

# NATUROPATHICA®

## ABOUT NATUROPATHICA

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At Naturopathica, we seek to inspire healthy lifestyles with products and well-being rituals that put the pleasure, warmth and simplicity back into caring for yourself.

### OUR PHILOSOPHY

Our name stems from naturopathic medicine which emphasizes healing with natural therapies. Inspired by this practice, we honor several core principles of naturopathic medicine in the work that we do:

- **The Healing Power of Nature:** We believe that the body has an innate ability to heal itself.
- **Do No Harm:** We never use toxic ingredients that could be detrimental to the health of the individual or irritating ingredients that engage the body's immune system in low-grade chronic inflammation.
- **Treat the Cause:** We address the root causative factors to treat an imbalance.
- **Holistic Approach:** Skin disturbances have multiple origins including the mind, body and spirit, each of which must be addressed.
- **Prevention:** We focus on preventing imbalances with a good skin care regimen instead of treating symptoms.

In following these principles, we are able to create safe and effective products, rituals and experiences that promote health and beauty.



### OUR FOUNDER

Barbara Close, Founder and CEO of Naturopathica, is a wellness innovator, author and educator. A lifelong practitioner of the healing arts, Barbara has a Master's degree in Therapeutic Herbalism from the Maryland University of Integrative Health and holds credentials in esthetics, advanced massage and aromatherapy. She has been a pioneering product architect for more than 20 years, creating skin care, body products, herbal remedies and holistic health treatments that inspire individuals on their path to well-being.

### OUR PRODUCTS

Our Skin Care collection is designed to address inflammation, the primary cause of premature aging in skin, using proven botanical ingredients and clean cosmeceuticals to deliver results.

Our Body Care and Herbal Remedies bring wellness full circle, combining traditional healing practices with modern inspiration to promote skin radiance, relieve stress, restore sore muscles and enhance vitality.

### OUR HEALING ARTS CENTERS & SPAS

With over 20 years of experience as spa owners at Naturopathica East Hampton, we know what it takes to run a successful spa—empowering well-being through exceptional products, innovative treatments and wellness education. We continue to push the boundaries of wellness at Naturopathica Chelsea, our newest Healing Arts Center & Spa. Voted "Favorite New U.S. Spa" by American Spa magazine, Naturopathica Chelsea brings 21st Century Wellness to New York City with signature Holistic Facials and Herbal Massages, unique and delectable tonics and elixirs at our Vitality Bar, loose-leaf teas and bulk herbs at our Remedy Bar and meditation classes in our Sensory and Meditation Lounge.

### OUR TREATMENTS

We deliver unforgettable experiences to our guests through unique and sensorial spa treatments. Our professional facial treatments are clinically formulated to stimulate, firm and brighten skin without harmful synthetic ingredients. Naturopathica Massages are deeply therapeutic treatments that combine the best massage therapy techniques with traditional healing practices of using clinical-grade essential oils and plant extracts to balance and heal the body.