



Fresh Skin, Clear Energy

A Conscious Approach
to Beauty & Health


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high-frequency living

Hello radiant soul,

There comes a moment in life — often somewhere in your 40s or 50s — where your skin, your health, and your intuition start speaking more loudly than the world around you.

You begin to crave simplicity over strategy.
Purity over perfection.
Calm over control.

This little guide isn't here to tell you what to do. But it might just remind you of what you already know:

Your body is wise. Your skin is alive.

And the way you care for yourself matters more than ever.

Let's take a breath. And begin.

With love & qi,
Dominique xx



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Why “fresh” is more than skincare

Your skin isn't a surface. It's a boundary — a membrane between your inner world and the outside one. And energetically, it's part of your

Wei Qi — your protective field in Chinese Medicine.

Every cream, every serum, every drop you place on your skin becomes part of that field. Not just physically. **Energetically. Emotionally.**

Most mainstream skincare is created to cover, control, or correct. It promises results — but often delivers them at the expense of your deeper balance. **Hormone disruptors. Synthetic fragrances. Alcohols. Preservatives.** Things your body has to manage, filter, and adapt to.

Fresh skincare doesn't push. It partners.

It works with your system, not against it. It invites clarity instead of overstimulation. It calms your skin — but also your nervous system.

This is not just about fewer fine lines. It's about a more **truthful, grounded experience of beauty** — one that brings your skin and your energy back into flow.

From self-care to soul-care

Women in their 40s and 50s and beyond often share the same quiet question:

“Can I trust my body again?”

After years of stress, shifting hormones, and skin becoming more reactive — the idea of returning to simplicity can feel both **beautiful and brave**.

Let me be clear:

This isn't about looking younger.

It's about feeling **clearer, calmer, and more connected to yourself**.

It's about happy & better ageing.



A gentle reflection

So perhaps the real question isn't:

“What cream should I use?”

...but rather:

“What kind of energy do I want to invite into my life?”

anti wrinkle
serum





What does “fresh” really mean?

You’ve probably seen it before — labels like natural, clean, organic.

But those words don’t always mean what they suggest.

Many “natural” products still contain synthetic preservatives, perfume-like fragrances, or hormone-disrupting fillers.

But your skin isn’t a sealed surface.
It absorbs. It communicates.

It’s part of your energetic system — your Wei Qi and everything you apply to it shapes your internal balance, your hormones, and your emotional clarity.

So yes — it matters.

A lot more than we’re often taught to believe.

Why I trust RINGANA

I've worked with many brands. But I've chosen to align with RINGANA because their vision goes far beyond skincare.

They create fresh, clean, high-integrity products that support your body, your energy, and the planet — without compromise.

What makes it special?

• Fresh & Alive

Made weekly, with no preservatives, no fillers, and no long shelf lives. Just active, energetic ingredients that work with your skin.

• Sustainably Created

From organically grown ingredients to eco-conscious packaging and a re-use system. Rooted in regenerative beauty, RINGANA is deeply devoted to both your wellbeing and the Earth.

• Science + Nature

They bridge the best of both worlds — modern research and ancient wisdom — to create powerful formulas with total transparency.



A woman with blonde hair and blue eyes is holding a bottle of FRESH cream rich product. She is looking directly at the camera with a slight smile. The bottle is white with a white cap and has the words 'FRESH cream RICH' and 'fresh' printed on it. The background is a plain, light color.

My go-to: FRESH cream rich

If your skin has ever felt **tight, dry, or dull** — especially during seasonal changes or hormonal shifts — this cream is a little miracle.

It's rich **without heaviness, deeply nourishing but never greasy**, and gives my skin the comfort I used to only feel after a facial.

But what I love most?
I can share it with my son, without worry.
I feel it feeding my skin and my energy.
And... it smells like nature.

It's also the **perfect partner for my gua sha ritual** — thanks to the beautiful plant oils it contains. As I smooth it onto my skin, it transforms — behaving almost like a facial oil — giving the **most graceful glide** for my Beauty Restorer.

Morning and evening, I treat my face to a few quiet minutes of gentle sculpting and deep care. And this cream supports it beautifully — whether I'm starting my day or winding down for the night.



A few questions to reflect on

- ☐ Do you truly know what's in your skincare products — beyond the pretty packaging?
- ☐ Does your skin ever feel reactive, dry, or just “off”, even when you're doing “all the right things”?
- ☐ Are there bottles in your cabinet that once held hope... but now just gather dust?
- ☐ Do you feel overwhelmed by choice — and still underwhelmed by how your skin feels?
- ☐ Have you ever settled for “good enough”, even when your body whispered it wasn't?
- ☐ Are you nourishing your skin the way you nourish someone you love?
- ☐ What would change if you treated your skincare as energy care — not just surface care?

If you answered “yes” to even two of these...
maybe it's time for something else.

Something simpler. Cleaner. More you.

What's next?

This is my quiet invitation — to come home to your skin, your energy, and the rhythm that feels most like you.

If something in these words stirred you, I'd love to hold space for you. No pressure. Just an open-hearted conversation — woman to woman.

And if you're curious which fresh skincare might truly support your skin and lifestyle, I'd be happy to explore it with you — gently and together.

✉ Feel free to message me on Instagram [@dominiqueboesten](https://www.instagram.com/dominiqueboesten)

📱 Or WhatsApp me: +31 (0)6 54 24 53 36

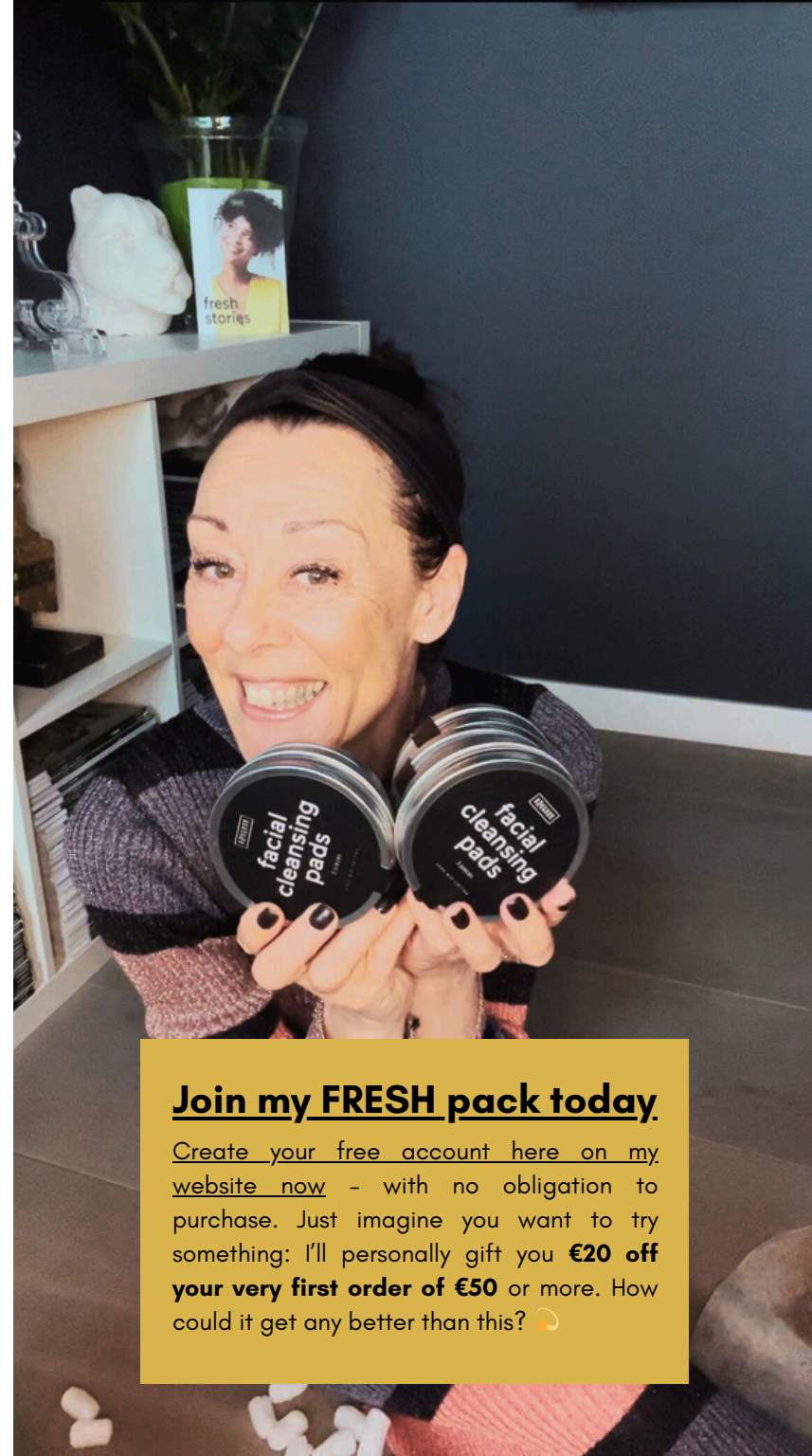
🌿 Or browse freely via [my website](https://www.dominiqueboesten.nl) — no strings attached.

You'll even receive a €20 welcome gift if you decide to try something later.

Your glow begins here. ✨

And I'd be honoured to walk beside you.

With warmth,
Dominique x



Join my FRESH pack today.

Create your free account here on my website now - with no obligation to purchase. Just imagine you want to try something: I'll personally gift you **€20 off your very first order of €50 or more**. How could it get any better than this? 🌿



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