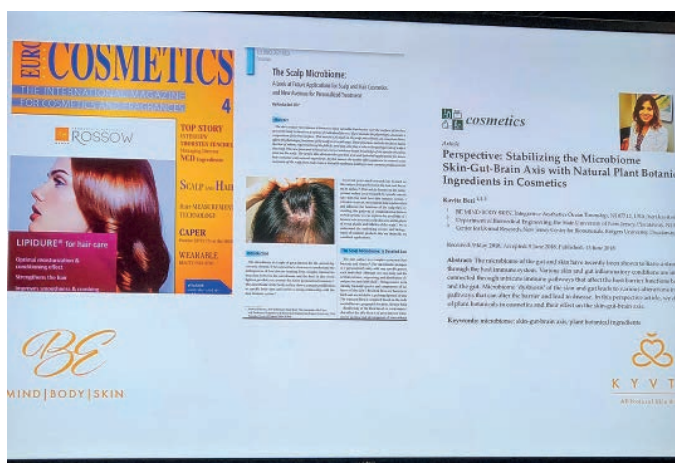


## Entering the era of vibrational cosmetics: The next generation approach to mind-body & skin regeneration

Seminar at in-cosmetics organized by Meyer R. Rosen, Editor-in-Chief of EURO COSMETICS



From left to right: Moiz Kasubhai, MD, MRCP, Dr. Kavita Beri, Meyer R. Rosen



Meyer R. Rosen, Editor-in-Chief of EURO COSMETICS Magazine, organized and conducted a seminar at in-cosmetics North America about the latest approaches to achieving beauty by enhancing body and mind wellness. The powerful seminar was designed to present the next generation of Cosmetic Science Technology in the continuing search for Wellness and Beauty.

Meyer R. Rosen had won two of the top thought leaders. The first speaker was Dr. Kavita Beri, a Board-Certified Physician, Scientist in the field of Regenerative Medicine and Founder of BE MIND BODY SKIN, a next generation integrative aesthetics and wellness spa in Ocean New Jersey. Her talk was entitled: “Vibrational Cosmetics: Empowering & Energizing the Mind-Body-Skin Pathway”. Ms. Beri’s presentation addressed the integrated approach of combining eastern holistic science with western aesthetics to achieve a complete regeneration and rejuvenation of the mind, body and the skin. A shift into the age of self-actualization and scientifically understanding the strong skin-gut-brain axis of

the microbiome, calls for a more serious insight to a new concept of Vibrational Cosmetics. That will create a new outlook to beauty, in this Well-Being Era, that can focus not only on the external beauty but also enhance one’s “internal” beauty. The concept of “Prana” originating in the Vedas, ancient Indian texts, describes how Nature’s “life force” animates all living things and can be harnessed to heal the body.

The second speaker was Moiz Kasubhai, MD, MRCP, an Associate Chair of Medicine, Lincoln Hospital, Bronx, NY, Assistant Professor of Clinical Medicine, Weill Cornell University. His talk “Mindfulness and Plant Based Nutrition and their Effects on Mind and Body” was about the growing search for enhancing skin and wholebody well-being. Mindfulness is an age-old practice, which is now backed with evidence-based medicine. The techniques show amazing benefits in stress reduction, reducing negative thoughts and improving memory and focus. It is rapidly being embraced by consumers and the cosmetic industry. The technology is being employed in first rate Spa’s and cosmetic dermatology centers which offer, and provide a direct bearing on improving relationships, work satisfaction and achieving a better quality of life.

