

Skin Care Through Changing Seasons

Keep your skin looking and feeling great

With the change in season, many people will begin to notice a difference in the way their skin looks and feels. Many people find that as we move closer to winter, their skin becomes more dried out and flaky. The good news is there are things you can do to keep your skin looking good as the seasons change.

"Winter approaching doesn't mean your skin has to look dull and dry," says Katherine Goldman, celebrity esthetician/waxologist and owner of the Stript Wax Bar. "It also doesn't mean you have to turn to chemicals in an effort to maintain some of your tan throughout the fall and winter. There are much better options available to everyone who wants to take advantage of

how to maintain a good balance. Some people suffer from dry skin and others suffer from dehydrated skin; they look similar but are very different. Dry skin lacks oil, which is essential to the skin, while dehydrated skin lacks water. Finding what your skin needs will help, so finding the right moisturizer is important.

Here are some additional tips that can help keep skin looking and feeling great as the seasons change:

- Dull skin can be countered by having regular facials done by a professional. Facials remove dead and flaky skin and help restore the natural glow that people long for. They give skin an overall



A little effort will keep your skin looking good year-round.

them."

According to Jess Gianatasio, the lead esthetician at Stript Wax Bar's Los Angeles location, regular exfoliation will always keep the skin looking fresh year-round. But finding a balance for your skin is key, especially through the winter. When going in for a facial, she advises talking to your esthetician about

healthier appearance.

- When winter approaches, it is important to moisturize the skin so it doesn't become dried out. After cleansing, always follow with an anti-aging serum and apply a good quality moisturizer.

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- Bypass the chemical tans that come in take-home spray bottles and lotions. They usually contain chemicals you should avoid putting on the skin and will most likely not provide the natural tan look most people seek. Tanning booths are not a good route either, because of the risks they impose. Instead, opt for an organic spray tan.

- When it comes to hair removal, stick to going to a waxologist, so skin irritation and problems can be avoided. Having hair professionally waxed will keep the skin smooth and unblemished.

- Drink plenty of water to maintain youthful cells. If the skin doesn't get enough water, it will look aged and dehydrated.

- Opt for healthy foods that benefit the skin, such as strawberries, tomatoes, salmon, edamame, tea, carrots, broccoli, and avocado. They each have nutrients that help protect the skin and keep it looking great.

"Keeping skin looking radiant through the winter can absolutely be done, but it takes a little attention in order to make it happen," Goldman says. "A little effort in this area can go a long way toward helping you look fabulous through the holiday season and beyond."



Look your best all winter long.

Act Your Age When It Comes to Skin Care

People experience many changes as they age, and that includes changes in their skin. The body's largest organ evolves over time, so it's important for one's skin care routine to evolve with it.

Although dermatologists' skin care recommendations for each individual depends on their age, there are a few core steps dermatologists advise virtually every patient to take:

1. Select products tailored to your skin type--for example, special formulations for sensitive skin, moisturizing products for dry skin, and oil-free or noncomedogenic options for oily skin.

2. Protect your skin from exposure to ultraviolet (UV) radiation from the sun and indoor tanning beds, which can lead to skin cancer and early skin aging. The American Academy of Dermatology recommends that you shield yourself from the sun's harmful UV rays by seeking shade, wearing protective clothing, and using a broad-spectrum, water-resistant sunscreen with an SPF of

30 or higher.

3. Use a retinoid, unless it dries out or irritates your skin. Retinoids increase cell turnover to exfoliate clogged pores and reduce the appearance of fine lines, which means they can effectively treat both acne and wrinkles.

While these steps form the foundation of most skin care regimens, each individual's skin care routine should be based on age and your skin's specific needs.

No matter your age or skin concern, an esthetician can answer your questions about skin health and help you develop a skin care plan that's right for you.



Skin evolves over time, so your skin care should, too.

Don't Get Sick! Prevention is Key

Leslie Roste

Regardless of whether the threat is a simple cold or the flu, there are several things you can do to protect yourself from unnecessary downtime.

PROPER HAND WASHING

This gets top billing because of its true effectiveness in preventing illness. The most important aspects of hand washing are the length of time (at least 30 seconds) and the amount of friction you use, not the water temperature.

FLUIDS AND MORE FLUIDS

Staying well hydrated clearly benefits our skin, the largest organ of our immune system. The advice to stay adequately hydrated is even more important in the cold, dry months of winter.

EAT YOUR VITAMINS

A balanced diet, which includes all food groups, gives your immune system the resources it needs when it faces a challenge like the flu.

EIGHT HOURS OF SLEEP

Research continues to prove how vital this is to every part of our well-being. It

affects everything from our ability to resist illness to managing weight.

HANDS AND FACE

It is important to keep your hands away from your face, particularly the eyes, mouth, and nose, which are favorite points of entry for viruses. Start paying attention to how frequently you touch your face. Break the habit, and you could reduce your risk of colds and flu this season by more than 50 percent.

Leslie Roste has degrees in nursing and microbiology and is employed by King Research in Milwaukee, Wisconsin.

February 2018

Please note: I will be closed for vacation Friday, February 16 thru Friday, February 23. If you need to pick up product, please plan accordingly.

Watch your email box Sunday for the Patriot's Super Bowl Win Special! Patriot's Win, you Win!

February Specials:

Get a FREE Lip Gel Treatment with any facial or treatment \$110 or more this month. Get those lips hydrated and kissable for Valentine's Day!

Champagne and Rose Facial \$99

Your favorite facial is back.

This facial includes a bubbly enzyme and the intoxicating fragrance of the damask rose. Rose is very hydrating and leaves your skin soft as a rose petal.

Black Pearl & Orchid Collagen Facial \$99

Due to the popularity of this January special, this facial special will continue through February.

See details on the website under "Monthly Specials".

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(Specials cannot be combined with any other offer or coupon with the exception of a referral discount card.)

In some cases, online scheduling may not show discounted special price but it will apply when you check out at your appointment.

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