (The Shepherds). These tell the story of the shepherds going to find the baby Jesus and are often very funny. The devil tries to stop them by tempting them along the way. But the shepherds always get there in the end, often with

the help of the Archangel Michael, who comes and beats the devil!

Nativity scenes, known as the 'Nacimiento', are very popular in Mexico. They are often very large, with the figures being life size! Sometimes a whole room in a house is used for the Nacimiento, although this is less common now. The figures are often made of clay and are traditionally passed down through families. As well as the normal figures of the Mary, Joseph, Jesus, the Shepherds and Three Kings, there are often lots of other figures of different people, including women making tortillas, people selling food and different animals and birds, like flamingos! The figures can be bought from markets in cities all over Mexico. The baby Jesus is normally added to the scene during the evening of Christmas Eve. The Three Kings are added at Epiphany.

Christmas Trees are becoming more popular in Mexico, but the main/most important decoration is still the Nacimiento.

Christmas Eve is known as 'Noche Buena' and is a family day. People often take part in the final Posada and then in the evening have the main Christmas meal. At midnight, many people go to a Midnight Mass service, known as the 'Misa de Gallo' (Mass of the Rooster). There are lots of fireworks to celebrate Christmas Day.

Poinsettia flowers are known as 'Noche Buena' (Christmas Eve) flowers in Mexico.

People in Mexico also celebrate 'Los Santos Inocentes' or 'Day of the Innocent Saints' on December 28th and it's very like April Fools Day in the UK and USA. 28th December is when people remember the babies that were killed on the orders of King Herod when he was trying to kill the baby Jesus.

In some states in Mexico, children expect Santa Claus to come on December 24th. In the south of Mexico, children expect presents on January 6th at Epiphany, which is known as 'El Dia

de Los Reyes'.

On El Dia de Los Reyes the presents are left by the Three Kings (or Magi). If you've had a visit from Santa on Christmas Eve, you might also get some candy on el Dia de Los Reyes!

It's traditional to eat a special cake called 'Rosca de Reyes' (Three Kings Cake) on Epiphany. A figure of Baby Jesus is hidden inside the cake. Whoever has the baby Jesus in their piece of cake is the 'Godparent' of Jesus for that year.

Another important day is Candelaria (also known as Candlemas) on the 2nd February and it marks the end of the Mexican Christmas celebrations. Lots of Mexicans have a party for Candelaria.

In Mexico, presents might also be brought by 'El Niñito Dios' (baby Jesus) & Santo Clós (Santa Claus)

In Mexico people speak Spanish (Español), so Happy/Merry Christmas is 'Feliz Navidad'. Happy/Merry Christmas in lots more languages.

The largest ever Angel Ornament was made in Mexico. It was made in January 2001 by Sergio Rodriguez in the town of Nuevo León. The angel was 18' 3" high and had a wingspan of 11' 9"! Perhaps the most amazing thing about the angel was that it was completely made out of old beer bottles, 2946 of them!

Christmas in Denmark



Some people in Denmark give and receive extra [Advent](#) presents on the four Sundays of Advent.

Different types of Advent candles and calendars are popular in Denmark. A Kalenderlys (calendar-candle) is an Advent candle and most people have one of these types of candles. A Pakkekalender (gift calendar) are also a fun way to countdown to Christmas Eve. There are 24 small gifts for the children in the calendar, one for each day until Christmas Eve.

Julekalender (Christmas calendar) is a television series with 24 episodes. One episode is shown each day in December with the last one being aired on Christmas Eve. The first Julekalender was shown on TV in Denmark in 1962. The two main Danish TV channels DR and TV2 both show different versions of Julekalender each year. The theme of the stories in the Julekalender normally follows a similar storyline, with someone trying to ruin Christmas and the main characters saving Christmas!

As well as the TV series, both DR and TV2 produce paper advent calendars to go along with the stories! DR is the oldest TV channel in Denmark and its' paper calendar is called **Børnenes U-landskalender (Children's U-Country Calendar)**. It's been making the calendars for over 50 years and profits from the sale of the calendar go to help poor children in a developing country. The calendar made by TV2 is called julekalender and profits from that calendar go to help Julemærkefonden, a children's charity in Denmark.

You can also support Julemærkefonden when you send Christmas Cards in Denmark. Every year a set of Christmas stamps/stickers/seals called julemærket are sold in December to help raise money for the charity. You use a normal postage stamp as well, the julemærket stickers just make the post look more Christmassy!

Christmas Parties are held from 1st November to 24th December where everyone has a good time! Making cakes and biscuits is popular in the time before Christmas. Gingerbread cookies and vanilla ones are often favorites.

In Denmark, most people go to a Church Service on Christmas Eve at about 4.00pm to hear the Christmas Story. It's also traditional to give animals a treat on Christmas Eve, so some people go for a walk in the park or woods and take some food to give the animals and birds.

When they get home the main Christmas meal is eaten between 6.00pm and 8.00pm. It's served on a beautifully decorated table. Popular Christmas foods include roast duck, goose or pork. They are served with boiled and sweet potatoes, red cabbage, beetroot and cranberry jam/sauce.

Most families have a 'ris á la mande' (a special kind of rice pudding, made of milk, rice, vanilla, almonds and whipped cream) for dessert. All but one of the almonds are chopped into pieces. The person who finds the whole almond gets a present called a Mandelgave (almond present) and it's often a marzipan pig!

After the meal the lights on the [Christmas Tree](#) are lit, people might dance around the tree and sing carols. Then it's time for people to open their presents. The Christmas tree normally has a gold or silver star on the top and often has silver 'fairy hair' on it to make it glitter.

On Christmas day people meet with their family and have a big lunch together with Danish open-faced sandwiches on rye bread.

In Denmark, children believe that their presents are brought by the 'Julemanden' (which means 'Christmas Man'). He looks very similar to [Santa Claus](#) and also travels with a sleigh and reindeer. He lives in Greenland, likes rice pudding and is helped by 'nisser' which are like elves.

St. Lucia's Day (or St. Lucy's Day) is also celebrated on December 13th, although it's more famous for being celebrated in Denmark's neighbor, [Sweden](#).

In Danish, Happy/Merry Christmas is 'Glædelig Jul'

Christmas in Ethiopia



In Ethiopia (and especially the Ethiopian Orthodox Church)

they still use the old Julian calendar, so they celebrate Christmas on January 7th, not December 25th! The Christmas celebration in the Ethiopian Orthodox Church is called Ganna. Most of the people go to Church on Christmas day.

Many people fast they chose not to eat anything on Christmas Eve (January 6th). At dawn on the morning of Ganna, people get dressed in white. Most people wear a traditional garment called a shamma. It's a thin white cotton piece of cloth with brightly colored stripes across the ends. It's worn like a toga. If you live in a big town or city you might wear 'western' clothes. The early Ganna mass starts at 4.00am! Ouch, that shows Faith right there.

The Ethiopian capital city is Addis Ababa. It's a modern city. Most people who live outside big cities live in round house made of mud-plastered walls which have thatched cone-shaped roofs. Sometimes houses in the country are rectangular and made of stone.

The design of Ethiopian Church is similar to the houses. In the country, for the most part, they are very old and have been carved out of rocks. In cities, modern churches are built in three circles, each within the others.

The choir sings from the outer circle. Everyone who goes to church for the Ganna celebrations is given a candle. The people walk around the church three times in a solemn procession, holding the candles. They then go to the second circle to stand during the service. The men and boys are separated from the women and girls. The center circle is the most important and holy place in the church and is where the priest serves the Holy Communion or mass.

In the tradition is being said that one of the Wise Men who visited Jesus came from Ethiopia.

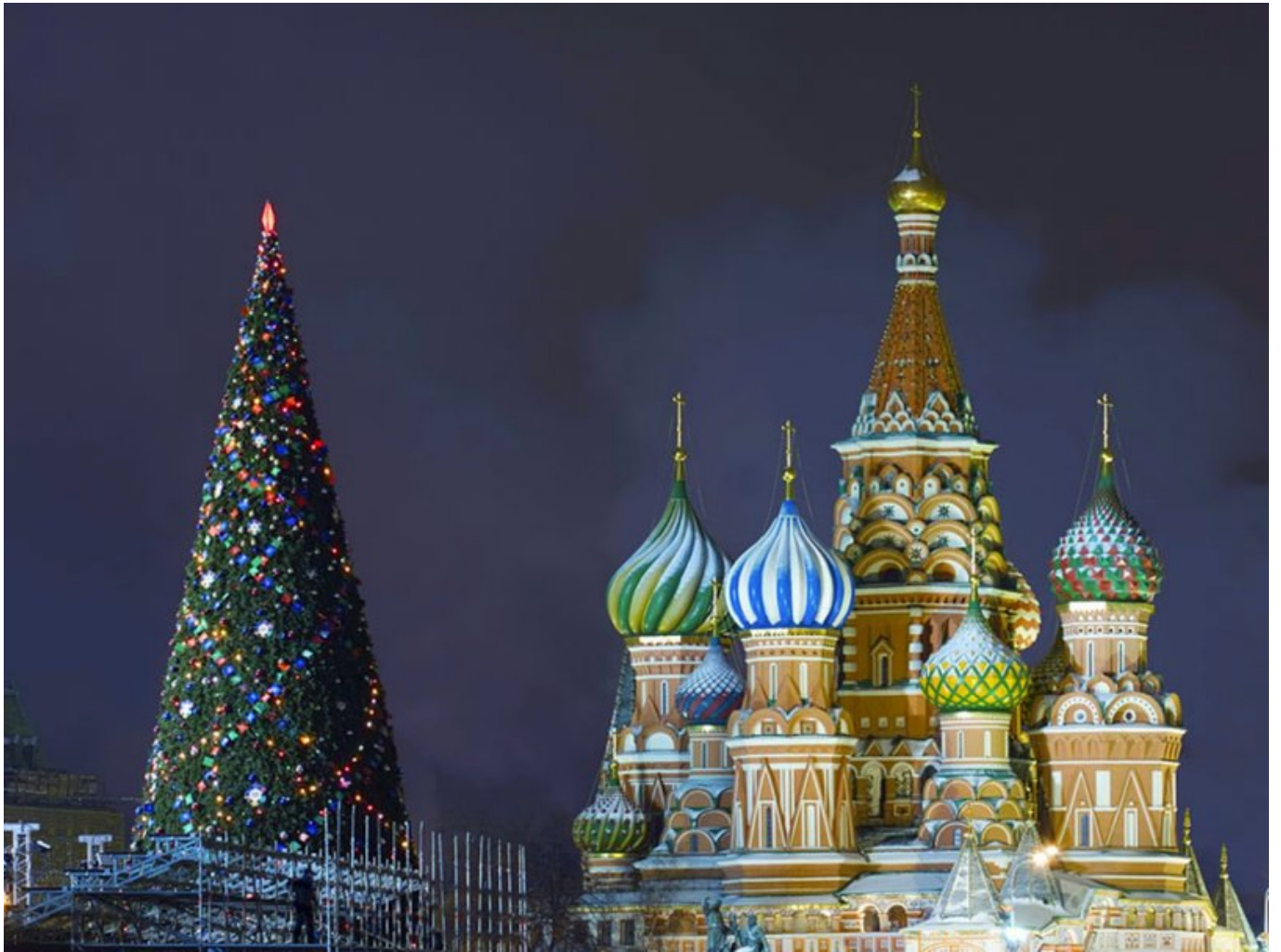
Around the time of Ganna (Christmas celebration time), the men and boys play a game that is also called ganna. It's played

with a curved stick and a round wooden ball, a bit like hockey.

Traditional Christmas foods in Ethiopia include 'wat' which is a thick and spicy stew that contains meat, vegetables and sometimes eggs. What is eaten on a 'plate of injera' – a flatbread, Pieces of the injera are used as an edible spoon to scoop up the wat.

Twelve days after Ganna, on 19th January, Ethiopians start the three-day celebration of Timkat. It celebrated the baptism of Jesus. Children walk to church services in a procession. They wear the crowns and robes of the church youth groups that they belong to. Adults wear the Shamma. The priests wear red and white robes and carry embroidered fringed umbrellas.

Christmas in Russia



The official Christmas and New holidays in Russia last from December 31st to January 10th.

In Russian Happy/Merry Christmas is 's rah-zh-dee-st-VOHM' (C

рождеством!) or 's-schah-st-lee-vah-vah rah-zh dee-st-vah' (Счастливого рождества!). [Happy/Merry Christmas in lots more languages](#).

Some people fast (don't eat anything) on Christmas Eve until the first star has appeared in the sky. People then eat 'sochivo' or 'kutia' a porridge made from wheat or rice served with honey, poppy seeds, fruit (especially berries and dried fruit like raisins), chopped walnuts or sometimes even fruit jellies!

Kutia is sometimes eaten from one common bowl, this symbolizes unity. In the past, some families like to throw a spoonful of sochivo up on the ceiling. If it stuck to the ceiling, some people thought it meant they would have good luck and would have a good harvest!

The Russian word for Christmas Eve 'sochelnik', comes from the word 'sochivo'.

Some Orthodox Christian Russian also don't eat any meat or fish during the Christmas Eve meal/feast.

Other popular Christmas Eve foods include beetroot soup (borsch) or vegan potluck (solyanka) served with individual vegetable pies (often made with cabbage, potato, or mushroom); salads often made from vegetables like gherkins, mushrooms or tomatoes, and also potato or other root vegetable salads.

Sauerkraut the is main dish in the Christmas Eve meal. It can be served with cranberries, cumin, shredded carrot and onion rings. It might be followed by more pies or porridge dishes such as buckwheat with fried onions and fried mushrooms.

Dessert is often things like fruit pies, gingerbread and honey bread cookies and fresh and dried fruit and more nuts.

'Vzvar' (meaning 'boil-up') is often served at the end of the meal. It's a sweet drink made from dried fruit and honey

boiled in water. Vzvar is traditionally at the birth of a child, so at Christmas, it symbolizes the birth of the baby Jesus.

Following the meal, prayers might be said and people then go to the midnight Church services. They often don't wash the dishes until they get home from Church – sometimes not until 4.00am or 5.00am!

The New Year celebrations are still very important to Russians (sometimes more than Christmas).

This is when – when 'Father Frost' (known in Russian as 'Ded Moroz' or Дед Мороз) brings presents to children. He is always accompanied by his Granddaughter (Snegurochka). On New Year's eve children hold hands, make a circle around the Christmas tree and call for Snegurochka or Ded Moroz. When they appear the star and other lights on the Christmas tree light up! Ded Moroz carries a big magic staff. The traditional greeting for Happy New Year is 'S Novym Godom'.

One of the most famous things about Christmas in Russia, to people in western Europe and the USA, is the story of Babushka. Babushka means Grand Mother in Russian. It tells the story of an old woman who met the [Wise men](#) on their way to see Jesus.

However, most people in Russia have never heard of the story and I've had many emails from Russian visitors to the site who have never heard the story before! It seems that [it was probably created by an American poet and writer called Edith Matilda Thomas in 1907.](#)

Christmas in Ukraine

Christmas in Ukraine is a time of joy, family, and tradition. It is celebrated on January 7th, which is the day after Christmas in most other countries.

The Christmas Eve dinner is a special occasion, featuring a variety of traditional Ukrainian dishes. The most popular dish is the "Stuffed Cabbage" (Kashanka), which is made with cabbage leaves, meat, and vegetables.

Another popular dish is the "Chicken with Potatoes" (Kury z Syrom), which is a simple but delicious meal. The chicken is cooked in a sauce with potatoes and onions.

After the dinner, families often go to church to attend the Christmas Eve service. The service is a solemn and beautiful ceremony, featuring traditional Ukrainian hymns and prayers.

On January 8th, the day after Christmas, families often go to church to attend the Christmas Day service. The service is a joyful and festive ceremony, featuring traditional Ukrainian hymns and prayers.

Christmas in Ukraine is a time of joy, family, and tradition. It is a time to celebrate the birth of Jesus Christ and to share the love and peace of the season with family and friends.

So, if you are looking for a way to celebrate Christmas in a unique and meaningful way, look no further than Ukraine. It is a time of joy, family, and tradition, and it is a time to celebrate the birth of Jesus Christ.

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Christmas in Ukraine is celebrated on the 7th January is because, like many countries where the main Church is the Orthodox Church, they use the old 'Julian' calendar for their church festivals.

In Ukrainian Happy/Merry Christmas is 'Веселого Різдва і з Новим Роком' (Veselohe Rizdva i z Novym Rokom). [Happy/Merry Christmas in lots more languages.](#)

The main Christmas meal, called 'Sviata Vecheria' (or Holy Supper) is eaten on Christmas Eve (6th January). Traditionally people fast (don't eat anything) all day but you might start the day drinking some holy water that has been blessed at church.

You can't start eating the meal until the first star is seen in the sky. So people (especially the hungry ones!) go outside as soon as it starts getting dark in the afternoon to try and spot the first star. The star represents [the journey of the Wise Men to find Jesus](#) and that Jesus has been born, so Christmas can start!

The meal normally has 12 dishes which represent Jesus's 12 disciples. The main dish is often 'kutia' a type of a kind of sweet porridge made of wheat. Other dishes can include mushrooms, sauerkraut, red 'borsch', dumplings known as 'varenyky' (Pierogi), whitefish, 'bigos' (a meat and cabbage stew), cheesecake and bread.



The room where Sviata Vecheria is eaten normally has a Didukh decoration placed in it. The Didukh is a made from a sheaf of wheat and symbolizes the large wheat field in Ukraine. It literally means 'grandfather spirit' and can represent people's ancestors being with them in their memories. Sometimes people use some heads of wheat in a vase rather than

a whole sheaf of wheat.

After the meal, people love to sing carols or 'Koliadky'. They can be sung around the table or you might go out caroling in the streets. People sometimes carry brightly colored stars on poles when they go caroling singing.

The Ukrainian carol 'Shchedryk' is where the popular 'Carol of the Bells' came from [St Nicholas](#) (known as Svyatyi Mykolai) visits children in Ukraine on December 24th.

**Ukrainian Christmas tree with
Spider webs**



Hindu: Pancha Ganapati



21–25 December – Modern five-day festival in honor of Lord Ganesha, celebrated by Hindus in USA.

Think of this as the Hindu Christmas, a modern winter holiday full of family-centered happenings, but with five days of gifts for the kids, not one. From December 21 to 25 Hindus worship Lord Ganesha, the elephant-headed Lord of culture and

new beginnings. Family members work to mend past mistakes and bring His blessings of joy and harmony into five realms of their life, a wider circle each day: family, friends, associates, culture and religion.

Pancha Ganapati includes outings, picnics, feasts, and exchange of cards and gifts with relatives, friends, and business associates. A shrine is created in the main living room of the home and decorated in the spirit of this festive occasion. At the center is placed a large wooden or bronze statue of Lord Panchamukha ("five-faced") Ganapati, a form of Ganesha. Any large picture or statue of Ganesha will also do. Each morning the children decorate and dress Him in the color of that day, representing one of His five rays of energy, or shaktis.

Hindu: Makar Sankrat/Pongal



From <http://www.cookinglight.com>

This January 14 Hindu holiday celebrates the new solar year, considered to be the beginning of the new day for the gods and the end of their six-month night. It is observed and named

differently in each region—Pongal in the south of India and Makar Sankrat in the north. But most festivities include a common theme of ceremonial cleansing, offerings, and celebrations of the harvest. Pongal, which means “to boil over,” refers both to the concept of bounty and to the traditional dish of rice boiled in milk, which is given to the gods as an offering. Sesame seeds, or til, are looked upon as a symbol of health and friendship. Sweets made from sesame and jaggery—a special kind of sugar—are exchanged on the holiday along with the saying, “accept these sweets and speak sweet words.” The tradition reminds people to resolve past quarrels so that friendship can thrive.

Muslim: Eid ul-Fitr/Hari Raya Puasa



Ramadan is the month-long Muslim holiday celebrating the revelation of the Koran to the prophet Muhammad. Devout Muslims fast each day from sunup to sundown for the full month and then break the fasting period with a three-day festival. Because the Muslim world spans many countries and cultures, the celebrations, foods, and even the name of the festival change from place to place—in Arab countries, it's called Eid ul-Fitr, and in Malaysia, it's called Hari Raya Puasa. The dates

change from year to year (falling sometime between October and December), depending on the Islamic calendar. Although the festival reaches a broad group of people who celebrate it in diverse ways, there are general things that all Muslims do during Eid," says Rabiah Ahmed, spokesperson for the Council on American-Islamic Relations, such as preparing the house, getting dressed up, and gathering with family and friends for a feast. After 30 days of fasting, food is shared in abundance, and children exchange gifts and receive money from their elders.

Iranian: Shab-e Yalda



In Iran, the winter solstice, which falls on December 21, is hailed with Shab-e Yalda—the birthday of the sun. It's a celebration of the triumph of light over dark, good over evil. It is thought that on the longest night with evil at its zenith, light needs help to overcome darkness. On this day, families build a bonfire outside and gather until sunrise for

a night of storytelling, dancing, and food. In Iranian culture, certain nutritional properties of foods are considered hot and others are considered cold (regardless of temperature or level of spice), much like Chinese yin or yang. A balance between the two is important. Summer foods are preserved throughout the year for the Shab-e Yalda feast, where they mingle with the foods of winter to symbolize the balance of seasons. Saffron and carrots, for example, are warm foods served during Shab-e Yalda to counter the cold of winter.

Jewish: Hanukkah



More than 2,000 years ago in Palestine, Judas Maccabee and his followers triumphed over the tyrant Antiochus and his army, despite overwhelming odds. But when they returned to Jerusalem, they found their temple desecrated with pagan idols. In order to purge the temple of its defilement, the

Maccabees rebuilt the altar and cleansed the temple, rededicating it during eight days of ceremonies. Tradition holds that there was only enough sanctified olive oil to light the temple for one day, but it burned miraculously for all eight days of the celebration. Today, those of the Jewish faith celebrate this victory during an eight-day holiday that begins on the 25th of Kislev (in late November or December). Each night of Hanukkah, people light one candle on the menorah in memory of the miracle of the oil. Since antiquity, the festival has also honored the significance of olive oil to the ancient Jewish culture as fuel, food, and even medicine, and it shows in the foods of the feast. Dishes cooked in olive oil, and latkes (potato pancakes) in particular, are celebratory symbols of this gift of sustenance.

Christmas in the Philippines



The people in the Philippines like to celebrate Christmas for as long as possible! who doesn't? I love Christmas. The playing of Christmas carols in shops can start in September! how about that for business!

The formal Christmas celebrations start on 16th December when many people go to the first of nine pre-dawn or early morning masses. The last mass is on Christmas day. The Christmas celebrations continue to the First Sunday in January when [Epiphany](#) or the Feast of the Three Kings is celebrated.

In the Philippines, the early masses held before Christmas are called the 'Misa de Gallo' or 'Simbang Gabi' in Filipino.

Most Filipinos people are Christians with about 80% of people being Catholics. It's the only Asian country with so many Christians. For this reason, Christmas is the most important holiday in the Philippines. December is actually one of the 'cooler' months of the year in the Philippines. The Philippines only has two real seasons, wet (June to October) and dry (April and May). December is one of the months in between the wet and dry seasons a great time for their celebrations.

In the Philippines, the early masses held before Christmas are called the 'Misa de Gallo' or 'Simbang Gabi' in Filipino.

The Christmas customs in the Philippines are a mixture of the Western USA and the UK and native Filipino traditions. So people in the Philippines have Santa Claus or 'Santa Klaus', Christmas trees, Christmas cards and Christmas carols traditions that came from western countries.

They also have their own Christmas traditions such as the 'parol' which is a bamboo pole or frame with a lighted star lantern on it. It's traditionally made from bamboo strips and colored Japanese paper or cellophane paper and represents the star that guided the Wise Men. It is the most popular Christmas decoration in the Philippines.

Philippines Christmas Parol



Chronicle / John Storey



Christmas Eve is very important in the Philippines. Many people stay awake all night through to Christmas day, WOW Party! During Christmas Eve evening, Christians go to church to hear the last 'simbang gabi' or the Christmas Eve mass. This is followed by a midnight feast, called Noche Buena.

The Noche Buena is a big, open house, a celebration with family, friends, and neighbors dropping in to wish everyone a Merry Christmas! Most households would have several dishes

laid out and would normally include: lechon (roasted pig), ham, fruit salad, rice cakes (bibingka and puto bumbong are traditional Christmas foods) and other sweets, steamed rice, and many different types of drinks.



The Philippines culture has eight major languages, here's how to say Merry Christmas in some of the languages!

- In Tagalog, Happy/Merry Christmas is 'Maligayang Pasko'
- in Ilonggo it's 'Malipayon nga Pascua';
- in Sugbuhanon or Cebuano it's 'Maayong Pasko'

- in Bicolano they say 'Maugmang Pasko'
- in Pangalatok or Pangasinense they say 'Maabig ya pasko' or 'Magayagan inkianac'.

African: Kwanzaa



First celebrated in the United States in 1966, Kwanzaa was created for those of African descent around the world to reconnect with their common heritage. The name is derived from traditional harvest celebrations in Africa called *matunda ya kwanza*, literally “first fruits,” which were seven days of gathering, reverence, commemoration, recommitment, and celebration. Beginning on December 26 and lasting for seven days, modern Kwanzaa celebrations esteem one of the seven core

principles of African American unity, the *Nguzo Saba*, on each night. Karamu, a lavish feast of traditional foods from African cultures around the world, takes place near the end of the holiday.

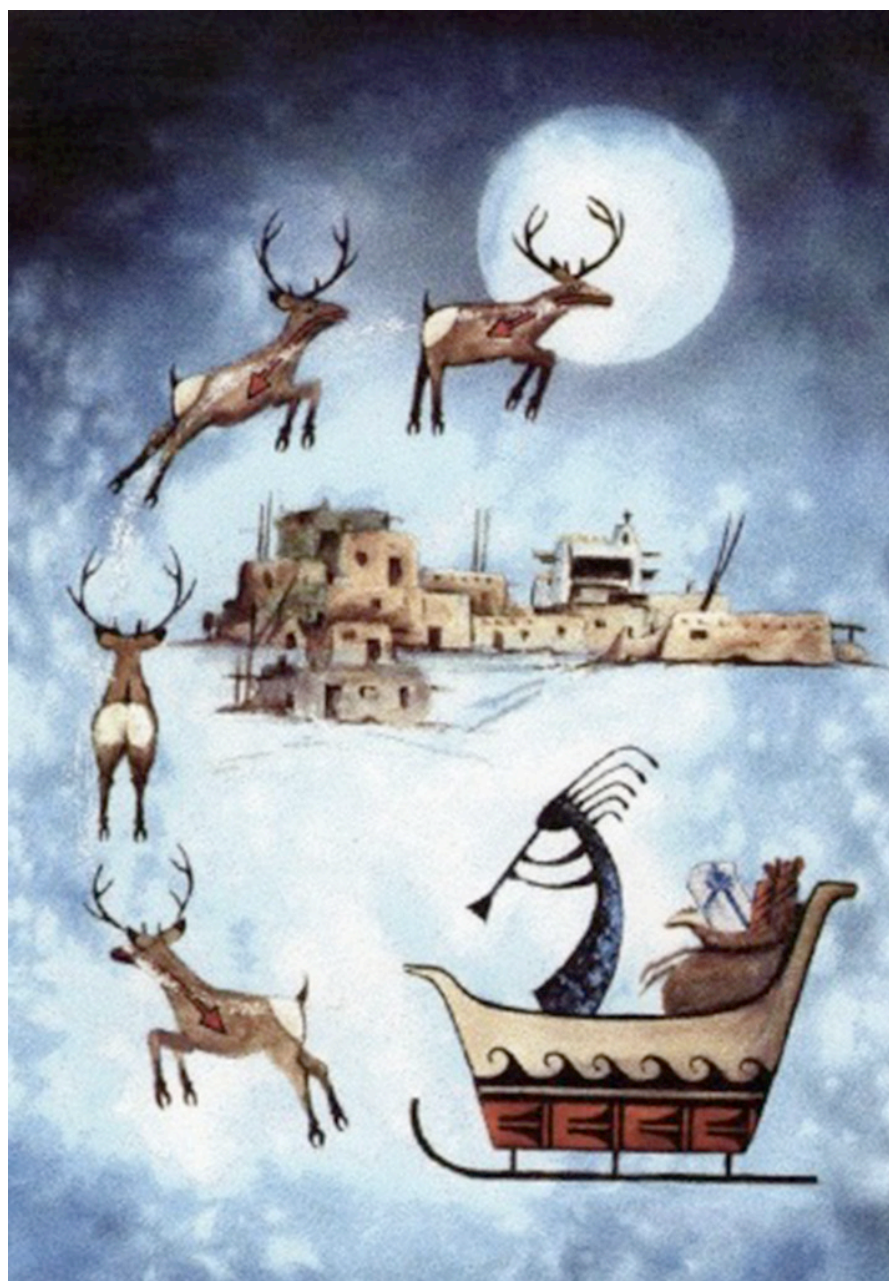
Different Ethnicity Santa Claus



Hoteiosho, Japan

Japan's holiday gift-giver is a fat Buddhist monk with eyes in the back of his head. Some say he travels with a red-nosed reindeer and some say he works alone, but he doesn't arrive on Christmas in either hybrid Christian-Buddhist tale. Christmas in Japan is spent with family doing charity work. But on New Year's Eve, the real action begins: the house is cleaned and decorated, then family members throw beans for good luck and await their gifts from the benevolent monk.

**Native American – Hopi
(Soyal, Soyala, Sol-ya-lang-eu)**



From <http://www.brownielocks.com/nativeamerican.html>

The date of this observation is on December 22. It is celebrated by the Hopi Indians. Although a black Plumed Snake is the basic symbol of this ceremony. But it is not based on snake worship. (Just like their Snake Dance Ceremony isn't either.) It is a ceremony related to the sun as it relates to the winter solstice. It is one of the Hopi's most sacred ceremonies and is also called the "Prayer-Offering Ceremony" because it is a time for saying prayers for the New Year and for wishing each other prosperity and health.

CHRISTMAS FACTS

1 Each year, 30-35 million real Christmas trees are sold in the United States alone. There are 21,000 Christmas tree growers in the United States, and trees usually grow for about 15 years before they are sold.

2 Today, in the Greek and Russian Orthodox churches, Christmas is celebrated 13 days after the 25th, which is also referred to as the Epiphany or Three Kings Day. This is the day it is believed that the three wise men finally found Jesus in the manger.

3 In the Middle Ages, Christmas celebrations were rowdy and raucous—a lot like today's Mardi Gras parties.

4 From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.

5 Christmas was declared a federal holiday in the United States on June 26, 1870.

6 The first eggnog made in the United States was consumed in Captain John Smith's 1607 Jamestown settlement.

7 Poinsettia plants are named after Joel R. Poinsett, an

American minister to Mexico, who brought the red-and-green plant from Mexico to America in 1828.

8 The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.

9 Rudolph, “the most famous reindeer of all,” was the product of Robert L. May’s imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store. 10 Construction workers started the Rockefeller Center

Christmas tree tradition in 1931.

Here we are sharing some of the sites we support is great ideas for gifts that can make a global and personal difference.

Stand for Hope

This year, shop for an alternative holiday gift from UNICEF Inspired Gifts. [Shop for the holidays »](#)



Click the link bellow to go to site

https://inspiredgifts.unicefusa.org/?utm_campaign=2016_eoy&utm_medium=cpc&utm_source=20161122_cpc&utm_content=Inspired_Gift&ms=cpc_dig_2016_eoy_20161122_cpc_Inspired_Gift&initialms=cpc_dig_2016_eoy_20161122_cpc_Inspired_Gift



WWF Exclusive Clothing

Produced by Rapanui under license for WWF-UK who receive a royalty through every purchase in this fashion collection

- Thank you for your support.



[Click the link below to make a difference](#)

<https://gifts.worldwildlife.org/gift-center/gifts/Species-Adoptions.aspx?sc=AWY1200WCGA1&gclid=Cj0KEQjAsrnCBRCTs7nqwrn6pcYBEiQAcQSznIoL9L0HD-Y1byTImveSYgskIqfdwZRcWty5Amy76lMaAjcT8P8HAQ>

Holiday Recipes

Lentil and Mushroom Shepherd's Pie



Ingredients

- 8 large or 10 medium potatoes (Yukon gold works well)
- 2 tablespoons Earth Balance or other vegan buttery spread
- 1/2 cup unsweetened rice milk or other nondairy milk

- Salt to taste
- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 6 ounces cremini or baby Bella mushrooms, sliced
- Two 15-ounce cans lentils lightly drained
- 2 tablespoons dry red wine, optional
- 1 to 2 tablespoon reduced-sodium soy sauce or Bragg's liquid aminos
- 2 to 3 teaspoons all-purpose seasoning blend (such as Spike or Mrs. Dash)
- 1/2 teaspoon dried thyme
- 3 tablespoons cornstarch or arrowroot
- 8 to 10 ounces baby spinach or arugula leaves
- Freshly ground pepper to taste
- 1 cup fresh bread crumbs

Directions

Peel and dice the potatoes. Place in a large saucepan with enough water to cover. Bring to a simmer, then cover and simmer until tender, about 20 minutes. Drain and transfer to a small mixing bowl.

Stir the Earth Balance into the potatoes until melted, then add the rice milk and mash until fluffy. Season with salt, cover, and set aside until needed.

Preheat the oven to 400° F.

While the potatoes are cooking, heat the oil in a medium skillet. Add the onion and sauté over medium heat until translucent. Add the garlic and mushrooms and continue to sauté until the onion is golden.

Add the lentils and their liquid and bring to a gentle simmer. Stir in the optional wine, soy sauce, seasoning blend, thyme, and pepper. Cook gently for 5 minutes. Combine the cornstarch with just enough water to dissolve in a small container. Stir into the lentil mixture.

Add the spinach, a little at a time, cooking just until it's all wilted down. Remove from the heat; taste to adjust seasonings to your liking.

Lightly oil a 2-quart (preferably round) casserole dish, or two deep-dish pie plates. Scatter the breadcrumbs evenly over the bottom. Pour in the lentil mixture then spread the potatoes evenly over the top. If using two pie plates, divide each mixture evenly between them.

Bake for 30 to 35 minutes, or until the potatoes begin to turn golden and slightly crusty. Let stand for 5 to 10 minutes, then cut into wedges to serve.

8 or more servings

Read [more](http://www.vegkitchen.com/recipes/lentil-and-mushroom-shepherd%e2%80%99s-pie/#KfpLlFEREyltxKZj.99) at <http://www.vegkitchen.com/recipes/lentil-and-mushroom-shepherd%e2%80%99s-pie/#KfpLlFEREyltxKZj.99>

**Organic farmer Beverley Thurber
shares her snappy-tasting ginger
cookies.**



Ingredients

1. 4 1⁄2 cups flour
2. 4 teaspoons ground ginger
3. 2 teaspoons baking soda
4. 1 1⁄2 teaspoons ground cinnamon

5. 1 teaspoon ground cloves
6. 1¼ teaspoon salt
7. 1 1½ cups shortening, at room temperature
8. 2 cups sugar or the sweetener of your choice
9. 2 Organic Valley Large Brown Eggs
10. 1½ cup molasses
11. large, decorative sugar crystals or additional regular sugar

Directions

1. Heat oven to 350 degrees. Line two heavy baking sheets with parchment paper.
2. Use a whisk to combine flour, ginger, baking soda, cinnamon, cloves and salt in a medium bowl.
3. Place shortening in a large bowl. Cream the shortening with electric beaters at medium speed for 1-2 minutes. Continue beating as you slowly and gradually add the sugar, scraping down the sides of the bowl occasionally. After all the sugar is added, keep beating for other minutes or two.
4. Add eggs and molasses; beat well.
5. Reduce speed to low and beat in the flour mixture until just combined. Use a spatula to stir and “smooth out” the cookie dough.
6. Use a 2-inch-wide ice-cream scoop to make scoops of dough. You can scoop them directly onto the baking pans or roll the scoops into smooth balls first. Place them two inches apart on the baking pans. Sprinkle each mound with sugar crystals or regular sugar.
7. Bake until light brown and puffed, about 15-17 minutes.
8. Cool cookies in the pan on wire racks.

<http://www.organicvalley.coop/recipes/show/ginger-molasses-coo>

[kies/](#)

GLAZED VEGAN POPPY SEED GRAPEFRUIT CAKE



Ingredients

1 tablespoon apple cider vinegar

1 cup soy milk

1 cup vegan margarine

2 cups f organic sugar or a sweetener of your choice

3 egg replacer for 3 eggs

3 cups whole wheat flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1 1/2 tablespoons grapefruit zest

2 tablespoons poppy seeds

1/4 cup fresh grapefruit juice

1 1/2 cups of organic confectioner's sugar if you choose to

Directions

Preheat oven to 325 degrees. Oil a 10-inch bundt pan.

Add apple cider vinegar to soy milk. Set aside.

In a large bowl, beat the margarine and sugar or sweetener of your choice until fluffy. Beat in egg replacer.

In another bowl, combine the flour, baking soda, and salt. Gradually add the flour mixture to the margarine mixture, alternating with the soy milk mixture. Stir until smooth. Fold in the grapefruit zest, poppy seeds and grapefruit juice. Do not over mix.

Pour the batter into the prepared pan. Bake 60 to 70 minutes, or until a toothpick inserted into the cake comes out clean.

Cool cake in pan 10 minutes then (carefully!) remove to a wire rack and cool completely.

Combine confectioner's sugar and grapefruit juice and mix

until smooth. When cake has completely cooled, drizzle with glaze.

Egg Nog Puffed Crepes



Kissed with nutmeg and cream, these delicious German Pancakes are delightfully easy to prepare.

Serves 6.

1/2 stick butter

6 eggs

1 cup flour

1 cup eggnog

1/2 teaspoons salt

1/2 cup pure maple syrup

1/2 teaspoon ground nutmeg

1/2 cup fresh raspberries or berry jam


Preheat oven to 350 degrees. Place butter in a 9×13 baking dish and put the dish in the preheating oven.

In a blender, combine eggs, flour, eggnog, and salt. Blend for 2-3 minutes, until light and frothy. Open the oven door, quickly remove the pan with butter (so long as the butter is completely melted and starting to sizzle). Pour egg batter into

Great Gift Ideas



Capresso Electric Water Kettle

 Our convenient and affordable Capresso Electric Water Kettle boils water extremely quickly for tea, coffee, hot chocolate or instant soup. Made of durable, heat-resistant German SCHOTT glass, this fast boiling kettle has a large capacity and an automatic shutoff feature. It's perfect for home as well as on trips to anywhere with an outlet.



Fondue for Two with Chicken Soup for the Soul® Food and Love

✖ A special gift for the sweetest of people in your life

- Chicken Soup for the Soul® has been featured on well-known television shows like Oprah and The Today Show, and is a recognizable brand worldwide.
- The fondue set includes porcelain ramekins, fondue forks, and chocolate mix.
- Items in this gift come packaged in a beautiful custom-made red gift box.

The Power of Face Reading – Your Face Never Lies

The Power of Face Reading –

Your Face Never Lies



This post on week 306 is about one of my favorite and most fascinating subjects I have studied. When I lived in China I was introduced to Face Reading and anytime I could I would go to learn from the readers Wow, it is like they know your whole

story and of your ancestors as well. A well tuned professional face reader can describe you and your ancestors so well that it may make you feel that he or she has been involved in your life on a daily basis. It is amazing, The accuracy and finesse of the system.

You may know someone whom people adore. Most likely this person isn't wrinkle-free and doesn't have perfect features according to the general model of what is perfect. This is the blueprint of our feelings and our life mapping our experiences and the day to day history of our lives. I notice that when people get plastic surgery in a few months they started to go back to how they looked before. That inspired me to do some research on the source of this fact and I remember my studies on Face Reading and Bingo! There it was, we make all these lines. Droopiness and all those details that we start resenting and disliking, but if we get to know why it is happening our perception shifts to the understanding that if we made it happen we can change it, Chinese medicine teaches all the organs involved in Skin, Muscles, and basically the whole body, are fully interconnected, I notice that when I teach this subject in my classes people are very surprised. It is amazing to me that most people don't have a conscious relationship that we are fully connected mind, body, and spirit. For the most part, everyone is running around so fast and the common denominator is I don't have time!!!! So when we are in our heads all the time it is no wonder we feel that we get up and function all day with just our head. Well, sweet dear readers that definitely is not it and if you wish to change your physiognomy this post can help you along, I love to be able to understand how my whole system works and many miracles happen in our bodies minute to minute. Please enjoy and share so many people can benefit from it.

Face Reading With Joey Yap

Face Reading is a traditional Chinese art that has been practiced for centuries. It is a method of determining a person's personality, health, and destiny by observing the features of their face.

Joey Yap is a renowned face reader who has helped many people understand their true selves. He has a deep understanding of the art and has shared his knowledge with others through his books and seminars.

Face Reading is not just about looking at the face; it is about understanding the energy and flow of the face. It is a holistic approach that takes into account the entire face and the person's life.

Joey Yap's face reading is a powerful tool that can help you understand your true self and your destiny. It is a journey of self-discovery and a path to a more fulfilling life.

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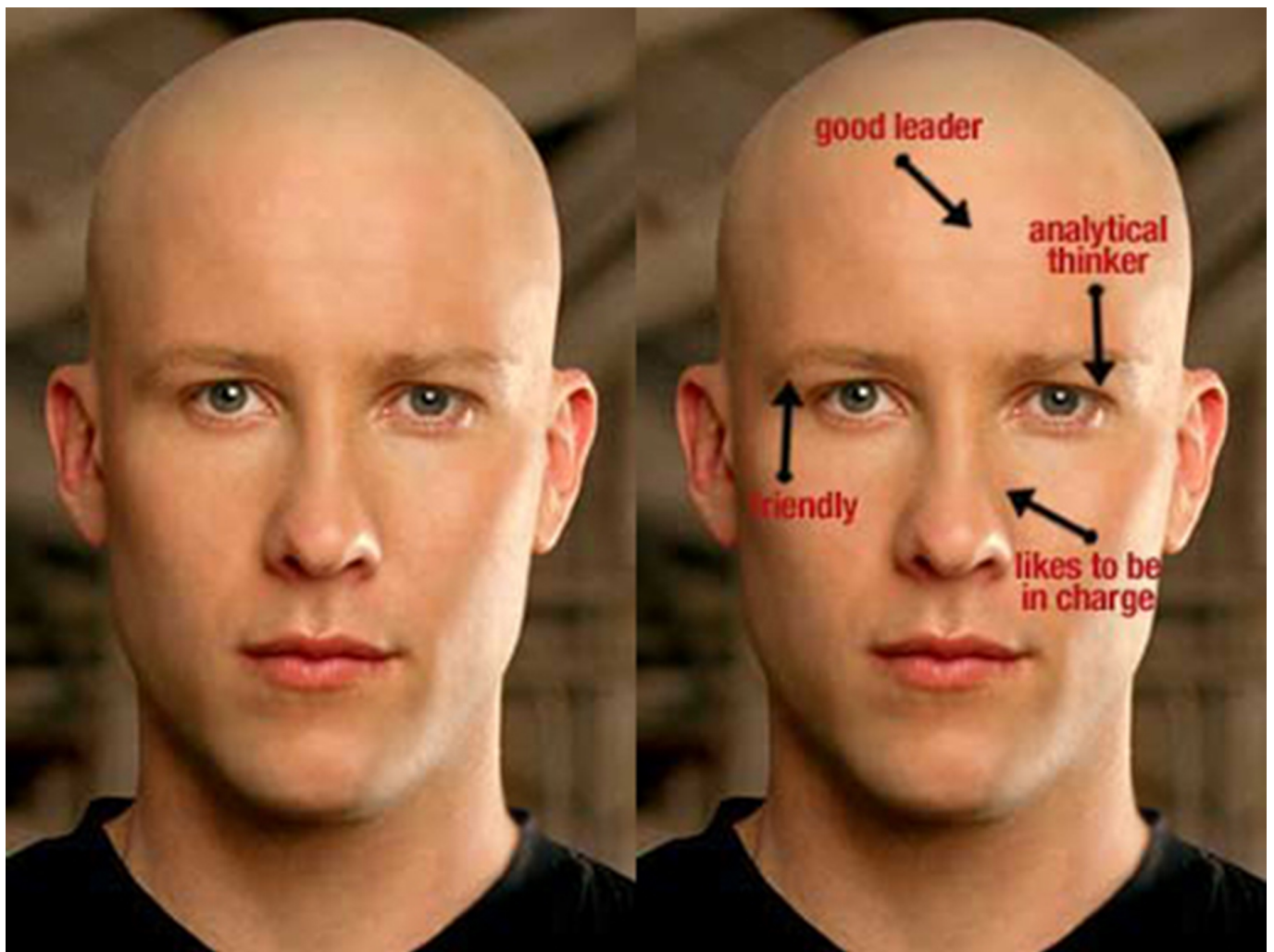
She was a perfect sample of the radiance,

**kindness, and compassion that read
through her beauty.**

Yet when he or she walks into a room, everyone's heart just soars and is turning head time. What they are responding to is the information that radiates out from that individual's face and body language. When people are living according to their true nature, everyone finds them beautiful.

With that being said, here we are posting a few facts about face reading there is so much more to it, we will continue to share with you in the future, here you can research more with the links provided.

What certain areas of the face mean

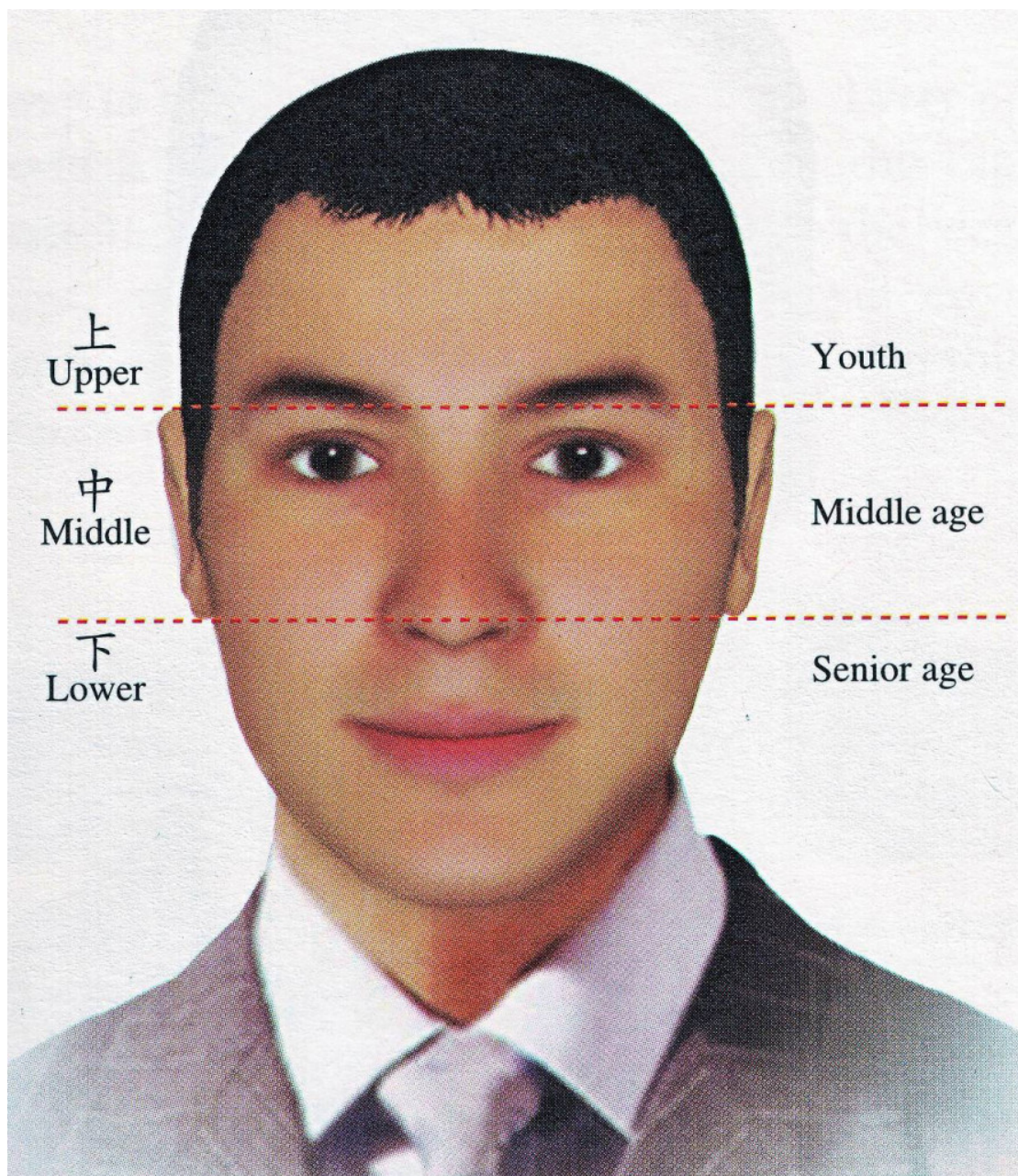


From <http://english.eastday.com>

Chinese face reading is as relevant today as it has been in the past and its use is definitely cross-cultural. We all have

a blend of elements and all faces reflect part of our nature pattern. Face reading first started in China during the 6th century BC, it was not affiliated with any religion. It is thought that they were probably Taoist shamans from rural areas such as Szechwan who specialized in non-traditional arts. By 220 BC, the art of face reading was established in Chinese life and classic tales, such as the Golden Scissors and Bamboo Chronicles, were written at this time.

Also, there were professional face readers during this time that combined the roles of priest, astrologer, and counselor. They were well-educated men with great compassion for humanity. The Chinese simply understood the concept that the face represents the story, energies, health, and fortune of a person so to live in harmony with the prevailing energies of the five elements, yin and yang, and the seasons they dedicated much time to the study of Face Reading. This wisdom has seen a huge resurgence in the West during the past 20 years with the growth of acupuncture, Chinese herbal medicine, Feng Shui and Qi Gong.



Mental

Emotional

Physical



Apollo ~ Sun ~ Fire
Resolute Stubborn
Suppressed Emotions
Physical - Volatile
Closed Minded



Jupiter ~ Ether
Determined Reliable
Humanitarian
Idealistic - Steadfast
Self reliant



Neptune ~ Moon ~ Water
Affectionate Happy
Nurturing
Mothering - Generous
Manipulative

Mental

Emotional

Physical



Mars ~ Earth
Practical - Physical
Earthy Passion
Steadfast - Reliable
Gets Things Done



Venus ~ Water
Sensitive - Flexible
Warm- Idealistic
Caring - Creative



Mercury ~ Air
Intellectual - Quick
Open Minded
Organiser - Persuasive
Restless

Mental

Emotional

Physical



Saturn ~ Fire ~ Earth
Volcanic Determined
Introverted
Earthy Passion
Intuitive - Cautious



Uranus ~ Water ~ Ether
Strong-Minded
Sensitive Flexible
Compassionate
Understanding



Pluto ~ Water ~ Air
Emotional Sensitivity
High Aspirations
Mentally Active
Needs Grounding

The Principles of Face Reading: Chart from The Joey Yap Store

The starting principles of face reading that we are here discussing are the cosmic energies of the five elements and yin and yang. The elements are clear symbols and they represent qualities of energy within each person that are reflected in the face. A very elaborate physical, psychological and emotional profile can be constructed, incorporating the energies of the features, the life points of the face, the three divisions from top to bottom (forehead, midface and lower face) which show the nervous, circulatory and digestive systems and the facial zones which represent the internal organs is pretty accurate, to say the least.

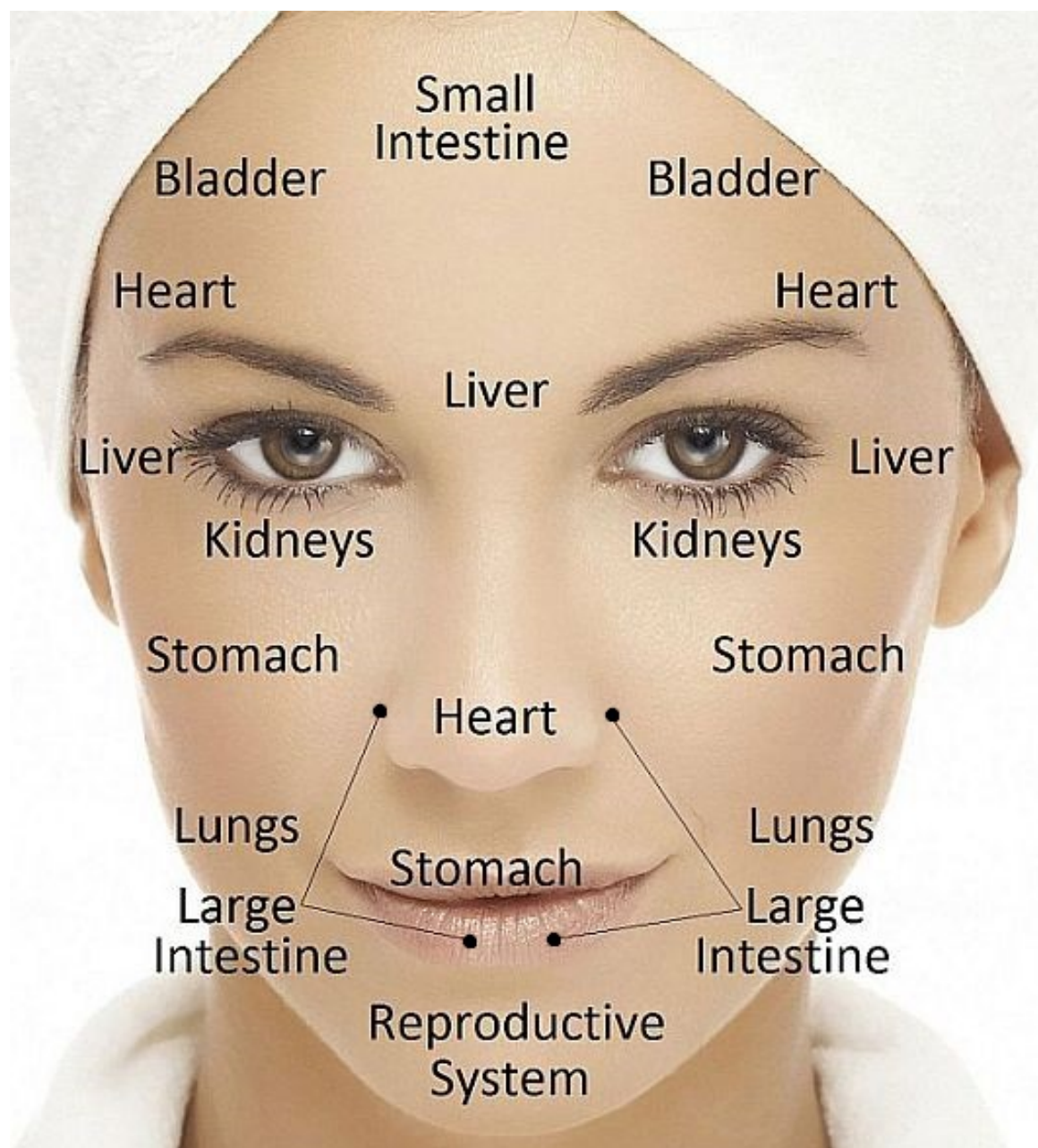
Each individual face is a map of the past, present, and future. The past is described as our inherited constitution, starting with our mother's pregnancy, our childhood, and adolescence, with each difficulty or every support in the family, and our very early years as we start out in the world. The present reflects our health at the precise time of the reading.

Coco Chanel said: Inappropriate diet, persistent negative emotions, drugs, toxins and stress all contribute to lines, congestion, and colors on the face.

With that said the facial zones affected are related to the internal organs under stress like the rest of our physical

wellbeing. In the same way that the feet are a microcosm of the whole body in Reflexology, so the face shows the inner health status and the person behind the persona. The future is not predestined in the Chinese philosophy: acts of compassion can definitely lengthen one's life, and taking greater care with health can resolve possible future challenges. Sometimes destiny and the ups and downs of life can be improved by facial surgery? Correcting squints help one's fortunes during the years 35-40. However, nose jobs, which expose the nostrils and shorten the nose can affect the end of the 40s by creating many physical challenges.

Our Face and the areas representing our organ connection



Here are some examples of various shapes and qualities of face reading:

What Eye Shapes Mean



One White Eyes

Center-focused eyes. Grandfather was someone of authority. Does not bode well for physical health, especially the heart.



Lower Three White Eyes

Belong to celebrities or those with social standing. Tend to be snobbish and arrogant. Are afraid of heights, and prone to legal disputes.



Big Eyes

Typically passionate characters, generous and not calculative. Proactive and easily adaptable, and more in tune with the senses.



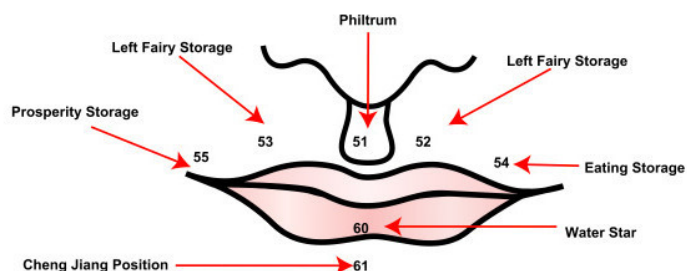
Big and Round Eyes

Have expressive talents. Tend to trust people easily, and typically easy communicators who constantly need love.

What Mouth Shapes Mean

JOEY YAP'S
FACE READING REFERENCE CHARTS

Mouth 嘴



Wide Mouth

Ability to make money no matter where one ends up. They are usually happy-go-lucky and popular, but may tend to lack direction in life.



Small Mouth

Generally good-hearted people, but rarely happy. They tend to be amicable and have many friends, but may whine or complain a lot.



Upper Lips Thick / Protruding

Indicates a personality that feels a need to be wanted and loved by others. Sentimental in nature, and place greater value over emotional bonding than physical love



Lower Lips Thick / Protruding

Indicates a strong character that is independent and self-reliant. A tendency to be self-motivated, and values physical gratification over emotional love.



Thick Lips

This indicates a person of passionate temperament. They tend to be adoring, demonstrative, and enthusiastic when in love.



Square Mouth

Typically a lucky individual who can find success and happiness in all areas of life. Usually an honest and levelheaded personality, and liked by all.



Round Mouth

Indicates a personality with no hidden agenda, and content with what they have. Prone to constant worries, and generally lack a sense of security.



Reverse Boat Mouth

Typically a solitary nature, and may be sad and morose. Lack affinity with friends and loved ones. May also be stingy when it comes to money matters.



Pearl in the Sea

The 'Pearl' indicates a person who likes to argue, and always argues to win. Good at debating and articulating an argument.



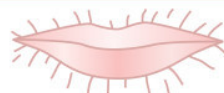
Smiling Mouth

Typically belongs to happy people who are grateful for what they have in life. Clever and straightforward, and also indicates a creative or artistic nature.



Crooked Lips

May have a wagging tongue, and a tendency to be scheming and wily in relationships. Will take advantage of superiors.



Lined Mouth

The lines that appear on a mouth aren't good lines – they are indicators and harbingers of loneliness. May live to an old, lonely age.

What Face Shapes Mean

What face shapes mean is a topic that has been explored for centuries. From ancient Greek and Roman times to the present day, people have been fascinated by the different shapes of faces and what they might signify. In this article, we will explore the history of face shapes and what they might mean in different cultures.

One of the earliest references to face shapes is found in the ancient Greek philosopher Plato's *Timaeus*. Plato believed that the shape of a person's face was determined by the elements of the universe. He believed that the face of a person was a reflection of the universe, and that the shape of the face was a reflection of the person's character.

In the Roman era, the concept of face shapes was further developed. The Roman philosopher Seneca the Younger wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the Middle Ages, the concept of face shapes was further refined. The French philosopher Jean de La Fontaine wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the modern era, the concept of face shapes has been further refined. The American psychologist Sigmund Freud wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 20th century, the concept of face shapes has been further refined. The American psychologist Carl Jung wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 21st century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 22nd century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 23rd century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 24th century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 25th century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.










In the 26th century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 27th century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 28th century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 29th century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

In the 30th century, the concept of face shapes has been further refined. The American psychologist Daniel Kahneman wrote about the different shapes of faces and what they might mean. He believed that the shape of a person's face was a reflection of their character, and that the shape of the face was a reflection of the person's fate.

Mental			
Emotional			
Physical			
	Apollo ~ Sun ~ Fire Resolute Stubborn Suppressed Emotions Physical ~ Volatile Closed Minded	Jupiter ~ Ether Determined Reliable Humanitarian Idealistic ~ Steadfast Self reliant	Neptune ~ Moon ~ Water Affectionate Happy Nurturing Mothering ~ Generous Manipulative
Mental			
Emotional			
Physical			
	Mars ~ Earth Practical ~ Physical Earthy Passion Steadfast ~ Reliable Gets Things Done	Venus ~ Water Sensitive ~ Flexible Warm- Idealistic Caring ~ Creative	Mercury ~ Air Intellectual ~ Quick Open Minded Organiser ~ Persuasive Restless
Mental			
Emotional			
Physical			
	Saturn ~ Fire ~ Earth Volcanic Determined Introverted Earthy Passion Intuitive ~ Cautious	Uranus ~ Water ~ Ether Strong-Minded Sensitive Flexible Compassionate Understanding	Pluto ~ Water ~ Air Emotional Sensitivity High Aspirations Mentally Active Needs Grounding

Charts from [The Joey Yap Store](#)

Round Face:

These shapes of faces are known as water-shaped faced people. They have a plump more round and fleshy face. They are known to be sensitive and caring. And the individuals that possess them are thought to have strong sexual fantasies. If you are looking forward to a long-term and stable relationship, these people are proved to be the right choice.

Oblong Face:

The long, thin face is called in Face Reading the wood shape face. These people may have a more muscular or athletic physique. They are thought to be very practical, methodical and tend to be more overworked for the most part. They have weighed along with narcissism and most likely have problematic relationships.

Triangular Face:

These shape types are usually related to a thin body and with a definitely intellectual persuasion. They are considered to be very creative and thought to have a very fiery temperament according to Chinese face readers.

Square:

These types of faces are known as the metal shape face. These people are thought to have an intelligent, highly analytical and decisive mind. The face shape is associated with an aggressive and dominating nature personality.

Rectangular Face:

Here these types of faces signal some variety: they tend to dominate but with less force, often they get their way in politics, business, sports, being always balanced, sometimes ambitious, sometimes melancholic is a very large range.

Oval Shaped Face:

Expresses a character is somewhat balanced, sweet, even charming, in which case those individuals are often best diplomats, but also able to duplicate, women are often outstanding artists. Sometimes they can be dangerous, but temperamentally very are weak, and also often they are weaker in physical strength, in many cases underactive.

Face Shape and Profile

The Broad face shape:

Having a broad face shape means that the height and width of the face are very close to each other in length. People with a broad face is confident by nature unless for an unforeseen reason he has lost his self-confidence somewhere through his life. When we talk about confident by nature, what we mean is that he's usually secure and confident about doing things for the first time; meaning he's fine with new experiences. This type of person has got good influencing abilities; he usually has a relatively larger space distance between his eyes (and has a very high tolerance) because of his broad face. This

type of person may not be interested in small details but would be rather interested in the bigger picture or the full view. For example, when telling him about a car accident, don't bother telling him about the car colors because he wouldn't be interested the details are not important to him, he may not be even interested in the car types involved he wants to get to the point. From these qualities, we conclude that someone like that would make a good manager; that's why you would notice how most managers are of the broad-faced type.

Thin face Type:

The thin face is very easily noticed because it appears to be longer than most normal faces. People with thin faces have faces that are much higher in length than in its width. A thin-faced person is more confident by experience and not by nature, that means that when trying something new, they may feel afraid or anxious. If they have a small eye distance too, then they may be interested in small details. The main challenge concerning thin-faced people is fear; fear is a very big part of their lives and this may make them stick to a certain comfort zone and curb their adventurous side completely.

Round face:

People with round faces are very friendly by nature, and they like the social gatherings and for the most part, provide nice company. When intending to ask for help, try to choose the round-faced type because they may be friendlier than the other people around.

Types of foreheads



The straight forehead (The progressive thinker):

This person follows a progressive style in his thinking; he can't jump to the third point without first knowing the

second. Sometimes he is misunderstood as a child and thought of as dumb, but in fact, he may be very intelligent; it's just his progressive style of thinking that needs to be taken into consideration. This person may not have the fastest reflex action response; if he drops something, he may not be able to catch it before it reaches the ground. He may have problems working under pressure as he needs more time to think progressively; that may make him lose control in the last ten minutes of exams.

The sloped forehead (The fast responder) :

That person builds conclusions fast, to the extent that he may interrupt you many times when talking because he keeps on guessing what are you about to say. This person may get bored talking to someone with a straight forehead because of the speed difference between them. The response of such a person is very fast, and that's why you tend to find most football and basketball players with sloped foreheads, you're also most likely to notice how players with straight foreheads aren't that good because of their slow responses, and again I repeat, this is not related to intelligence at all. One final thing about such people is that they are fast decision-makers, which may cause them many problems.

The curved forehead (The creative) :

This person is very creative, just notice how the forehead of those who study fine arts; you will notice how most of them have curved foreheads. That person would hate restrictions and

rules; he likes to use his imagination, and would probably hate math and accounting but excel in arts. When the forehead is curved and occupying a big section of the head, that person may tend to be very intelligent or even a genius. You'd be safe asking that person for help within need of a creative solution to any problem you're facing.

Chin

Pointed chin:

A person with a pointed chin is a stubborn person just like the one with long front teeth. Having both features tends to make the person very stubborn. He has a very fierce inner resistance that can be triggered by being pushed. When dealing with such a person, you must depend on your flexibility because pushing against him will yield no result.

Square chin:

A square-chinned person is a challenger; he always challenges destiny by standing up tall upon falling, he never gives up until he reaches what he wants. He is usually very competitive and considers everything, even sports, as a challenge rather than look at the fun part of it. This person has the ability to point out the pros and cons of any issue, something that makes him a very good consultant and a debate over. To get along with him, avoid igniting his fighting spirit and take his opinions into considerations.

The small chin:

Having a small chin is usually associated with having a pointed chin. In face reading, whenever the facial features are relatively smaller to those of normal people, then the person is a sensitive person. People with small chins and small facial features are very sensitive to criticism and overwhelming life events. Criticize those people and they will hate you, shout at them and they may not approach you again. In order to get along with a sensitive person try to be more nurturing than usual

Cheek Bones

People with protruding cheekbones leave an impression of respect and presence. Protruding cheek bones, in face reading, represent courage and adventure loving. A person with protruding cheekbones never escapes a fight; he is full of courage and has fewer problems with the idea of taking risks or trying something new. He is not bound by a certain comfort zone or definite habits; he just follows his instincts and accepts new challenges. This person also loves to travel and explore new places.

Facial Lines

We are not born with facial lines; they are developed through our lives. Lines can reflect a certain personality trait as we will see below:

Two vertical lines between the eyes:

This person is very hard to himself, he rarely takes the time to celebrate his achievements; he may push himself to work until he falls down.

More than two vertical lines between the eyes:

This person is usually very idealistic, he tends to be a perfectionist; he wants everything to be done perfectly and everything to be in its place. If that person is your manager, then you may be in deep trouble because meeting his perfectionism could be very hard.

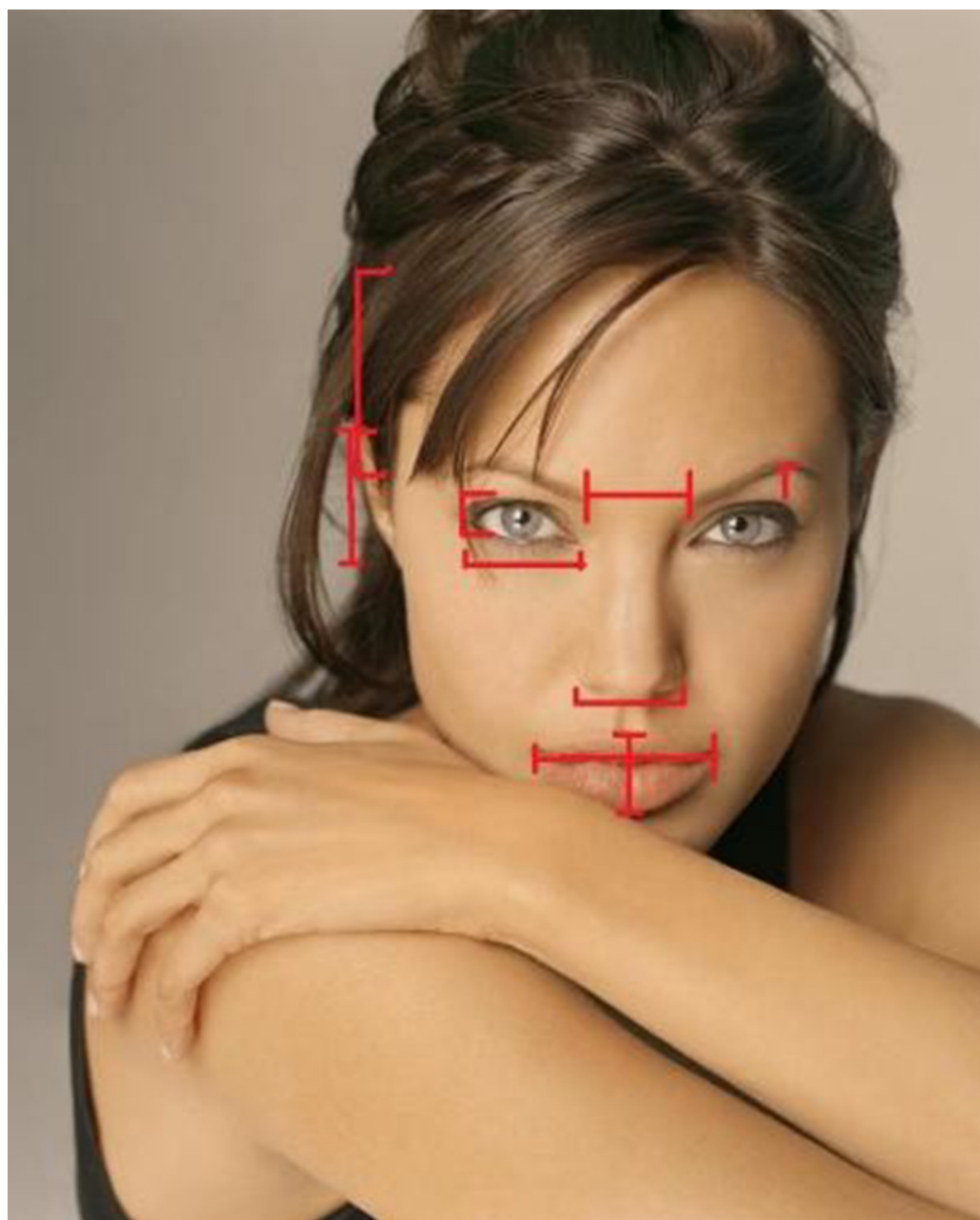
Horizontal lines across the nose:

Some people have horizontal lines crossing over the top of their nose. These people are overly responsible; probably have been given lots of responsibility when children. These people rarely think about having fun

Grief lines:

Some people have two lines below their nose and on either side of their mouth. Those are called grief lines because they appear when that person is sad for prolonged periods; a loss of someone close may result in the appearance of these lines

**Balance and proportion are
important in face reading**



Balance and proportion are important in face reading, as in Chinese paintings. There are needs for harmony between the mountains (the yang element, represented in the face by the bones) and the rivers, (the yin element which is the soft tissue). Although a face may be considered beautiful by society, in face reading terms it may be too yin (upturned nose, large wide mouth, eyes too far apart, thin eyebrows). Many models have this look. In our language we have many expressions to describe character traits: pay through the nose, two-faced, keeping one's nose clean, chinless wonder? We may have forgotten how these came into a language in the first place, the mouth relates to communication, and the chin signifies determination, ambition, and practicality among other traits. So, face reading can be used, sum up a person's energies, to get a health read-out, to assess character, fortune, and other attributes to help gain self-knowledge and to plan for good health.

There are numerous ways to read a face in Chinese physiognomy: 3 Quarters, 8 Trigrams, 108 Spots, examining the shapes, the colors, the wrinkles, and the moles, just to name a few. A master of face reader usually employs the combination of several techniques to gain multiple perspectives and perform cross-examination.

WHAT YOUR SKIN IS TELLING YOU

FOREHEAD (Poor digestive system)

Reduce high amounts of fat in diet
Drink antioxidant-rich green tea
Up water intake to flush toxins out
Pin bangs up

HAIRLINE (Hygiene)

Ensure complete removal of makeup
Ensure scalp cleanliness
Cease use of pore-clogging hair products
Thoroughly rinse off traces of hair shampoo

BETWEEN BROWS (Liver)

Avoid alcohol and dairy products
Eat lighter foods
Avoid late night snacks
Check for food allergies

ABOVE BROWS (Immunity)

Breakouts here during a cold.
Take it easy, drink up and eat
vitamin C-rich foods.

EYES & EARS (Kidneys)

Acne and dark circles here can
be caused by dehydration.
Drink > 8 glasses of water a day
Avoid caffeine and salt.

CHEEKS (Lungs)

Take in fresh air with long and
regular walks.
Clean your cell phones and
pillow cases

BELOW CHEEKS (Hormones)

Due to hormonal imbalances and stress,
especially during periods.
There is little you can do for now except to
hydrate, sleep and exercise.

NOSE (Heart, Gastrointestinal issues)

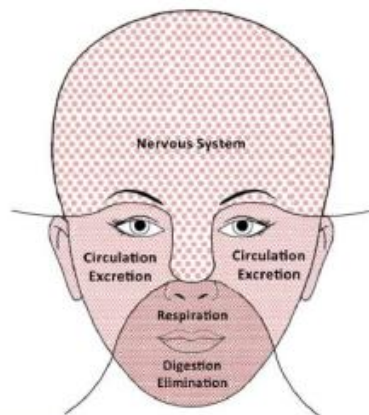
Many dilated pores that clog easily are here
Keep clean
Have more greens, nuts and Omega-rich
fish to reduce high blood pressure.
Avoid spicy, pungent foods, meat and salt.

CHIN (Stomach)

Improve digestion by adding more fibre
and detoxifying.
Avoid late night snacking.



Introduction to Topography of Internal Organs According to Chinese Medicine



© Chinese Medicine 2003
Illustration: P. H. Chan

We have 'topography' of the internal organs of the body mapped on the face. So, with this 'topography of the internal organs' on the face in mind, when we observe ourselves and other people, what do we look for?

The main feature we look for in any area of the face is **swelling and/or tightness**. Using the map of the face, wherever we see an area that is puffy and swollen, this signifies the organ corresponding to the area is swollen and enlarged, or "expanded". "Expanded" means that they are out of balance – tired, weak, inflamed, and affected by a pathogen or suffering from emotional or physical stress.

You may for example notice on the skin of the forehead of most people some horizontal lines, usually between three and seven. These are normal. However, if the lines on the forehead stand out prominently so as to be noticeable, this is an indication that the organs associated with this area are too expanded.

Another example: if we notice that the tip of the nose, which corresponds to the heart, is swollen and expanded, then this means the heart is swollen and expanded.

One area of the face that is important to note is that under the eyes. Looking closely at every human being under the eyes, you will notice a thin line etched in the skin drawn from the corner of the eye down and outward toward the periphery of the eye. The area above this line, between it and the eye itself, corresponds to the kidney - left eye, left

kidney, right eye, right kidney. Below this line is the area which corresponds to what is usually described as "general intestinal condition", underneath both eyes, below the line etched in the skin. Bags under the eyes indicate a large intestine (colon) problem, or kidney problems. The bags right under, straddling the lower eyelids are kidney bags, the ones below them are large intestine (colon) bags.

COLOUR

SIGNIFICANCE

black or grey	stagnation or stagnant water
green	toxicity or a sluggish liver that is not detoxifying
red	inflammation or an overactive heart or nervous system or trapped fire
yellow	putrefaction or things staying in the body too long, especially in the stomach
white	frozen or a lack of energy or poor exchange of air to the lungs

Also, if the liver is dealing with a pathogen, it can make a person more irritable or angry. Conversely, a person who is angry an irritable is much more likely to be affected by a pathogen.

As you can see, the emotions and the functioning of the organs are intertwined.

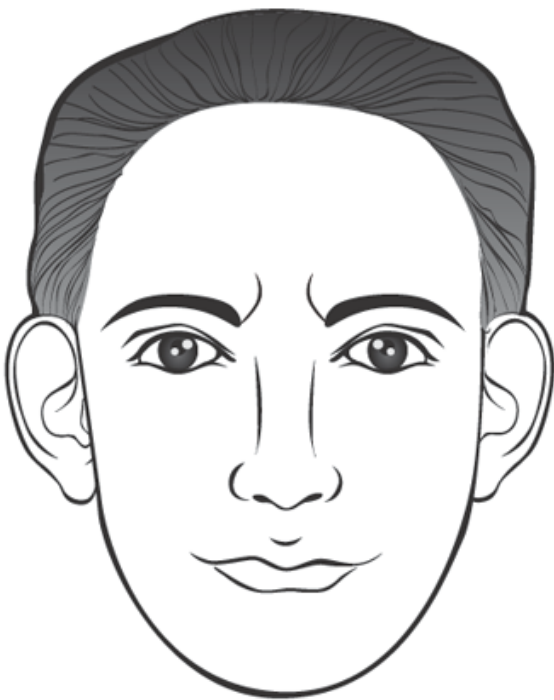
Significance of Colours

The most commonly seen colours on the face are **black, red, and white**. Toxicity and putrefaction often are seen together as a yellow-green colour (like the colour of jaundice) but show up on the face less often because the liver is usually so good at detoxification.

When these colours show up in the areas correlated with each organ, they can signify either a physical or emotional problem. Distinguishing between the two can be accomplished only by questioning. For example, the area between the eyebrows is correlated to the liver. Redness in this area shows inflammation of the liver that can be caused by a pathogen or emotional irritation or anger. Either condition affects the liver.

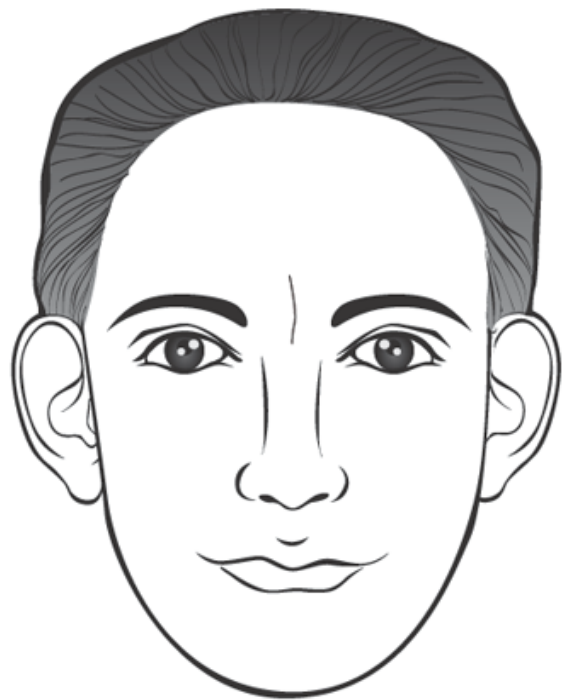
One example of what lines on

the face mean



Lines Locking the Life Palace

This indicates a troubled and stressful life. Also, it suggests that the person might be at the crossroads of his or her career, or someone who thinks far too much. It can also indicate loneliness and being misunderstood by others.



Needle Piercing Through the Heavenly Heart

This denotes loneliness in marriage, and is typically negative for married women. It indicates 'not having a husband' and that one will see one's husband and children infrequently. For males, it suggests isolation from the family.

**Following is a brief introduction
to the 12 Houses method.**



1. Fortune House (Fude Gong)

It gives an overview of your general fortune trend. An ideal Fortune House should be round, full and smooth with no

visible marks, lines or scars. Flaws in these areas reflect challenges in your life, which can be in the form of poor health, distressful relationships or money troubles.

2. Parents House (Fumu Gong)

It is associated with Heaven Luck; in this regard, its state is quite a testimony to the situation that your parents were in

and your relationship with them. A forehead that is wide, round and shining speaks of a good family inheritance, a comfortable upbringing, and early achievement, while a small, bony or disfigured one illustrates an uneasy childhood.

3. Career House (Guanlu Gong)

Again, being broad, round and smooth is the basic criteria to identify a good Career House. If on the top of that, you also

have prominent cheekbones and protruding eyebrows, you shall have a great chance to achieve a great success in your chosen field.

4. House of Travel (Qianyi Gong)

If it is in any way disfigured with scars or deep lines, you might be better off staying put. Furthermore, jobs or businesses involving transportation, tourism or import/export

are, understandably, not your best choice.

5. Life House (Ming Gong)

The key to your fortune is deposited here. Naturally, being smooth and shiny is ideal, which suggests a trouble-free life journey. If it is receded, dimpled or scared, or there are permanent horizontal lines between the brows, or eyebrows meet in the middle, you may face a bumpy road ahead.

6. House of Siblings (Xiongdi Gong)

Eyebrows and the areas directly above them represent and it also oversees your relationship with your friends and colleagues. The state of your hair has a direct connection to the physical conditions of your parents at the time when you were conceived, which means it has a lot to do with your genetic make-ups. Brows that are dark, thick, long, smooth, orderly and located high above eyes indicate a healthy hormone level that gives rise to affection, calmness, and courage. If they look sparse, thin, pale, short, or chaotic, or too close to eyes, or marked with a scar, you could be tormented by your own physical or emotional states.

7. Assets House (Tianzhai Gong)

Your eyes portray your intelligence and temperament, and the very quality of these dispositions plays an important role in your asset acquisition endeavor. Good Asset Houses are constituted with eyes that are long with large pupils and clear whites, and up-eyelids that are broad and full. Recessed

or narrow eyelids exhibit impatience. If the whites are colored with red streaks, and worse, if the streaks pass through a pupil, you should brace yourself for challenges in reference to your financial concerns.

8. House of Marriage (Qiqie Gong)

Being full and smooth in appearance indicates a happy marriage. A receded house, however, rings a bell on extra-marital affairs. If the area bears visible spots, scars, black moles or messy lines, your marriage could have challenges due to some unscrupulous conduct.

9. House of Children (Ernu Gong)

This area is closely related to the cerebellum and also governs your love and sex life, so again, being full and round is better than being flat or receded. Dim moles or slant lines across the area are especially undesirable, suggesting some challenges regarding your own sex life or your children's future development.

10. Health House (Jie Going)

If the House is broken or marked with horizontal lines, or if it is stained with spots, marks or discoloration, you shall pay extra attention to your health, especially your digestive system.

11. Wealth House (Caibo Gong)

A nose that has a high and straight bridge, big and round tip, full and fleshy wings, and invisible nostrils, not only indicates sound physical health, a positive mental attitude, also denotes success in career and abundance in wealth. On the other hand, a nose that is low, or crooked, pointed, or narrow, bony, or with a contoured bridge, upturned tip, visible nostrils, reveal a problematic personality, a troublesome financial situation or a difficult career path. If blood vessels are clearly visible or have a dim blue color tone the surface, pay attention to blood pressure and heart health. When a nose turns bloody red, which is dubbed Fire in Lounge in Chinese physiognomy, it should be viewed as a too excessive warning sign.

12. Popularity House (Nupu Going)

This House rules your relationship with your colleagues, subordinates or younger generations, and foretells your situation in your old age. When they are round and full, you can expect to enjoy your popularity among your followers. But if it sharps off, or appears crooked or boney, you probably should reconsider your dream of being a politician. And what's more, you'd better prepare for self-support during old age.

Marks, spots, scars on, and even shapes of your face can change over time, meaning your fate can alter through the years. You can utilize your Man Power (your attitudes – good deeds, better learning, and hard work) and the Earth Power (your environment – favorable Feng Shui) to neutralize the Heaven Power (your time of birth – what you have inherited from your parents and your previous lives). Ultimately, you are the real creator of your own fate. When you change your heart, you change your face; when you change your face, you

change your fate.

**Here are some examples of
Face reading**

Let's do Face Reading



- Long & Thin Face
 - Tolerant, Stubborn, Hopeful & Hardworking
- Far Off Eyebrows
 - Broad-Mindedness, Easy-going & friendly
- Sparkling Eyes
 - Enthusiastic & Benevolent
- Manly Nose
 - Strong Character, Observing
- Professional Lips
 - Experienced & Tolerant

Large Pupils

If a person looks at us with large pupils, this can often be evaluated as a sign of sympathy and admiration. In any case, large pupils are evidence of a positive basic trend. This is why they are also called the „lover's eyes“.



Character Traits

Large pupils indicate

- keen intuition, spontaneity and making decisions based on a gut feeling
- strong emphasis on emotions
- inclination towards melancholy and (day)dreaming
- that the person tires more quickly; in addition, such people get excited more quickly and are more fearful than those with smaller pupils
- creative talent
- quicker access and an easier time in opening up to others

NOTE

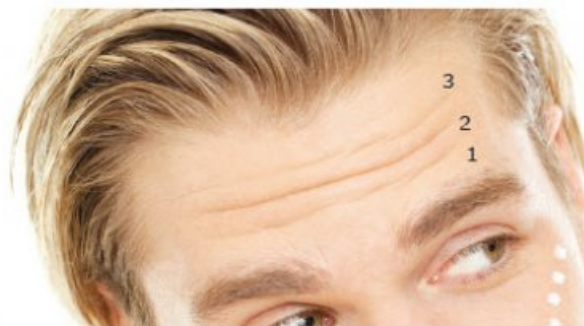
A great variety of thoughts and emotions can expand our pupils.

Horizontal Forehead Wrinkles

People have a different number and various shapes of horizontal forehead wrinkles. Younger people sometimes also have hidden wrinkles that appear when they frown.

Three main lines are differentiated and associated with various areas of life.

- The bottommost main line symbolises the material level (1)
- The middle main line symbolises the self or the ego (2)
- The uppermost main line, which runs directly beneath the hairline, symbolises creativity and the spiritual or non-material level (3)



Thickening of the Lower Lip's Edge

If the tissue beneath the lower lip is thickened like dough, this is called the thickening of the lower lip's edge. Such a thickening of the lower lip's edge usually means problems with the detoxification organs, especially the liver in this case. Above all, this can be due to the abuse of alcohol and tobacco or strain due to medications or foreign substances.

The following detoxification organs indicate by swellings in various places on the lower lip's edge when they are strained:

- The **gall bladder** causes a distinct swelling to the right and left of the middle.
- The **pancreas** causes a swelling in the middle.
- The **spleen** causes swelling on the outer corner of the lower lip's edges.

The swelling of tissue below the lower lip usually quickly goes away again, but action should be taken if this swelling **continues**.

When there are also pimples in the chin area in addition to a swelling on the lower lip's edge, the possibility of abdominal or genital diseases should be considered. Sore areas under the nostrils would also reinforce this diagnosis.



People with dominant upper part

- indicates *intelligence* and a *logical approach* towards problem solving.
- Thus, people with dominant upper parts will be more interested in *fact* and *logical thinking* than others.
- A wide forehead shows that the person is intelligent but a small forehead *doesn't mean* that he is not.



CHEEKS - happiness

- Round, full cheeks, sometimes hanging down in soft folds upon neck, show *gluttonous tendencies*.
- Dimples of the cheeks and chin are tokens of the *affectional nature* and denote the active passions of *amateness* and a *desire to please* and *attract the admiration* of others.
- Dimples near corners of mouth are evidences of *mirthfulness*, *love of fun* and *good humor* and *wit*.

Big and circular ear tops:

mean you are especially clever and exceptionally savvy.

Ears that stand out have a place with exceptionally enthusiastic and physical individuals who are suited to working outside and not being limited to a work area.

Taking a look at celebrity appearances can likewise let us know a ton about big names and what they are truly like:

Gary Lineker -

ears that stand out - energetic and physical identity characteristics.

Victoria Beckham -

to a great degree little ears - demonstrates a touchy soul.

Terri Hatcher -

has magnificent symmetry in her face, especially with the situating of her ears, which demonstrates that she is fit for adjusting her expert, social and individual life splendidly.



Large middle area



- You focus on prestige, reputation, luxury & quality
- You want to own and have the best
- You won't buy something because it's cheap
- If someone wants to sell you anything, they must convince you how it's going to increase your success
- Ambitious person and likes to have an authority and powerful status

You can't tell if someone is lying by reading their facial expressions



Microexpressions, as defined by psychologist Paul Ekman (who coined the term "microexpression," basically wrote the book on the little bastards, and has been studying their use in detecting deception for going on half a century, now), are:

...very brief facial expressions, lasting between 1/25th and 1/15th of a second. They occur when a person either deliberately or unconsciously conceals an emotion being felt. Any one of the seven emotions found to have a universal signal may appear in a micro expression: anger, fear, sadness, disgust, contempt, surprise and happiness.

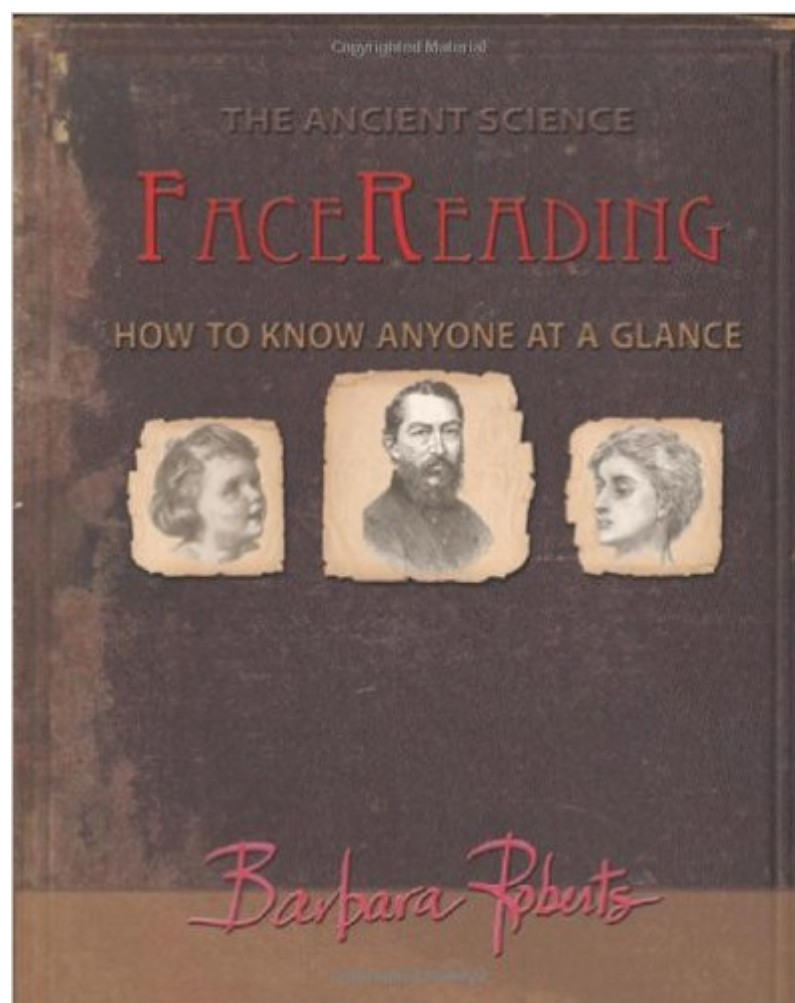
Microexpressions therefore fall under the umbrella of "body language" ("nonverbals," if you're one for parlance), and are distinguishable in that they refer explicitly to the face and specific situations in which they're likely to appear, viz. a situation where the emotion being felt is being either intentionally or unintentionally suppressed.

CHEEKS - happiness

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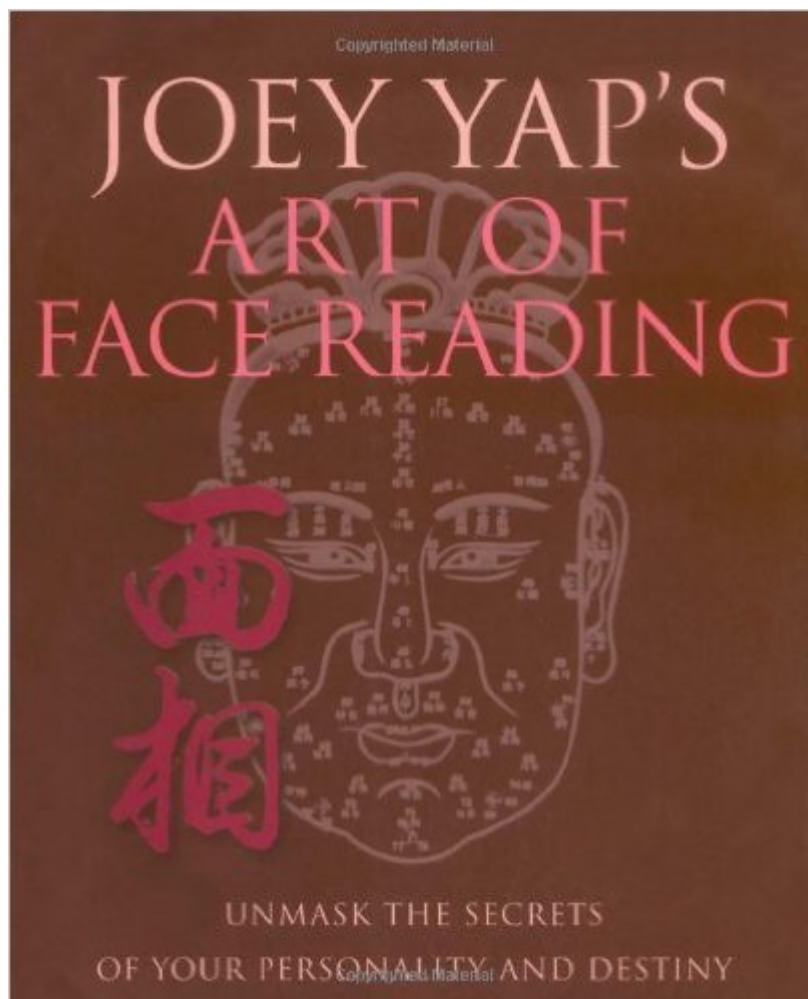
**More Face Reading will come in
future posts stay tuned**

<https://youtu.be/qU2AjziKuFg>



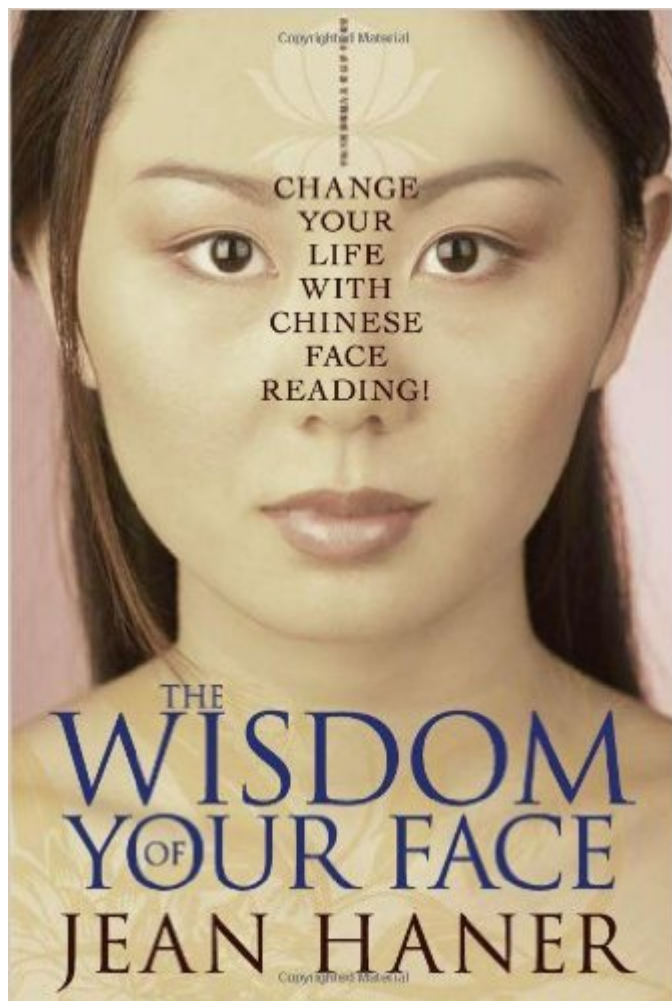
Face Reading: How to Know Anyone at a Glance

FACE READING WILL HELP YOU – Choose the Career you were born to do. Read your Boss's face. – Protect your children by knowing Dangerous features in strangers – Hire Smart! Know how to choose people of Destiny. – Date safely on the Internet. Avoid mistakes! – Gain insight into your Health or illness by using facial indicators. – Know the Secrets for effectively managing and business strategy – Learn psychological meanings for over 100 Facial Features



Joey Yap's Art of Face Reading: Unmask the Secrets of Your Personality and Destiny

Chinese face-reading, or Mian Xiang, is a form of physiognomy, or the observation of appearances. This ancient technique reveals not only a person's true character but also his or her fortune, luck, and talents. "Joey Yap's Art of Face-Reading" is a brilliant introduction to this powerfully accurate art. In this illuminating guide, bestselling author and master trainer Joey Yap explains how the face is essentially a map of our destiny and luck. With detailed illustrations, he presents the '100-year map' of the face or the 100 points that govern a person's fortune and luck from the age of 1 to 100. He also unlocks the areas of the face known as Officers and Palaces, which tell us about a person's character, future challenges, obstacles and talents in life – along with other facial features such as moles, which Joey explains how to identify and interpret. With this guide, you will learn to use face-reading to examine your own life stages and destiny, and those of others, at a glance.



The Wisdom of Your Face: Change Your Life with Chinese Face Reading!

What if you could tell, just by looking at others, how they tend to think, feel, and behave? What if your partner's face revealed the best way to resolve any conflicts between you? And what if you could discover in your own face the wisdom that you need in order to be the best you-you can be?

Based on the same ancient foundation as acupuncture and Chinese medicine, face reading has been in the "research and development" phase for over 3,000 years. When translated to make it meaningful for our Western lives, it's a powerful source of wisdom that we can all access. Chinese face reading

shows you how to live your life in alignment with your own natural flow, find the life path that gives you joy, attract relationships that nurture you, and most of all, enable you to feel compassion for yourself and others. This book will forever change how you see yourself . . . and all the people in your life!

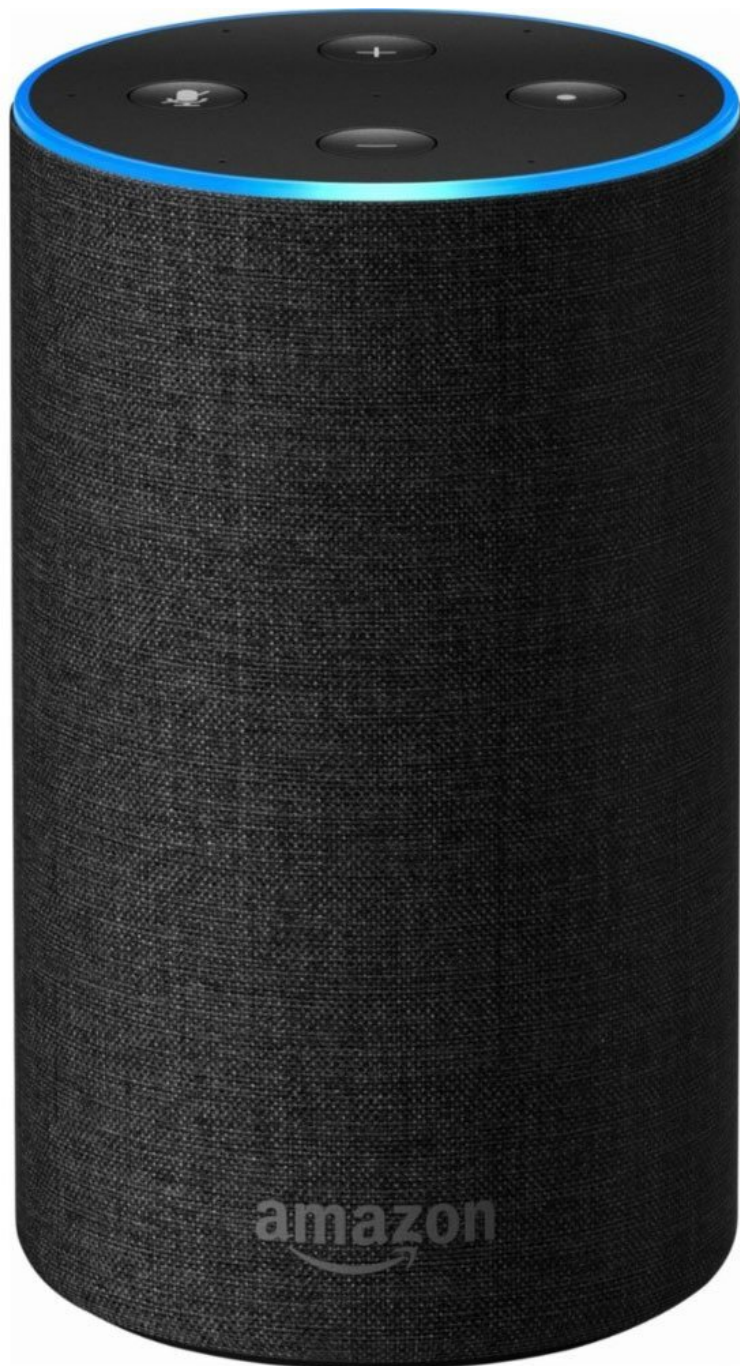
[Fire TV Stick with Alexa Voice Remote | Streaming Media Player](#)



- The next generation of our bestselling Fire TV Stick—now with the Alexa Voice Remote.

- Enjoy tens of thousands of channels, apps, and Alexa skills with access to over 500,000 movies and TV episodes from Netflix, Prime Video, Hulu, HBO, SHOWTIME, NBC, and more. Plus, access millions of websites such as YouTube, Facebook, and Reddit with browsers like Silk and Firefox.
- Launch and control content with the included Alexa Voice Remote. Simply say, “Play Game of Thrones” or “Launch Netflix” and Alexa will respond instantly. Plus, play music, find movie showtimes, order a pizza, and more—just ask.

Echo (2nd Generation) – Charcoal Fabric



- All-new Echo (2nd Gen) has a new speaker, new design, and is available in a range of styles

including fabrics and wood veneers. Echo connects to Alexa to play music, make calls, set music alarms and timers, ask questions, control smart home devices, and more—instantly.

- Just ask for a song, artist, or genre from Amazon Music, Spotify, Pandora, and more. With multi-room music, you can play music on compatible Echo devices in different rooms. Echo can also play audiobooks, radio stations, news briefs, and more.
- Call or message almost anyone hands-free with your Echo device. Also, instantly connect to other Echo devices in your home using just your voice.
- New speaker, now with Dolby processing for crisp vocals and dynamic bass response. Echo can fill the room with 360° omnidirectional audio.
- With seven microphones, beamforming technology, and noise cancellation, Echo hears you from any direction—even while music is playing
- Just ask Alexa to check your calendar, weather, traffic, and sports scores manage to-do and shopping lists, control your compatible smart lights, thermostats, garage doors, sprinklers, and more
- Alexa is always getting smarter and adding new features and skills. Just ask Alexa to control your TV, request an Uber, order a pizza, and more.