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Good afternoon Sara! The editors of the glossy magazine are glad to welcome you. You have now been living for a long time in a country in the Middle East, where Jews, Christians, and Muslims consider the biblical Holy Land – Israel. What inspired you to move, and what were the main reasons behind this decision? What were your first impressions of living in Israel, and how have you adapted to the new culture and lifestyle? How would you rate the impact of this move on your personal and professional life? What are the main challenges and opportunities associated with this?

I grew up in Ukraine – a Christian country where paganism also developed. When I moved to Israel, I encountered completely different legal system, and of course, I was struck by those laws on which the state itself stands. These are biblical laws, or, one might say, the laws of the Torah, in which the seniors are necessarily revered. «Honor your father and mother, and then your days on earth will be long.» It was crazy for me that the state grants such a large amount of money to care for the elderly and to pay large pensions to those who have not worked for a single year in Israel but somewhere in another country. In addition to the generous allowances, they are also paid a nurse, which costs about \$1000-1500, simply because they are Jews. They are regarded as mothers and grandparents. Older people here live longer, and I understand why. Because the

law of the Torah – which I mentioned previously – is vividly embodied in this country, as well as all the commandments described in the Torah or the Bible.

I discovered that there are many religions in Israel: Christianity, Judaism, Islam. However, Jews have always accepted Christians and Muslims. And even when the Muslims attack the Jews, the latter still help them, provide them with treatment, give them water. And this is how a human attitude should be... No hatred, no retribution, that also impressed me greatly.

At the same time, the people of Israel take traditions very seriously, and I had to get acquainted with this. They honor their holidays, thanks to which the Jewish survived, passed them on from generation to generation to children, grandchildren, and observe all holiday dates from year to year. This applies both to Shabbat every Friday and Saturday and to any Jewish holiday with an official public holiday. This was some kind of innovation for me, a little even wild even, but very interesting as well.

The first impression was mixed. I was shocked, because I understood that the mentality was completely different, I was used to a different life, but over time I fell in love with this culture and people and learned to fit in with Israeli life. There is a saying: «If you love Israel, then Israel loves you and opens up for you.» I believe that this is exactly what happened in my life, that I fell in love with Israel, and Israel fell in love with me. And I joined this country.

The profession that I originally had – a physical rehabilitation specialist – remained in the past and I shifted into a completely different field, cosmetology, and began to make the world more beautiful and brighter.

I moved to Israel initially because my husband insisted. It was a distant 2014, the beginning of the revolution in Ukraine. My husband at the time began to get very nervous because of problems with work, so we decided to relocate together. Now we are divorced, but I am still grateful to him. Probably, I myself would not have taken such a drastic step. Although I have relatives in Israel and my biological sister has been there for about 20 years, yet I was somehow afraid, everything was alien to me. That's perhaps also why I'm more grateful to him for insisting on asking me to move, for such pressure that was put on me.

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I ENJOY SEEING MY CLIENTS HAPPY

Your life path cannot be called easy, let alone the word “absolutely”. You have faced numerous obstacles in the form of a serious illness and huge debts. Nevertheless, you were able to survive, not lose yourself and succeed in life. Share how your history in the field of beauty and cosmetology began. Tell us about your development from the stage of training as a cosmetologist to building your own business.

I have great interest and dream about achieving the ideal quality for our women's skin, which is smooth, beautiful, and velvety. We are talking about the treatment of acne,



demodicosis, complex skin diseases, and skin deformation. I gain moral, physical, and mental pleasure when it evens out and becomes bright, clean, and uniformly relieved, with a pink tint and a healthy look. Seeing my clients happy makes me smile. Comparing the states of «Before» and «After», you will see the results firsthand. Smiles on faces are really the best gift I received, the greatest reward.

One of my main virtues as a cosmetologist-esthetician, one that I bring to this world, is the ability to change the quality of the skin so it becomes healthy. And I think it's very important. Because beauty injections, and plastic surgery are undoubtedly a big plus of modernity, we have come a long way. However, achieving skin quality is a laborious and time-consuming process that requires a lot of patience and resourcefulness from both the master and the client... Such a tandem, a duet. Eventually, when the quality of a woman's skin changes, when she can simply go outside without makeup, she experiences true happiness, gains confidence, good mood, and this is a guarantee of joy and a beautiful smile on her face. Therefore, the main thing is to improve, restore and rehabilitate the quality of the skin - so to speak, the first postulate of my work and profession.

The second is women's meetings, which I hold together with my designer sister. The so-called bachelorette parties, where we talk about cosmetology, and style, for example, how to choose the most comfortable and affordable things for oneself, or advice on how to preserve youth, etc. And, in principle, our role is to make a woman as natural, beautiful and happy as she is today. At any age, in any position or in any area that she takes on in life, let her be satisfied just because she is a woman.



ACHIEVING SKIN QUALITY IS A LABORIOUS AND LENGTHY PROCESS



MANY ASPECTS OF A WOMAN'S LIFE ARE AFFECTED BY HER PSYCHOLOGICAL STATE

You are the founder of a beauty studio in Israel. What services and features of your salon make it unique and attractive to clients? How do you see his role in promoting the beauty, self-esteem and confidence of women in Israel?

You know, I had really faced serious illnesses. But I always had faith in God, and in myself. It helped me to endure – and succeed, and continue to fight and fight.

My history in beauty and cosmetology began with me finding myself in very cramped circumstances... I had a huge debt after my divorce – about \$ 10,000, I also had to pay the rent. None of my relatives and friends helped me because they just could not, nor did I receive any help from the state. That very situation made me realize that I had to do something myself. And when I chose from all professions, after overcoming the cramped circumstances and the consequences of a severe illness, I wanted to do something beautiful, decorate this world and make people happy, special, and beautiful... And then there was a real click: I felt that I want to bring beauty into our world. And now I think that I succeeded.

Of course, I had dreamed of a salon of my own, but at that time, I did not have such ability. I managed to start with a simple beauty parlor later. But from what I had, I did my best. I squeezed the maximum out of the circumstances and opportunities I had then.

Having established yourself in the field of cosmetology, you decided not to stop there but master a new niche – coaching and psychology. What prompted you to decide to change direction? What experiences or influences have been the key to you? What are your main expectations in this area, and how do you see your new role in helping people?

Gaining a strong foothold in the field of cosmetology and beauty helped me acknowledge many things. I realized that many aspects in a woman's life are influenced by the psychological state. When she is constantly looking for some changes in herself, she lives either in the future or in the past, in some thoughts or accusations, in some fears. I had similarly faced these problems. And I knew that for any woman, her psychological attitude and ability to be here and now in a calm, balanced, joyful state are very important.

I saw in this a very great need from the beautiful half of humanity... Since I worked with women, among women, I realized that in this sense, I could help people. Often, they come to a beautician and tell some things,

share their experiences, failures, and fears, and we unwittingly become psychologists, listen, and sometimes even give advice. And I felt that I could do those better on a professional level and help people from a truly highly qualified point of view. That could be an important step forward, because we are all now moving into a new dimension. The planet is changing, the world is changing. Everything happens very quickly, and, indeed, we need psychological support, we need each other, and that's why it is necessary to be a professional.

What is needed is not just a listener, but, above all, a person who can professionally help, remind and guide. And this makes great impacts and an invaluable contribution to humanity. I believe that nothing can be more important than that we can be useful to each other. And of course, money is just a certain energy that comes back to us depending on what we bring into this world. Therefore, I expect to improve more in this area, and then, perhaps, it will become my main activity.



FIGHT TO THE LAST DROP OF BLOOD BECAUSE THE VICTOR INHERITS EVERYTHING

Our editors have learned that you had to face the most insidious disease of the 21st century on the path of life, which knows no geographical boundaries, regardless of age, gender or social status – cancer. How did you manage to overcome the disease, cope with physical and emotional difficulties during treatment, and remain strong and optimistic in the process? What advice would you give to other people who are also battling cancer?

Indeed, cancer is the biggest problem of the 21st century. When I sat in the doctor's office and found out I had stage 3 carcinoma, which had metastasized, I could not believe it was real. I looked at the doctor and expected that this was some kind of mistake – this definitely could not happen to me. And I clearly remember my first feeling – it was just some kind of resentment.

When the realization of the diagnosis came, I asked myself if I wanted to live, and if I was ready to fight. This is a very, very important question that a person should ask himself. Because when you understand that you are ready to fight, fight to the death for your life, then the whole Universe, God, people, angels, everyone will be on your side and help you. You can feel it directly on a spiritual level.

At this point, choosing the right hospital, or clinic where you will be treated is extremely important. I had two clinics, and one of them is the Wolfson Hospital that we have in Holon. It was there that the head of the department showed herself as a mother to me. She said, "Sarah, I will help you, I will be

with you", and this human support meant paramount to me. After that, I realized that I needed people who would support me and share my desire to win and my belief in a cure. And I tried to surround myself with people who are for me and who believe that I will be healed.

Of course, a prayer to God is obligatory, a request, as well as an urge for everyone who has belief. All churches, denominations..., does not matter as long as these prayers go to God. Close people should back in everything. My sister left all her orders and looked after me when I went through chemo and couldn't get up. She was there for me, for which I will always be grateful. But if there is no one, do not despair: there is the Internet, and you can always call volunteers and ask those who are ready to help, to support and be there with you. It is necessary to surround yourself with people who are not indifferent, you cannot be alone at such tough times.

I would like to give such advice to people who are fighting for their lives:

- The first is what I already said, to make a firm and strong determination "I fight", "I want to live", to declare that intention to the Universe.
- Second – prayers, meditation, rumination and visualization of your healthy future, all methods are good here.
- The third is the environment of close, dear people who will support you, who are for you.
- Fourth – the maximum number of people who will help you, support, pray for you, who may have experienced or are experiencing the same problem.

I think these are the four most important things that helped me beat this disease. And of course, I wish all the people who have encountered it, or families where loved ones are fighting cancer, not to give up. Fight to the last drop of blood, as they say, to the last breath, because the victor has it all.