

# Skin Care Spa

## Fall 2007

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### **Spirulina – The newest intensive age fighting ingredient!**

Spirulina is blue-green algae originally used in health foods and as an additive mainly in the Japanese culture. It is packed with 60% all-vegetable protein, beta-carotene, iron, vitamin B-12 and the rare essential fatty acid, GLA. Topical application of spirulina causes a lifting and firming effect.

### **Featured Product – emerginC™ Daily Affirmation Serum**

This cutting edge anti-aging serum will give you an instant lift and a firmer appearance! Daily Affirmation features a clinically studied micro-collagen pentapeptide that has demonstrated aide in the production of new collagen. Also featuring the ingredients spirulina, red algae, clover, and vitamin C you will have not only a firm, but also a glowing, appearance. This particular product is effective to use at any age, as micro-collagen is cumulative.

### **The weather is changing. How should I adjust my daily skin care routine?**

Fall is right around the corner and that means another change for our skin. Just as we change our wardrobe for the cooler weather, we need to change our skin care routine and it is actually very simple.

1. Switching from a lotion-based moisturizer to a cream based, which contains less water will help to fight dry, chapped skin
2. Using a toner now is essential since the cold and wind will strip the acid mantel of your skin, exposing you to free radicals, thus speeding up the aging process.
3. Exfoliation is extremely important as our skin dries out much faster during the fall. Regular peels will help to keep your skin bright and glowing.
4. This is the time to deal with skin discolorations since you will likely be experiencing a lot less sun exposure. For an even complexion, get the ball rolling with a glycolic peel and a microdermabrasion treatment.
5. Continue with your SPF routine. Sun exposure is just as dangerous in the fall as it is the summer!
6. If you are a vitamin A user, you may find that you need to cut back on your daily usage since retinols will just exacerbate dry skin.
7. Start a lip care regimen to avoid chapped lips. Make an “at home” lip exfoliator by mixing honey and sugar (just enough to coat your lips), rub in a circular motion (this will also bring circulation to your lips temporarily plumping them) and then remove with a warm washcloth. Follow with your favorite thick lip balm.
8. To prevent drying your skin out, avoid extremely hot baths and showers.

9. Most importantly, keep your skin glowing and hydrated by drinking plenty of water!

### **My skin gets so dry in the fall. What can I do on my own to keep moisturized?**

In between spa treatments, keep your skin hydrated with a mask you can create in your own home.

- 1 avocado
- 1 teaspoon apple cider vinegar
- 1 egg white (beaten)
- 3 teaspoons olive oil

Mash the avocado; then incorporate the rest of the ingredients. Apply to face and allow to set for 20 minutes. Use a warm, damp washcloth to remove mask in a circular motion. Once removed, apply your daily moisturizer to lock in the ingredients. The avocado and olive oil brings moisture to the skin, while the apple cider vinegar exfoliates, and the egg white helps to tighten the skin.

### **Tips and Tricks for fall**

1. Applying your moisturizer immediately after showering, will help absorption. Moisture attracts moisture!
2. Switch to a hydrating shampoo and conditioner to help avoid a dry scalp. Also cutting back on products like hairspray and mousse will help.
3. Before you get in to bed, cover hands and feet with a thick moisturizer and wear white cotton gloves and socks while sleeping. This will help to keep your hands and feet soft.
4. What goes into your body is just as important as what goes on your body. Vitamins C, E, A, K, and B are proven to be great for your skin. Vitamins C and E may counter the effects of sun exposure, while vitamin A is essential for maintenance and repair of skin tissues. The most important B vitamin is biotin, a nutrient that forms the basis of skin, nail, and hair cells, thus making it essential for further production. Last but not least is vitamin K. Proven to help strengthen capillary walls, you can expect to see a lessened appearance of under-eye circles.