



BEYOND THE NECKLINE

Chances are you take really good care of your face. But what happens to the rest of you? Think your body doesn't deserve the same attention? Think again! First, take a look at your home body products and you will realize that there is no mention of health benefits to the skin. Now, lets talk Spa! With the recent expansion of the skin care industry and neighborhood accessibility, the word "Spa" has become synonymous with luxury and pampering.

What does this really mean to you? Unfortunately, the same conditions our face endures (including acne, dry skin and sensitivity) the rest of our body endures as well. So that means our bodies require the same result driven treatments and regimes as we give our faces.

Since spring has finally arrived, please put your skin into spring action. Please ask about our **clinical colloidal oatmeal treatment**. This treatment will boost protection against dry, dehydrated and sensitized skin. Also, we recommend the **skin hydrating booster** to treat the cheeks and the **climate control** to act as an environmental shield that defends against further dehydration.

Here's a review of 5 end-of-winter skin complaints:

1. Extra dry skin
2. Breakouts
3. Body skin roughness
4. Increased stress levels
5. Hair growth

Tips:

Follow the 3 minute rule

Supply moisturizers to face and body. No more than 3 minutes after bathing or showering to help lock in moisture.

No hot water

The hotter the water the higher the foam, the dryer the skin will become. Try using body washes and cleansers with low surfactants and creamy gels "low foam" formulas.

Reinforce the skins natural barrier

Layer on protection and preserve the barrier function. Instead of just applying one heavy cream, build the barrier through concentrated boosters, masques, and moisturizers. **DO NOT FORGET TO EXFOLIATE.**



MANE ATTRACTION

Healthy hair comes from the inside out. I have heard a lot about taking supplements that contain **Biotin, B complex vitamins and omega-3 fatty acids** that are the key to having healthy, shiny hair.

Wash out styling aids: they cause a product buildup. Use products that cleanse without stripping the hair. The Keracare products work wonders on your mane. Hydrating products are a must, especially when the temps outside drop and the indoors rise. This will cause your hair to be dull, dry and lifeless.

Every four to six weeks you must say goodbye to your split ends. This is a must for optimum shine and it promotes growth. Our hair has been covered with wool hats, touched by wool scarves and now they have a split. So get a good trim.

Make sure that your hair is 100% dry before using styling tools, such as flat irons and curling irons. Applying heat to hair that is not thoroughly dry can result in major damage.

Be sure to select styling aids that will make your hair shiny, not greasy, as the latter will leave behind a coating and weigh your hair down.

Extra Extra

The power to help prevent CERVICAL CANCER is in your hands. And on your daughter's arm. A vaccine has been created for our daughters that may help protect them from 4 types of human papillomavirus.



GARDASIL is for girls and young women ages 9 to 26. This vaccine is part of your daughter's vaccination schedule, but only the doctor can decide if it is right for her. Please do not forget to ask about this vaccine. She could become one less life affected by cervical cancer.

