

HUMAN AESTHETIC WELLNESS AND VALEOESTHETIC THERAPY

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Abstract:

Human health cannot be bought with any amount of wealth and money. In a democratic society, where each person is considered responsible for his or her own behavior, human health is elevated to the level of a supreme value of paramount importance. We can say that words, thoughts, intentions, and actions are the basis for a person's moral and aesthetic activities and goals and aspirations towards achieving moral beauty, which are the basis for the correct functioning of a person.

Keywords: Society, transformation, health, human, aesthetic attitude, essence, word, thought, intention, aesthetics of life.

Introduction

Human aesthetic wellness is a concept that emphasizes the importance of using art, beauty, and artistic expression to improve a person's well-being and health, both physically and emotionally. This approach suggests that aesthetic and cultural aspects can have a significant impact on a person's well-being and overall well-being. R.V. Vorobev believes that "human health has always been the greatest personal value, and in the modern world it is the public domain that determines the main social value, the Sustainable Development and well-being of peoples. No state can succeed politically and economically if its population is unhealthy. If we talk about health as a social phenomenon, today its importance is confirmed by political pathos and social expediency" [1]. Aesthetic human healing and valeoesthetic therapy are holistic approaches aimed at combining aesthetic experiences and therapeutic practices to promote well - being and healing.

Aesthetic healing: this concept recognizes the profound impact of aesthetics on human emotions, perceptions and general well-being. Aesthetic healing involves the use of various forms of art, beauty, and emotional experiences to improve mental, emotional, and physical health. This includes dealing with nature, music, fine arts, literature, and other forms of creative expression, encouraging relaxation, reducing stress, and developing a sense of connection and meaning[2].

Valeoesthetic therapy: Valeoesthetic therapy combines elements of aesthetics and therapy to provide a unique approach to treatment and self-discovery. The term "Valeo" is derived from the Latin word for health or well-being, emphasizing the therapeutic aspect of this approach. Valeoesthetic therapy combines traditional therapeutic techniques with aesthetic experiences to solve psychological problems, stimulate self-expression and facilitate personal growth. This may include activities such as art therapy, music therapy, dance therapy, or even dealing with aesthetically pleasing environments to support clients on healing trips[3].

Aesthetic treatment and valeoesthetic therapy recognize the interdependence of mind, body and environment in strengthening overall health and well-being. By incorporating aesthetic experiences into therapeutic practice, these approaches provide people with unique opportunities



for self-discovery, expression maturation, and healing. Here are some ways that aesthetic treatment can affect a person:

Creativity and self-expression: artistic creativity can be a way for people to express their feelings, experiences and difficulties, which can lead to emotional relaxation and psychological healing of the bite.

Cultural practices: participation in cultural events, Customs and ceremonies can enhance the sense of belonging and identity and promote psychological stability.

Perception of beauty: beauty in art, nature and nature can evoke positive emotions and improve mood, which has a beneficial effect on mental health.

Art therapy: Art therapy uses various artistic tools such as painting, music, dance, and theater to treat emotional and psychological problems such as depression, anxiety, and trauma.

Physical environment: a beautiful and functional environment, such as a cozy home or a well-designed work area, helps to improve mood and improve efficiency.

Social support: participation in community events and group activities related to art and culture helps build supportive relationships and social support.

In general, aesthetic healing is a powerful means of improving the quality of life and general well-being of a person, emphasizing the importance of beauty, creativity and the need to be able to assimilate into the cultural aspects of life. Aesthetic treatment and valeesthetic therapy are approaches to treatment and psychological well-being that use aesthetic techniques and tools to maintain and restore human health[4].

Aesthetic treatment: Aesthetic healing involves the use of beauty, forms, color harmony, and other aspects of the visual arts to stimulate emotional and mental experiences that contribute to healing and well-being. This may include music, painting, literature, dance, architecture, and other forms of art. The goal of aesthetic treatment is to achieve harmony and balance between physical, emotional and mental states.

Valeoesthetic therapy: Valeesthetic therapy is based on principles that help people find harmony with the world around them through natural elements and beauty. This approach emphasizes the connection of man with nature and its healing properties. Valeoesthetic therapy can include walks in nature, gardening, aromatherapy using natural odors, meditation on natural yelements, among others. The goal of valeesthetic therapy is to create a state of harmony and well-being by restoring contact with nature. Both approaches, aesthetic healing and valeesthetic therapy, can be effective forms of helping psychological and physical health improve gait, mood, and overall quality of life.

However, before applying any treatment or therapy, it is important to discuss it with a qualified professional, such as a therapist or doctor. One of the objective factors determining the valeological education of young people is a violation of the ecological balance between society and nature. As a result, cases of disease among the population, including young people, are increasing. To optimally solve this problem, it is necessary to study the basics of a healthy lifestyle. It was from these needs that the science of valeology arose.

Thus, valeology was formed in the 80s of the 20th century. Thus, the modern stage in which we live is characterized as a period of radical deepening and expansion of our knowledge of society and nature. "By insisting that the provision of psychological health of students reflects their inner world, their attitude to the environment, their views on a healthy lifestyle, as well as their attitude



to society in their own way of life, in this place these views are manifested in interaction with emotional, cognitive and behavioral components” [5].

Human cosmetic treatment usually refers to medical procedures or treatments aimed at improving a person's appearance. These procedures can be performed for a variety of reasons, such as correcting cosmetic defects, repairing damage caused by trauma or illness, or simply improving self-confidence and emotional well-being.

The types of cosmetic procedures are very diverse, which can include: Plastic surgery: these are surgical procedures to change or modify different parts of the body. This can include surgery on the face, chest, stomach, buttocks, etc.

Aesthetic injection: these include botulinum toxin (Botox) injections to reduce fine lines and wrinkles, dermal fillers to add volume to lips or cheeks, and other injections to improve the appearance of the skin. Laser and other dermatological treatments: lasers are used to treat various skin problems, including acne, scars, dark spots, wrinkles, dilated blood vessels, among others. Spa and wellness treatments: this can include skin care treatments, massages, chemical peels, body wraps, etc., aimed at improving the overall appearance of the skin and improving rest and well-being. It is very important to take into account the physical and emotional aspects of cosmetic treatment. Before carrying out any procedure, it is important to consult a qualified professional to discuss the available options, potential risks and expected results. In addition, it is very important to maintain true expectations and recognize that cosmetic treatment cannot solve all personal or psychological problems.

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