

Beauty-full News

Face & Body Bar—Debbie McLaughlin

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Dear friends and clients,

Happy New Year 2016! I'm starting out my new year with a "Setting Your Intention" Yoga and Meditation workshop. Yep, on New Year's Day - what a better day to start, right? I'm hoping to define my intention for the coming year and set milestones to know that I will stay on the right path along the way. And I wanted to share with you this wonderful APP I found for free. "OMG. I Can Meditate" looks awesome; I just downloaded it today and haven't had a chance to use it, but I am really looking forward to this. How will you be starting out your 2016?

And of course, I want to eat more healthy and whole foods and exercise more—don't we all? I'm trying not to get overwhelmed with it all.... One healthy step at a time. And P.S. If you're coming to see me the week of Jan. 4th, WARNING! I will be on a sugar detox. LOL

Don't forget that Melanie will be holding yoga on Friday mornings (not this Friday, though) at 9:30 am for cancer survivors and their caregivers. If you know of anyone who is interested in this, please call Melanie directly at 407-446-2689.

I just saw Sheryl Sandberg, COO of Facebook, on GMA this morning—what an inspiring woman. When her husband died this past spring at the young age of 47, she has inspired me and many other women as well since then. Here's just an excerpt from her most recent FB post.... And these words of wisdom can apply to all of us. She begins talking about her "Lean In Circle" of girlfriends and continues with..... "I believe deeply that everyone needs this kind of help and connection. We all need people who encourage us, believe in us and remind us that we are not alone. For women, this kind of support can be especially important in navigating our lives and pursuing our ambitions. Too often the world tells women why they can't do something; our friends are the ones who tell us we can... and help us figure out how. My New Year's resolution is to write down three joyful moments each day. To quote my favorite singer, Bono, joy is the ultimate act of defiance. I will try to focus on finding joy in the mundane and the profound—joy in the small things that make my children smile, joy in the moments of friendship that might otherwise pass by unnoticed, joy in the ability to appreciate the gift of life in a way I never did before."

WOW! Such beautiful words, and so, my friends, I wish many moments of joy to find you in this coming year, and thank you for being more than a client... but a friend as well.



Let's all ring in 2016 with setting an intention for the new year ahead—whatever that may be to each and every one of you—and may these intentions guide us towards a healthy and joyful 2016.

Until next time,

Your favorite aesthetician,

Debbie

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Top 10 2016 Skin Care Resolutions



- 1. Get enough beauty sleep.** Good sleep habits are essential for living a long, healthy, productive life. But sleep is equally important for beautiful, healthy skin. “Beauty” sleep is not just an old wives’ tale. Sleep allows the skin to restore its natural balance and increases the effectiveness of certain skin care ingredients, potentially providing more benefit to your skin. When you don’t get enough sleep, your skin will show it. Eyes look dark and puffy after even a single night of poor sleep, but chronic sleep deprivation is particularly damaging. It leads to a dull, dehydrated complexion and can wreak havoc on skin prone to acne.
- 2. Cleanse well—every night—even if you’re tired!** Forgetting to take off your makeup, even just once in a while, can wreak havoc with your skin and make it age much quicker. Makeup traps dirt and other bacteria on your skin, which can cause blocked pores and breakouts. Ensure you thoroughly cleanse and tone each night before bed, you’ll thank me in the morning! Unless you can actually no longer function for another 2 minutes, try one of these ideas: Wash your face immediately when you arrive home – sometime between taking out the dog and changing into PJs. If you accidentally fall into bed and can’t get up, keep some moisturizing make-up remover wipes in your bedside drawer (but this should be a last resort).
- 3. Commit to wearing sunscreen daily.** If you’re guilty of only applying SPF in the summer or worse, only when you’re abroad, it’s time to tackle one of the biggest causes of skin aging. Now included in most skin care products, including moisturizers and foundations, there’s no excuse for not including some sun protection into your daily routine. Look out for products with an SPF of 30 or above for the best protection.
- 4. Clean makeup brushes regularly.** Makeup brushes are the ideal breeding ground for bacteria as makeup and skin oils build up over time. Continuing to use these brushes can cause irritation, so make sure you give them a thorough cleanse at least once a week. Wash your brushes in lukewarm water with a mild hand soap or shampoo until the water runs clear. Squeeze out the excess water, reshape and make sure they’re completely dry before using them again. Not only will your skin remain clear, but you’ll find applying your makeup a lot easier too!
- 5. Moisturize your neck and décolleté** when you’re moisturizing your face. Don’t stop at your chin—your neck and décolleté show signs of aging sometimes even sooner than your face. And don’t forget your hands as well.
- 6. Indulge in monthly facials.** Facials are a great way to maintain healthy, radiant skin and with monthly visits you’re bound to notice the difference. Here at Face & Body Bar, you’ll get an expert consultation, followed by some TLC that’s perfect for your specific skin type, ensuring you leave feeling relaxed and refreshed. There are lots of different options too – who said resolutions had to be difficult?
- 7. Drink eight glasses of water a day.** Drinking water is a great way to keep your skin hydrated from the inside, flushing out toxins and helping to keep skin looking radiant. Not convinced that it will have much effect? Try it for a week, we guarantee you’ll see the difference!
- 8. Start exfoliating regularly.** It’s not uncommon for people to be wary of using exfoliators, as the idea of removing dead skin cells can sound like an irritating and unnecessary practice. However, doing this regularly will help to keep your complexion looking and feeling healthy; softening rough texture, correcting uneven tone and revealing lost radiance after just a couple of uses.
- 9. Invest in a treatment serum.** High quality skin care can vary in price but one product that is seriously worth investing in during 2016 is a treatment serum. These potent products are lighter in texture and have a smaller molecular structure than a moisturizer but pack a bigger punch when it comes to ingredients, successfully reaching the deeper layers of the skin to provide more noticeable improvements. Once you find one that addresses your skin concerns and gives you results, the price tag won’t be as much of an issue.
- 10. Schedule an annual full body skin exam.** Most people visit the doctor for illness or an annual exam, but a large proportion of the population doesn’t consider scheduling an annual full body skin exam as a preventative measure. Often it is the first chore on a checklist to get erased when time is short. But skin cancer can be detected early with a positive outcome. So make an appointment this month for your preventative skin care exam.



15 Skin Care Myths Clients Should Stop Believing



Despite what some social media sites or beauty blogs share, most skin woes don't have a magical fix. So how can anyone tell good advice from bad? A recent BuzzFeed Life article rounded up some of the most common skin care tips circulating online and asked four dermatologists to weigh in. The following lists the truths regarding some online remedies for skin care.

1. Natural does not mean safe. There are some seemingly harmless natural products that clients should stay clear of.
2. Lemon juice is not a great treatment for blackheads. Lemon juice is more irritating than it is helpful, and it can seriously burn skin when exposed to sunlight.
3. Washing your face multiple times a day may cause dryness. True; washing multiple times daily actually causes dryness and irritation.
4. Not everyone needs a toner. Toners can help select clients, but over-drying and irritation is a concern.
5. Cellulite creams won't firm skin. The results are inconsistent, minor and temporary, if experienced.
6. The SPF in makeup or moisturizer may not be enough. Clients should look for products that provide broad spectrum coverage with at least 30 SPF.
7. There's no rule about when to start anti-aging products. The facial aging process is influenced by a combination of genetics, environment and behaviors, as well as how well, in general, someone takes care of her body. To take care of your skin and prevent signs of aging, it's recommended to use a daily facial sunscreen.
8. Hand sanitizer should not be used to tone down oily skin. Hand sanitizers contain alcohol or triclosan as an antiseptic, which doesn't work against acne.
9. Chocolate does not cause acne. While there might be a relationship between diet and acne, it is primarily dairy products and low-quality carbohydrates (simple sugars) that are most responsible.
10. Neosporin is not a magical zit treatment. Since the driving force behind acne is inflammation, a topical antibiotic, such as Neosporin, is not an effective means to eliminate acne.
11. Toothpaste can irritate a pimple. True; toothpaste can actually be very irritating to the skin, causing redness and peeling when applied to a pimple.
12. Calamine can dry a pimple. True; it's sulfur-based and drying!
13. Be careful on suspicious pimple remedies. Examples include rubbing alcohol, hydrogen peroxide and breaking open liquid gel pain relievers. The best solution is to use a product that's actually designed for your skin and acne.
14. Egg whites don't shrink pores. Egg whites might make your skin feel tighter just by drying and sitting on your skin, but they won't do much else.
15. Coconut oil will not make wrinkles disappear. While it might be an effective moisturizer (for your body, not your face as it is a pore clogger), it cannot relieve pre-existing age spots or wrinkles.

Excerpt—Skin Inc. magazine

Quote of the Month

When in doubt, show up early. Think less.
Feel more. Ask once. Give thanks.
Expect the best. Appreciate everything.
Never give up. Make it fun. Lead.
Invent. Regroup. Wink. Chill. Smile.
And live as if your success was inevitable, and so it shall be.

The Universe



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. You can call me at 407-221-8716, email me at dmfacials@aol.com, or simply visit my website below to purchase gift certificates online.

I'm on the Web!

www.debbiemclaughlin.skincaretherapy.net

JANUARY Specials— 50% off Detox Sauna Sessions

Infrared light (experienced as heat) is the invisible part of the sun's spectrum with the ability to penetrate human tissue, giving a soothing, natural warmth. Sunlighten's Solocarbon infrared technology is therapeutic because it is 95-99% efficient at heating the body directly rather than simply heating the air. It works to raise the core body temperature to produce a deep, detoxifying sweat at the cellular level where the majority of toxins reside. Studies have shown a 30 minute infrared session can burn up to 600 calories and provide the purest form of relaxation and stress reduction.

Infrared heat is completely safe and healthy for all living things. You can be exposed to infrared light for hours without the risk of burning. Infrared is a naturally occurring output of the sun, but does not contain the harmful UV rays associated with unprotected sunlight. In fact, infrared heat is so safe, it is used in hospitals to warm newborn infants.

JANUARY SPECIALS—50% OFF ALL SAUNA PACKAGES

- ◆ One 30 minute session—was \$25—now **\$12.50** or Ten 30 minute sessions—was \$199—now **\$99.50**
- ◆ One 45 minute session—was \$35—now **\$17.50** or Ten 45 minute sessions—was \$275—now **\$137.50**

CALL OR EMAIL ME IF YOU'RE INTERESTED IN THIS FANTASTIC DEAL!