

*Khemisty Kosmetiks  
633 W Capitol Drive  
Milwaukee, WI 53212  
Phone: 414-264-3401  
1-877- KOSMIK7  
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Re: Khemisty Kosmetiks

Dear Sir or Madam:

I have enclosed sample of some of the items from The Khemistry Kosmetiks Collection of skin care products for your review. Kanika Jamila, formulator and manufacturer of Khemistry Kosmetiks, is a high visible entrepreneur, naturopathic doctor, author, spa owner and esthetician.

For your view, in addition to the Khemisty Kosmetiks sample, I have included Kanika Jamila Ward's press kit and various copies of guest television appearances such as WISN's *Business Break* and PBS's *Black Nouveau*.

I would love to discuss the possibility of you teaming up with Khemistry Kosmetiks and carrying the skin, hair, and body care product lines in your store. I look forward to hearing your thoughts.

Please feel free to contact me at 414-264-3401. I look forward to hearing from you.

Sincerely,

Dr. Kanika Jamila Ward, ND

## **DR. KANIKA JAMILA WARD, ND**

### **Biography**

Kanika Jamila Ward, the holistic day spa owner, skin care specialist, naturopath, professional beauty educator, cosmetics manufacturer and author is a true expression of being young, black, female and beautiful. Her commitment to enhancing the natural beauty within through mental and spiritual empowerment makes her the queen of holistic health.

### **SPA**

A well respected and sought after innovator in multiethnic skin care in the natural beauty industry, Kanika Jamila Ward premiered the Midwest's one of a kind day spa catering to the specific needs of various ethnicities introducing her clients to the benefits of holistic health and spa experience. Created five years ago Kosmik Kare Day Spa has grown to be the beauty haven of the ethnic community in Milwaukee, Wisconsin. Kosmik Kare Day Spa has serviced thousands of clients providing health assessments, massage, facials, waxing, threading, custom blend makeup and more.

### **BEAUTY**

Khemistry Kosmetiks made her debut as a cosmetics manufacturer over ten years ago mixing up her concoctions in her kitchen. After four years in the spa beauty industry and researching the issues of ethnic skin Kanika launched her first product Lemongrass Body M.A.S.S. lotion know for its long lasting moisture properties. In 2008, Kanika will launch her own makeup line for multi-ethnic skin. Khemistry Kosmetiks has been in fruition after custom blending foundations, concealer, lip glosses, and lipsticks for years. Until 2008, Khemistry was only available custom blended at the makeup counter of Kosmik Kare Day Spa. In April 2008, the Khemistry lip glaze will be available for national distribution.

Following a successful launch of Khemistry cosmetics Kanika Jamila Ward is working on her color cosmetic of rich, deep, and chic colors to enhance the beauty of multiethnic women. Kanika was inspired to create a natural color cosmetic collection from constant feedback from her spa clients who have problems finding the right tones to enhance their various shades of skin. The Khemistry collection was created to empower women of color to tap in to the undeniable queen within. The shimmery hues and deep tones embrace women of all cultures.

### **TELEVISION**

Kanika Jamila Ward has made several television appearances on WISN's *Business Break*, PBS *Black Nouveau*, and MATA's *Jeanetta Robinson Show*. She seeks to educate others on holistic health and to promote entrepreneurship.

### **[WWW.THEHOODDOCTOR.COM](http://WWW.THEHOODDOCTOR.COM)**

Thehooddoctor.com website is the official online holistic health lifestyle and ecommerce portal for Kanika Jamila Ward. Visitors to the site can send Kanika questions and view exclusive content on natural remedies, beauty secrets, health assessments, recipes and more. Thehooddoctor radio features weekly online radio broadcasts on holistic health topics. Guests on the show are experts fields of psychotherapy, beauty, natural health, and more. Thehooddoctor e-magazine is an informational source of information concerning holistic health. The site exclusively showcases Khemistry Kosmetiks, Kosmik Kare Day Spa, and the Kosmik Kare Detox Manual excerpts, and all updates of upcoming events involving Kanika Jamila Ward. Natural health services and products are available to clients via [www.thehooddoctor.com](http://www.thehooddoctor.com). Spa apparel, DVDs, professional training and literary works of Kosmik Publishing are available via the online store.

### **PUBLISHING**

Kanika Jamila Ward has created Kosmik Publishing to self publish *The Kosmik Kare Detox Manual: A Journey to Self Healing*. The book will include recipes and a graphic story of how Kanika Jamila Ward beat Candida through a holistic lifestyle change. *The Kosmik Kare Detox Manual* will help thousands overcome food addictions and achieve weight management though a balance healthy lifestyle.

### **EDUCATION**

Kanika Jamila Ward is an advocator of education for all people. She is a graduate of Tuskegee University receiving a degree in mathematics and a master's degree from the University of Wisconsin Milwaukee in business administration. Kanika is licensed as a doctor of naturopathy, real estate broker, and esthetician as well. Her training on the ancient Egyptian threading hair removal technique is available to spa and salon owners around the country and abroad. She lectures on How to Eat To Live and continues to provide the youth with information to help their esteem by educating them on holistic skin kare.



### **DR. KANIKA JAMILA WARD, ND**

Kanika, a native of Milwaukee, Wisconsin, is owner of Kosmik Kare Day Spa. After a long bout with bronchial asthma, allergies, and Candida Ward decided her success with becoming symptom free would be of help to others. Kosmik Kare was born with a range of massage, skin care, and beauty services and products in 2003. She began whipping up creams, lotion, soaps, and oils to promote beauty and wellness holistically. In 2006, she launched her own skin and body kare line, Khemistry Kosmetiks.

Ward became a licensed naturopathic doctor after attending Holistic Health Consultant training at *A Phoenix Rising Wellness Institute*. Kanika is an educator with a degree in Mathematics from Tuskegee University and a Master's in Business Administration from the University of Wisconsin. Ward has a background in real estate and currently holds a real estate broker license in the state of Wisconsin. She teaches Adult Basic Education at Milwaukee Area Technical College, runs a successful day spa, is author of *Kosmik Kare Detox Manual: A Journey to Self Healing*. In addition to all this Ward formulates, distributes, and manufactures Khemistry Kosmetiks.

Kanika was a grant recipient of 2007 Miller Urban Entrepreneurs national business plan competition for her innovative book and Khemistry product launch. She received the CEO of Me award for her outstanding entrepreneurship and service to the community. Ward continues to mentor and lecture all over the country on holistic health and business.

Since receiving the honorable Miller award, Ward has developed a Khemistry Color Kosmetiks featuring mineral based lip gloss, lipsticks, and soon to come foundations, mascara, and eyeliners.

Ward has always felt the need to inspire entrepreneurs to reach for the sky. Her vision and drive has and will continue to inspire many. Kanika has developed youth program for young woman and men to learn the beauty and kosmetiks business by developing business plans and products. Ward's passion for education has led her to be a professor teaching adult basic education to people seeking to obtain a General Education Diploma (GED) at Milwaukee Area Technical College, Pre-College Divisions. This is of tremendous importance to the community of Greater Milwaukee which is statistically poor in high school graduation rates, literacy and math competency scores.

**Original Story URL:**

<http://www.jsonline.com/story/index.aspx?id=418321>

## Let the skin shine in



By **KATHY FLANIGAN**  
[kflanigan@journalsentinel.com](mailto:kflanigan@journalsentinel.com)

*Posted: April 24, 2006*

Maybe, just maybe, spring fever is less about going crazy in nice weather and more about getting the heebie-jeebies from exposing less-than-perfect skin, hairy appendages and other flaws.

We say so what: Go beyond the pale. Let loose the layers. Slip off the sweater. Give boots the boot. Embrace the sandal.

Just put in a little preparation beforehand. Here's how:

### **Get color**

"The best thing you can do to get yourself primed and ready - to feel like you've got a jump start - is a self-tanner," said Carmindy, makeup artist to stars and to real people in her role on television's "What Not to Wear."

Quicker than one can describe a tan as Jessica-Simpson-orange, Carmindy added a note of caution to her advice: "The key is to not look savage tan."

"If you don't have time to hit the gym and get into tiptop shape, the first thing you want to do is apply that light self-tanner. It makes you feel like you've got it covered up," she said. "Then add moisturizer with a little bit of shimmer that they're selling everywhere. It will hide imperfections, and the glow will showcase any place you have definition in your legs, arms, shoulders and back."

The chemical smell of some faux tanners can be hard to take. Hang in there. Randi Shinder will introduce the odorless, streakless GlowFusion in June. Shinder is also the creator of LiftFusion, a topical alternative to Botox.

### **Water skin regularly**

In winter, skin typically falls victim to dry air - inside and outside. The best way to get it in shape for the summer is to keep the body hydrated, said plastic surgeon Anthony Griffin, director of the Beverly Hills Cosmetic Surgery Center.

He knows about winter chill. Griffin grew up in Kenosha and comes back a couple times a year to visit family.

"One of the biggest things a lot of people around here do - one of the celebrities turned me on to it and they claim everybody in the industry is onto it - is wheat germ oil," Griffin said, spilling his secret source as the actor Terrence Howard.

"Usually wheat germ comes in tablets, but you want the oil," Griffin said. "That's one little secret, especially for people who are living in climates where it's dry and they want to get some moisture in their skin."

Griffin recommends drinking wheat germ oil once or twice a day. Natural health sources recommend one tablespoon of the oil per serving.

Griffin also dropped a myth-buster: Moisturizers aren't the holy grail of good skin.

"Women overuse moisturizers," he said. "It doesn't allow the skin to exfoliate. The skin gets dry and falls off. That's a normal process."

Using moisturizers too often makes the skin lazy so it won't exfoliate itself. Griffin isn't saying don't ever use moisturizers - he uses them since he spends so much time washing his hands before surgery - but advises limiting their use to once a day.

"People have been trained to use moisturizers," Griffin said. "I would use it once a day. In the Midwest in the wintertime, it's a little different."

He advises going cold turkey with the stuff come spring.

"It takes typically - we're talking in terms of skin cycles - about six weeks," he said. "You just have to tough it out. My hardest challenge is having patients get off their moisturizer."

Instead, use sunblock everyday.

"I think sunscreen is the single most effective thing," Griffin said.

## **Amazing feet**

Although he's usually in socks and shoes, Griffin admits getting a pedicure now and again, even if he's a reluctant client who "hates the idea of doing all that stuff."

"Out here you're in sandals a lot. You have to do that," he said.

Wisconsin may have a limited sandal season, but pretty feet still count.

"We do pedicures all year round," said Kanika Ward, owner of Kosmik Kare Day Spa, 633 W. Capitol Drive. But they do more of them after the first couple days of warm weather when people begin thinking about letting their toes hang out and giving their feet some breathing room.

At Kosmik, a pedicure includes soaking the feet in rose petal milk and exfoliating the skin until the feet are smooth. But if your feet have been stuffed in socks for the winter, plan on making a couple of appointments for sandal-perfect piggies.

"Some people use knives and stuff on their feet," Ward said, a touch of horror in her voice. "It builds up a callous you can't get rid of in one setting with a pedicure."

## **Hair today, gone in six weeks or so**

Stacey Damiano, spa director at Anton's Salon and Spa, 2566 Sun Valley Drive, Delafield, advises clients to start a waxing routine in fall because it allows the hair to get lighter and grow more sparsely. But since you didn't, Damiano suggests letting any waxable hair spots (legs, underarms, bikini line and back) grow out at least ¼ inch.

The process could take up to six weeks, she warned. Getting waxed at four weeks is "not quite as good, but it's doable," she says.

The first waxing should last 1½ to two weeks, even up to three weeks. "It takes about three leg waxes to get that baby-smooth feel," Damiano said. "That very first time you're not going to get that."

## **Shed your skin**

Griffin prescribed natural exfoliation for skin. There are a couple ways to help the body along. Now is the perfect time for a body exfoliation, said Damiano at Anton's. Kosmic's Ward suggests a sea salt glow scrub to purify the skin after winter and get rid of any itchiness "that we get from the clothing we wear in wintertime."

Or, you take your lumps with a sugar scrub, said Carmindy (her professional name).

"Go into the kitchen and get a handful of regular table sugar. Scrub your face with the white sugar," she said. "I use it all the time. My husband uses it. It's the perfect scrub that any dude will do because they don't have to go out and buy a product."

## **Makeup is easy to do**

A summer look is lighter than a winter look. Nature is one reason for that.

"Because we tend to deal with heat and humidity in summer, you want to take it easy, you want it to become lighter," Carmindy said. "What's hot for spring are sheer washes of color that enhance your natural glow. You want to do everything with a really light hand."

"The first thing to go easy on is the foundation," said Carmindy, who recommends using a cotton swab to dab on dots of foundation. "The next thing that's really key - your skin will look so glowing and amazing - is applying highlight shimmer underneath the eyebrow on the inside corner of the eye and right along the top of the cheekbone. What this does on top of the cheekbone is give the illusion of higher cheekbones and gives skin that nice spring/summer glow."

Lips get a lighter treatment, too. "Lips are all about sheer pink gloss," Carmindy said. "Forget about lip liner. Forget about heavy lipstick. All people can wear pink."

But not everyone can wear a gloss, she said, banning women over 45 from wearing a high-shine gloss that makes you look like you're ready for the disco.

"You want moisture, not sticky and super-shiny," she said. "It's all about subtlety."

A general tip when it comes to makeup: "When you're looking at your face, choose one feature to focus on," Carmindy said. "Stop looking toward celebrities to define the way you want to look."

And finally, there's the matter of perfume.

"Scents change," said Shinder, who created the Clean brand of perfume. "You may wear something heavier, more musky in the wintertime. In summer, you're looking for something more floral or fruity or both."



## **Kosmik Kare for the Hoodmomma Nation**

A Wellness Column by Kanika Ward

In our society, too many women are working too hard and not taking care of themselves. Millions of women are tied to jobs that require 40 hour-plus work weeks. Many women are running households by themselves because of the divorce rate. Mothers are forced to make some tough decisions in how they are raise their children. The latchkey child is too common nowadays. Many women with small children would prefer to stay home with their children or at least be home when they get home from school. There is pressure to make ends meet. There is reliance on child support for some. These are just some of the issues that face HOODMOMMAS.

When there is a latch key child in the house, it is essential that the mother give that child what they need to maintain a safe and healthy quality of life during their times alone. The mother must balance that with consideration for herself first and not always put the child first. One might say, "How on earth can I put my self first. That's selfish". But in essence, putting yourself first is the best thing for the child in the long run. I say this because high levels of stress can interfere with the welfare of the child and the mother. Women who do not have fathers in the home (sometimes even when they do) are most likely responsible for the child's upbringing. Stress can interfere with the quality of this process and can be passed on to the child and other members of the household. Although we love our families and would do anything for them, we still need "Me" time. Even if it means lighting a candle every night and enjoying a meditative bath with your favorite aromatherapy oils. Let Peace be still. Get a massage. Get your feet done.

### ***Some HOODMOMMA TIPS for PEACE OF MIND:***

1. Get a massage for at least an hour. Go by yourself.
2. Find a place of solitude
3. Eat whole foods and fast from sugar for weeks
4. Get a pedicure. Don't do it yourself. Let someone else do it, professionally.
5. Get a sitter and have a "Girls Night Out"

Time management is crucial in trying to give yourself that "Me" time. Don't get caught up in doing everything for your children and spouses. We cook, we clean, we work, and we organize.

We need to educate our children at very young ages as to what is healthy for them to eat. This is passed on most likely through the mother as well. Grocery shopping should entail a list of items that will be healthy for children to consume. Even if you cannot cook two to three meals a day, you will never have the power to control your child's eating habits when they are away from you. Therefore, as much education on healthy eating should be passed down to the child when Hoodmomma is available to give that insight.

This is where education of food and nutrition come in. When I say this I am not speaking from a traditional standpoint. But one of what your standards are. Children should be educated on what the long term health risks are for eating too much sugar, starches and

white bread.

Be a Hoodmomma when eating out. Stick to your standards. Time and time again, mothers fall into the trap of letting their children order their own food.

Mothers should instill a sense of what is good and bad to eat early so these choices are better made by the child.

***Some tips for mothers for healthy eating habits for kids:***

1. Instead of making cookies with the children, teach them how to make smoothies. Children love smoothies. It is like giving them an ICEE. They don't know the difference. Mix some frozen berry medley together in a blender with some ice. You can add bananas, pineapple or peaches as a natural sweetener or turbinado sugar, a natural sugar alternative to white sugar.
2. Stop letting them pick where and what they want to eat.
3. Cook a three-course meal at least 3 times a week
4. Give up the fast food restaurants. I know they are convenient, but we will regret it in the long run.

***Hoodmomma Sista Friends...***

Hope these tips will reach you in good spirits and an open mind. We have to start the New Year off right, by taking care of our bodies and passing this same message on to our young ones.

Kanika Ward is a native of Milwaukee, Wisconsin. Her proud and supportive parents are Andrew and Brenda Ward. Kanika is owner of Kosmik Kare Day Spa. Kosmik Kare offers a full range of holistic spa services. Massage, nail kare, body wraps, facials, and holistic lifestyle change programs help clients to detoxify their bodies and incorporate whole foods in to their diets. Whether your focus is Arthritis, Candida, Fibromyalgia, Weight Loss, or conception of a child, Kosmik Kare can aid you in your road to being symptom free of illness and healthy living.

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# Riverwest Currents

## Health, Nutrition, and Weight

*by Kanika Ward, Life Science Practitioner and Natural Health Consultant*

Are you overweight? Do you suffer from frequent colds, flu, or allergies? Do you often feel tired? Do you eat a lot of processed foods?

The answer to the state of your health lies within what you eat. More than 85% of all women have the "orange peel" look, also known as cellulite. Over half of all Americans are overweight. Our lifestyles have made us accustomed to eating fast foods. The fast food routine has us shoveling food into our faces in less than five minutes. This allows just enough time to make it for that one o'clock meeting.

Perhaps you've heard someone say, "When you get to be 30, the body doesn't work the same," or "my stomach can't take spicy foods like it used to." When we get older, we become more conscious of how our bodies react to what we are eating. We know what foods give us stomach aches or send us to the restroom. In reality, our bodies are begging us to relieve them of the toxins and waste that has built up over time from our lifestyles.

So how do we restore the body to its natural state of wellness?

We have to allow the body to heal itself by giving it a rest. An internal cleansing helps get rid of the toxins and waste that are being stored in the colon and other vital organs. This process is called detoxification and should be done every time we have altered the body's natural function by eating badly. At this point the body is purified and ready to receive the proper nutrition it needs. Without an internal cleansing, the body may be unable to absorb key nutrients and vitamins.

After detoxing, the next step is to incorporate proper nutrition. Since most of us do not have the time to eat foods that contain the nutrients we need, it's important to supplement your diet with essential fatty acids, enzymes that aid in the proper digestion of the foods we eat, and daily multivitamins.

Next, we need to change that lifestyle we are accustomed to. Yes, we need to eliminate processed foods and limit red meat intake and other fatty foods. Learning to read food labels and understanding what the ingredients are will help us learn how to eat what we love by simply substituting the bad stuff with the good stuff.

A witness myself, the waste and toxins literally melted off of me after incorporating the above program as a lifestyle change. My energy levels were restored. My immune system was no longer compromised with allergies and frequent colds. I lost 15 lbs and at least five dress sizes.

*For a free consultation, call Kanika Ward, holistic lifestyle change consultant at Kosmik Kare Day Spa, 633 W Capitol Drive. Ward does not claim to be a physician nor a psychologist, and this column should not be construed as medical advice.*

*Riverwest Currents online edition - December, 2003*