

# Beauty-full News

## Face & Body Bar—Debbie McLaughlin

April 2015

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Dear friends and clients,

No April Fool's jokes from me—it's all the truth and the facts! Wait till you see the new Image Skincare products that were showcased at the World Wide Launch Party held on March 23rd—great illuminating and brightening products, couture-like peels and much more. Read page 3 for all the details.

And for the first 5 people who email me, text me, call me or FB Message me, you will get a free sample of two of our new Iluma

products - the Iluma Intense Brightening Eye Crème and the Iluma Brightening Exfoliating Powder! Good luck!

At last month's Taste of Oviedo, I raffled off a basket worth over \$200, and the lucky winner was Diana Gillen. Here she is happy as a lark picking up her goodies at Face & Body Bar. Congrats, Diana!



Just a few things to think about as we're now into Spring:

- ◆ The sun's shining more brightly which means you **MUST** wear your sunscreen. The sun's damaging rays contribute to 90% of our aging. Ugh!
- ◆ Another great idea for Spring is to switch to a bright lip color to bring some brightness back into your face. Also add a colored eyeliner on your lower lash line. It's a beautiful and subtle way to wear the trendy shades, especially for someone that is afraid of color.
- ◆ Vitamins help repair your beauty from within. Winter is a pro at adding redness and blemishes to our lovely faces, and taking away moisture. If you haven't already started, begin to add Vitamin B3 to resolve redness in the skin, Vitamin C for blemishes, and Vitamin E to add moisture.
- ◆ Mother's Day is next month—what mom wouldn't want a relaxing facial, massage and great skincare? Gift certificates can be purchased right from my website, [www.debbiemclaughlin.skincaretherapy.net](http://www.debbiemclaughlin.skincaretherapy.net) or you can stop by the spa and pick one up as well. I can also create a gift basket with wonderful skincare or other retail items I have handpicked for my spa.

I hope you have a wonderful month ahead filled with joy, sunshine and lots of giggles! Until next month,

Your favorite aesthetician,

**Debbie**

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# The Perfect 10 (Minute Skincare Routine)

Every woman wants flawless skin. However, some believe they don't have the time to dedicate to a proper skincare routine. Instead, they may rely on using an abundance of makeup to cover up problem areas. Of course, this is just a "band aid" that doesn't address underlying skin concerns. Sound familiar?

The good news is that achieving beautiful skin doesn't have to take forever. As a matter of fact, it can take only minutes—ten to be exact. Five minutes at night and five minutes in the morning is all the time you need. So get your stopwatch ready and be prepared to marvel at your skin, because we're about to tell you how you can have the perfect skincare routine in just 10 minutes a day. Ready, set, go!

## Cleanse and Exfoliate: 1 Minute

Start your routine off by cleansing and exfoliating your skin. Luckily, most cleansers will both clean and exfoliate, thus eliminating an entire step. For acne prone skin, use the Clear Cell salicylic gel cleanser to eliminate excess oil and gently exfoliate dead skin cells. For dull and aging skin, you'll want to use the Ageless total facial cleanser that uses glycolic acid to exfoliate, along with pH balancing elements to tone. Whichever cleanser you decide to use, just be sure to choose one that is specific to your skin type and gently massage it in for a full minute.



## Treat: 3 minutes

Next, you will apply a treatment(s) specific to your skin concern and allow time for the product to penetrate the skin before proceeding. For acne prone skin, you can use the Clear Cell salicylic clarifying tonic, a skin clarifier designed to remove excess oil and bacteria, while using natural elements to reduce inflammation. For aging or sun-damaged skin, apply the Ageless total anti-aging serum with vectorize-technology to smooth out fine lines while illuminating the skin. There is also the Ageless total pure hyaluronic filler, which will plump and fill those fine lines and wrinkles. Just remember, IMAGE products are designed to work together, so don't be afraid to use more than one treatment.

## Moisturize and Protect: 1 minute

Whether you are off to work, or getting ready to hit the sheets, you'll want to make sure your face is moisturized. In the morning, use the Prevention + daily matte moisturizer SPF 32 as a means to not only moisturize and protect your skin, but also as an excellent primer before makeup application. At night, use the Ageless total repair crème, which exfoliates and repairs while you sleep. Be sure to fully rub in the moisturizer, and if you're fast, then you may just have a few seconds to spare.

Get into the habit of following the above steps each day — both once in the morning and once in the evening (10 minutes total) — for a solid and effective skincare routine.

Image Skincare blog, <http://blog.imageskincare.com/10-minute-skincare-routine/#more-1809>

# Announcing Image Skincare's New Products for 2015

I attended Image Skincare's Worldwide Launch Party on March 23rd at the beautiful Hyatt Regency on International Drive in Orlando. What a great night with even greater NEW products to reveal! Here are some of the highlights:



◆ From our **Iluma Brightening** line we have two new additions: **Iluma Intense Brightening Eye Crème** (Lighten, brighten and illuminate the delicate eye area with this luxurious ultra-hydrating eye crème. Helps to significantly reduce the visible signs of aging around the eyes including puffiness, dark circles, wrinkles and lax skin. Eyes instantly look firmer, brighter and

more radiant) and **Iluma Brightening Exfoliating Powder** (a uniquely luxurious polishing powder that gently cleanses and exfoliates all skin types. This ultra-soft micro-exfoliating blend removes debris and oil and minimizes pores while providing long-term hydration and anti-aging benefits. Contains a new generation of natural botanicals, enzymes and antioxidants to help skin reach a new level of radiance).



◆ From our **MAX line**, we have the **MAX Stem Cell Masque** (contains plant-derived stem cells and powerful peptides to restore your youth—detailed description to the right).



◆ We've also reformulated our **I-Conceal Flawless Foundations with SPF30** (skincare and make-up in ONE, breathable and oxygenating, high in anti-oxidants, plant derived stem cells, wound-healing and post-procedure relief, soothes irritation, redness and inflammation and is super hydrating.)

◆ And last but not least, Image has introduced a true revolution of **clinical couture designer peels**. The only peels custom formulated for your very own skin—as unique as you are—not for anyone else—just you! We start with our exclusive Organic Aloe Vera Gel base and add the elements your skin needs—to rejuvenate, lighten, smooth wrinkles, detoxify, protect, energize, moisturize or whatever best suits your skin and your needs. Each peel is tailored to you and your skin, just like Designer Fashion Couture.

If you'd like to try any of these new products, please let me know. I'll have them in stock soon, and I have two new facials to offer with these fabulous products.



Me and Karen Schneider, Image Skincare's Central Florida Territory Manager, and a pic of the beautiful setup at the WWLP





# Quote of the Month



**“By embracing uncertainty with regard to the “how's” of dream manifestation, and allowing it, not fearing it, you actually increase my options for blowing your dear, sweet mind.  
Yeah, this is good. Really good.”  
The Universe**

**\*Notes from the Universe for April 1st—I just love these daily notes!**

***GIFT CERTIFICATES***—Gift Certificates make great gifts any time of the year. Treat a loved one to a fabulous Facial and massage designed especially for them. And now through April 30th, I am offering a special package of a relaxing facial, massage and session in our far infrared detox sauna for only \$99. You can call me at 407-221-8716, email me at [dmfacials@aol.com](mailto:dmfacials@aol.com), or simply visit my website below to purchase gift certificates online.

I'm on the Web!

[www.debbiemclaughlin.skincaretherapy.net](http://www.debbiemclaughlin.skincaretherapy.net)



## Grandma's Pickled Red Beets



This recipe is a standard on Easter Sunday dinner, and was handed down from my grandmother.

**Ingredients:**

3 cans whole red beets, sliced thin  
2 cups sugar  
5 or 6 whole cloves  
2 cups beet juice from cans  
Sliced onion  
2 cups white vinegar  
Hard boiled eggs

**Directions:**

Stir first 5 ingredients; boil for a few minutes. Take out cloves. Add sliced onion and put into beet mixture. Boil until onion is tender. Add hard-boiled eggs.