



The 7 New Rules of Skincare

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Annabel Acton, Contributor

CEO & Founder, Never Liked It Anyway

5. Inhalation Therapy

Inhale some essential oils and transport yourself to another world. After all, scent and aroma is one of the most powerful and transformative sensations around. As Vance says, "Inhalation Therapy is worth its weight in gold. Breathing triggers an intense sense of relaxation. It's an instant hit".

A lot has changed when it comes to beauty. Some of the old mantras no longer apply. The pain is beauty mantra has been phased out, and in its wake left a new approach to beauty that is holistic, restorative and personalized to individuals. Not to mention, we no longer see the skin as an isolated part of our body, rather we see it as an expansive organ that reflects the totality of our health. As quite the novice in skincare, I sat down with beauty professional Vance Soto of [OleHenriksen](#) Face/Body Spa to get the low down on the 7 new rules of beauty.