

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 With 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.

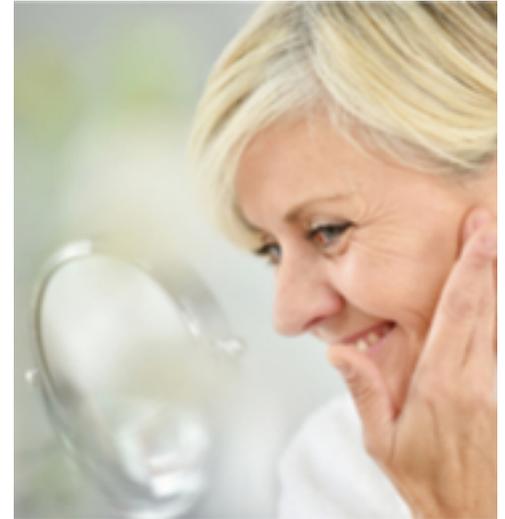
2. Protect your skin from exposure to ultraviolet (UV) radiation from the sun and indoor tanning beds, which can lead to skin cancer and early skin aging. The American Academy of Dermatology recommends that you shield yourself from the sun's harmful UV rays by seeking shade, wearing protective clothing, 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 should your skin care.

Flax Facts

Reap the Health Benefits of This Little Seed

Flaxseed, the humble little brown seed with a nutty flavor, is a powerhouse in the nutrition world. It's able to reduce blood pressure, decrease risk of heart attacks and stroke, improve skin quality, help control blood sugar levels, reduce cholesterol, and even prevent breast and colon cancer--all in a single seed!

But what makes flax so powerful? Flaxseed contains high concentrations of alpha linoleic acid, a form of omega-3 fatty acids, which serve as the basic building blocks of cell walls. Additionally, flax is high in lignans, powerful antioxidants known for alleviating menopausal symptoms and fighting breast cancer. There are three forms of flaxseed, making it easy to incorporate into your diet.

FLAX OIL

While available in capsule form to be taken as a supplement, flax oil is best consumed as a food to get the most benefits from it. Many nutritionists often recommend purchasing the oil in small quantities, storing it in the refrigerator, and consuming a daily intake of two tablespoons. You can add a

tablespoon to your morning smoothie or substitute flax oil in the vinaigrette dressing for your salad.

Flax oil breaks down to trans fats when heated, so it should never be used in cooking. While lower in lignans than other forms of flax, the oil is sometimes processed to preserve the lignans. Check the label for details.

FLAXSEEDS

Whole seeds are sure to have all the nutritional benefits of flax. Simply add these to your granola or salads for a nutty flavor. If a little tough on the teeth, grind them in a coffee grinder and sprinkle on foods. One note: raw, whole flaxseeds contain chemicals that can affect thyroid function. To get around this, simply toast the seeds in the oven for twenty minutes at 250 degrees, or limit your consumption of raw seeds to three to four tablespoons a day.

FLAX MEAL

Ground flax meal is another option to get the powerful nutritional value of flax. Add a tablespoon of it to your smoothies for extra fiber, or stir it into

your oatmeal in the morning.

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October/November Special

Pumpkin Facial \$99

This facial includes a pumpkin enzyme that is loaded with Vitamin A to exfoliate and nourish the skin. Great for all skin types and anti-aging and it smells so good! Your skin will feel smooth and hydrated. Look your best at your holiday gathering.

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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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