

SKIN CARE PLUS
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**THE PLACE FOR FACIALS, MASSAGE, REFLEXOLOGY, ELECTROLYSIS,
WAXING, BODY TREATMENTS, BODY TALK AND NUTRITIONAL COUNSELOR**



**Happy Holidays
To All Our
Clients/Friends
and Thanks
For Your
Continued
Support!!!**

Along with the holidays, winter brings dry, dehydrated skin. Stress levels can also increase. What better way to relieve dehydration and stress than with a facial. Also treat yourself to a massage, reflexology or a body treatment at *Skin Care Plus*. The facial treatment will balance the skin by hydrating and lubricating. To keep it moist and healthy, take advantage of our special (December through February) and get 50% off that stress-relieving treatment by referring a friend or relative new to *Skin Care Plus*.

The newsletter's articles are geared toward the men in your life. Check out the articles on shaving, massage, reflexology and waxing. Why not give a gift certificate to the men in your life for a facial, massage, reflexology, and to make your shopping easier give gift certificates for your Christmas gifts. It's the gift that shows you care!!

Just call – we'll wrap and have the gift certificate waiting for you to pick up or we'll send it out for you – 630-655-3345.

Love and Joy from all of us at
Skin Care Plus.

Joan, Birgit & Kathy

THE MEN IN YOUR LIFE – NOW WELL-GROOMED

Gone are the days of grunge and grays. The image modern men want to cultivate involves sophistication, strength and stamina. Men learn quickly that a stylish appearance makes a huge difference in perceptions and gives them an edge in corporate America. Men with healthy skin appear more together, more contemporary and more urban. Healthy male skin is hydrated, clarified and even in tone with great circulation. This is achieved with monthly facial treatments and a good home care program.

Normally, men tend to have thick, oily skin with problems such as ingrown hairs, acne, razor bumps, wrinkles and dryness. The use of harsh soaps cause the dryness and so does shaving. This dryness and irritation from shaving and soap can also cause the ingrown hairs, etc. The right products to use at home to keep the skin hydrated and healthy would be a cleanser with granules or alpha hydroxy acids to help prepare the beard for shaving, such as Deep Down Cleanser or Aqua-Gel Exfoliating Cleanser, a gentle shaving gel to keep irritation down such as Wash Out (which can also be used as a cleanser when not shaving), and a moisturizer such as Pevonia's For Him After Shaving Cream or Gel. This would be a great starting program for better, healthier skin.

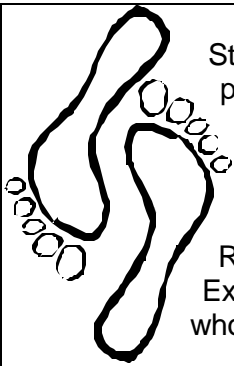
Let's go through the shaving routine using these products. If you shower before you shave, use Deep Down or Aqua-Gel Cleanser to help soften the skin and hair follicle. The steam of the shower is good for preparing the face also. If you shave without showering, use either cleanser mentioned and then put a hot towel over the beard for 30 seconds. It's important to use a sharp razor blade so as not to scrape and irritate the skin, which leads to ingrown hairs and razor bumps. If you get razor bumps, it's best to avoid friction with clothing in the area and best not to shave there until healed.

Men with curly hair should stay away from triple-edge razors because hair that is cut too short may curve back into the skin and cause inflammation – your razor bumps. If you have to shave over them, best to use an electric razor.

Next apply Wash Out, a shaving gel, to your face and shave in the direction your hair grows, usually downward for the facial and chin area and upward for the throat and neck area. Never pull on the skin when shaving as this stresses the skin and leads to irritation and ingrown hairs. When finished, rinse well and apply For Him After Shaving Gel or Cream depending on your sensitivity and oil. Stay away from alcohol-based after shaves, since it is very irritating and drying for the skin.

Follow these instructions for shaving and use the products recommended for a smoother, healthier complexion. When you get regular facials once a month or every 5 to 6 weeks, shaving will even be easier and you will look younger, and feel good about yourself.





REFLEXOLOGY

Stress is public enemy #1. The medical community has long accepted that most health problems can be attributed to, or are, exacerbated by stress.

Both men and women experience mental stress, such as deadlines, attending meetings, and other pressures related to home and work.

Reflexology is a natural non-invasive technique to improve health and well-being. Experience stress relief through reflexology. Reflexology benefits not only the ill but those who wish to remain healthy.

WAXING

More and more men are taking advantage of professional hair removal for their eyebrows, ears, arms, hands, chest and back. Waxing is a purely mechanical intervention and does not pose any threat to the body's internal health. Wax is spread thinly over the skin, using a strip of fabric the wax along with the hairs and dead skin cells are removed.

The most common side effects are slight redness and a mild stinging. Both last only a short time. The skin is left soft and hairless with no sharp re-growth as experienced with the blunt razor cut.

Some, not all, experience ingrowns which can be lessened by wearing loose clothing and regular exfoliating.

Using a hair re-growth inhibitor after waxing is recommended.

After a few uses hair will be lighter and sparser, making waxing less frequent. Inhibitors contain natural enzymes that alter the structure of the hair follicle and break down the proteins that make up hair.

NUTRITIONAL COUNSELOR ON STAFF

Ray Bisevac – He has helped me with my thyroid problem and fatigue by recommending the proper supplements. Special introductory offer -- \$65 for an hour. Regular rate -- \$80 an hour.

Just give us a call to help you schedule your appointment.

630-655-3345



FYI

- ❖ Restylane Update: A bacterial form of hyaluronic acid to help erase lines and wrinkles around the mouth, cheeks and chin – possibility of allergic reaction. If you have allergies, best not to use. A safer bet is to use Cosmoderm (for superficial lines) or Cosmoplast (for deeper lines and wrinkles) since they're made from real human collagen.

If you don't want to go the injection route for younger-looking skin you could use more effective salon products with stable A and C and pamitoyl peptides. Used consistently every day, they do produce dramatic results. Found another reason not to use restylane – increased incidences of severe bruising, severe swelling, severe pain and severe tenderness (a study by Q-Med).

- ❖ With winter dryness – hands need extra care with hand treatments and a glycolic hand cream. Hands are more susceptible to premature aging. Remember – you may not tell anyone your true age but your hands can give away your secret.

"OH MY ACHING NECK!"



Are you hunched over a keyboard in an ergonomically incorrect workspace, hands on the keyboard without a break for 3-5 hours, the phone perched between the jaw and shoulder, and after 8 hours sitting in this position add the car ride home in bumper-to-bumper traffic? Better known as the "tekkie" position, this equals shoulders hunched with neck contracted and chin extended forward and the stress continues all the way home. Sound like you? Or driving behind the wheel of an 18-wheeler, bouncing in a poorly cushioned seat for 8-12 hours, 5 days a week? No wonder the lower back aches! Or do you stand behind a jackhammer or lifting heavy wood and steel beams? Or are you a regular exerciser who doesn't regularly stretch? Sound familiar? Sounds like you would benefit from a thirty minute detoxifying back massage. It will mobilize the painful lactic acid build up that occurs as a result of your underutilized muscles. Oh yes, it's not just the weekend warriors who try to put a week's worth of exercise and yard work into 2 days that get a build up of lactic acid.



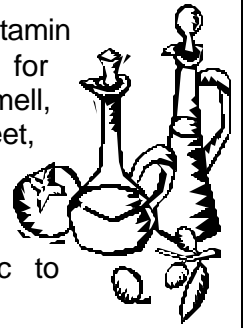
Massage and spa treatments are not just for the ladies any longer. A growing number of men have discovered the health benefits of massage in an effort to de-stress and improve overall health. Massage can be tailored to be compatible with work and sports activities, such as golf, skiing, running, etc., or just for relaxation. The sports massage prepares the body for an athletic event or restores function afterward. It can increase flexibility and joint movement. It can improve healing after an injury. Swedish massage is the most recognized method of massage. Gentle and deep stroke combinations result in relaxation and revitalization. Deep tissue massage addresses specific muscle groups for a deeper effect.

Thirty to sixty minutes is just a short amount of time to afford your body with a relief from every day stressors that can lead to sleep disturbances, short tempers, indigestion, lack of focus, headaches and just that overwhelmed sense that you can't get it all done. Massage is a proven method to increase those well advertised endorphins that improve your well-being. Call today for an appointment – 630-655-3345.

Kathy

VITAMIN INFORMATION

- **Bio-B100** – A multiple B vitamin for general lack of energy, for sensitivity to light, sound, smell, night sweats, burning feet, redness of hands and eyes, cracks in the corner of the mouth. Needed to help magnesium and zinc to work properly.
- **Bio-Glycozyme Fort** – Helps hypoglycemia, adrenal fatigue, general fatigue, and stress. Good for people who are able to fall asleep but cannot remain asleep.
- **Bio-Immunozyme Fort** – A product containing vitamins, minerals, enzymes, and glandulars known to support immune function. Great to keep your body stronger to help keep disease away.
- **IAG** – A powder containing arabinogalactins, which have been shown to be effective in viral infections and bacterial infections. **THE GREATEST STUFF EVER!!** Got rid of a sinus infection that put me in bed (that's how sick I was with it). I took 1 tsp. of IAG every 2 to 3 hours and within 2 days I was back at work – head 95% clear, face 95% pain free and body almost normal strength. I've never used anything that effective in vitamins and herbs. I recommend taking at least 1 to 2 tsp. a day to maintain your health – especially during the flu season.
- **Prenatal Vitamins** – A blend of vitamins and minerals for prenatal support. Individually packaged.
- Instead of getting a flu shot which can make you sick, keep your immune system strong with IAG by Biotics and Bio-Immunozyme Fort also by Biotics.



NEW TREATMENTS



Japanese Facial Massage – Ko Bi Do is a unique therapy that is new to the U.S. but has been a healing tradition for the royalty and noble families in Japan for centuries. There are 3 different massages during the facial – cleansing with a light, fast stroke, moisturizing with deep pressure and lots of kneading to rebalance the facial structure – before the mask a light lymph drainage massage. It's been a great massage for wrinkles on the forehead and around the eyes. Try it. Very relaxing.

Oxygen Rx Treatment – Beneficial for acne, some skin lightening, helps sun damage, great for rosacea and redness – really calms it down. The end result is clear and luminous skin with a feeling of firmness.

HEALTH TIDBITS

* According to *Alternatives Newsletter, May '04* – to increase your lifespan, you should make every effort to eliminate refined sugar from your diet. Also eliminate refined-grain products such as wheat flour. In his studies involving genetic predisposition to various diseases, Dr. Reading has found that eliminating gluten-containing grains, wheat, rye, or barley from the diet proved to be one of the pivotal tools in preventing the development of and treating many so-called autoimmune diseases and cancers.



* New information on cinnamon:

- o Used by herbalists to relieve nausea and vomiting.
- o Improves blood glucose (sugar) and lowers blood levels of fats and bad cholesterol, so helps people with Type 2 Diabetes.
- o One teaspoon of cinnamon killed over 99 percent of E-coli in contaminated apple juice (antimicrobial).

NEW PRODUCTS & UPDATE

Wash Out: Men's face cleanser and shaving gel. Clean and shave in one step. Low foam; lifts beard; irritation free.

Advanced Firming Complex: A gel moisturizer for helping slow down aging. Firms facial contours. Smooths lines and discourages signs of aging.

California Baby: #30 sunscreen with citronella – a safe, gentle product with no chemical sunscreen agents to irritate and has a scent for bug repelling.

Update on Medicalia: The Medicalia C Serum has been effective as a sunscreen agent this summer for me and my clients. Yes, the Medicalia C Serum has helped keep people's faces from burning and just getting too much sun. Great at reversing sun damage!!!!

The retinol concentrate has been working wonders at helping with lines and wrinkles. The combination of C serum and retinol concentrate have really been helping to slow down the aging of our faces.

Remember, the chemical active ingredients in sunscreens are strong irritants. Because science has now proven that chronic inflammation is the bottom line of aging, *Skin Care Plus* carries sunscreens with zinc oxide and titanium dioxide only. In fact, we carry no products with harsh ingredients that can cause sensitivity of the skin and more dryness. The ingredients in

our products are also stabilized to maintain their potency (like Vitamins A and C), and are also plant or mineral-derived.

No ingredients from petroleum which are in many drug store and department store products.



SPECIALS

December 2004 through February 2005

Share the experience of *Skin Care Plus* with a friend or relative – send that person in and receive **50% OFF** same treatment as your referral.

December 5, 2004 through January 3, 2005

30-Minute neck, back or foot massage with Kathy for \$30.00.

January, 2005

20% OFF all products at *Skin Care Plus*.



FASHION AND BEAUTY MUSTS!!



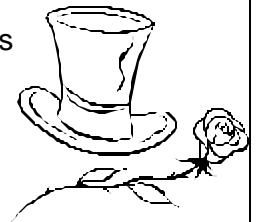
To look good while wearing this fall's fashions, your skin must absolutely glow. The skin must be in excellent condition to look great when you wear the glowing finish that's being promoted this fall. Facials and a good home care program will keep your complexions smooth, gleaming, and younger looking.

Beauty Musts

- ✓ Luminous foundation
- ✓ Reflective face powder
- ✓ Eye shadows in deep brown, cooper, burgundy, dark blue, and earth green
- ✓ Mascara for thick lashes
- ✓ Pink blush
- ✓ Lip gloss – from pink to cooper
- ✓ Red lipstick
- ✓ Shine-enhancing hair care products
- ✓ Texture – curly and smooth

Fashion Musts

- ✓ Fringe on clothing, belts, and purses
- ✓ Faux crocodile and alligator hand bags and belts
- ✓ Fur accents (real or faux)
- ✓ Pearl necklaces
- ✓ Chunky necklaces and bracelets
- ✓ Charm bracelets
- ✓ Broaches
- ✓ Toe rings
- ✓ Patterns
- ✓ Any article with rich beading, flashing sequins or metallic embroidery



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NEW WEBSITE
WWW.SKINCAREPLUS.NET

GIVE THE GIFT THAT SHOWS YOU CARE!!!

GIFT CERTIFICATES
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630-655-3345



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ELECTROLYSIS, WAXING, BODY TREATMENTS, BODY TALK
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Happy Holidays

A white starburst graphic with multiple points, radiating outwards, positioned below the 'Happy Holidays' text.