

Beauty-full News

Face & Body Bar—Debbie McLaughlin

May 2015

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Dear friends and clients,

I would love to take this opportunity to wish all the mothers a very Happy and Special Mother's Day—godmothers, grandmothers, stepmothers, and even women who are “like mothers” to so many. May your day be blessed with family, fun and lots of love!

If you're still looking for that last minute gift, a spa day would be a great option—there's just something so relaxing about a facial, massage, a detox sauna session, cheese and crackers and a glass of wine.... Sounds like bliss, doesn't it? You can purchase this special Mother's Day Pamper Package for TWO for \$199. Why buy flowers when you can make lasting memories together? You can stop by and pick up a gift certificate, professional grade skincare or one of the other many spa items for your special mom. She SO deserves this.

At the end of this month, I'm going on another mini-reunion trip with my high school buddies to St. Augustine—food and wine tours, ghost tour, boating, trolley tour, beach house, sun and FUN for sure! If you need anything from the spa, get it before May 27th. And I'll be sure to share some pics next month.

Just another friendly reminder to please use your sunscreen. The warmer temps are rolling in and we're counting down the days until it's officially summer! Summer means beach vacations, weekend trips, sporting our favorite sundresses, wearing lighter makeup and getting a little color on our pale winter skin. (Safely of course!)

To many of us, summer also means oily skin + hair, extra sweating and potential breakouts. Many women make the mistake of skipping their daily moisturizer during the warmer months because they are afraid it's making their already oily skin worse. What they don't know is using the right moisturizer can actually help control the oil and reduce shine. Contrary to what you may think, your skin reacts to lack of moisture by over-producing oil. When you don't nourish your skin with what it needs, it will make up for it in other ways. Makes sense, right? Prevent this by using a morning and evening moisturizer every day. Don't let your skin suffer this summer because you think you don't need moisturizer, or because you don't want any more oil than your skin is already producing. Moisturizer, just like SPF, is a necessity all year long. Your skin will be nourished, happy and less greasy as a result of using it!

Image Skincare has four great moisturizers that also include sunscreen—how great is that? Two great benefits in one step! If you'd like to chat about which one would be right for you, I'm always available. Have a wonderful and happy May!

Your favorite aesthetician,

Debbie

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Battling Breakouts



Blackheads

A blackhead is a mass of dead skin cells and oil trapped within the pore lining. When the tip of the oil plug makes its way to the surface, it oxidizes and forms a black dot. These are most commonly found in the T-zone areas (forehead, nose and chin), as well as on the back and shoulders. Pore strips and/or harsh scrubs are minimally effective in this case, as they treat the surface only. Instead, we recommend using a gentle BHA exfoliating cleanser. We recommend visiting a skincare professional for the treatment of blackheads. The tools and techniques needed to successfully extract them without causing damage to surrounding tissue are highly specialized. If you are the do-it-yourself type, we suggest exercising extreme caution when following the steps below.

Blackheads can be removed by placing a warm washcloth over the area for two minutes. Then use a comedone extractor, a small inexpensive tool found at most drugstores. Center the extractor over the blackhead and gently press and pull downward at the same time. If nothing happens, wrap a tissue around two fingers, and apply a little bit of pressure around the outside edges. If the blackhead still resists extraction, the blackhead is not yet ready to be removed, and forcing it could cause tissue damage and scarring. *Please see a licensed skincare professional to ensure safe removal of blackheads.

Whiteheads

Whiteheads, otherwise known as Milia, are an accumulation of dead cells and oil trapped beneath the skin. These resemble a small grain of sand stuck just below the surface of the skin. Whiteheads can appear on all areas of the face, back and chest. To treat whiteheads, try using our Clear Cell medicated acne masque once per week. This product's blend of salicylic and glycolic acid exfoliates the surface of the skin, helping to draw out excess oil and dead cells. *It is recommended that you see an esthetician or dermatologist for manual removal.



Papules/Pustules

Papules are red bumps with a white surface filled with fluid. These occur when a clogged pore ruptures and bacteria causes the area to become inflamed and tender to the touch. When a papule becomes large and swollen, it has become a pustule. Both papules and pustules commonly appear around the cheekbones and jawline. Teenagers dealing with chronic acne commonly suffer from a combination of papules and pustules.

In this case, we suggest our Clear Cell line, which uses salicylic acid and a revolutionary peptide complex, both proven to help battle aggressive acne.

Cysts/Nodules

Cysts and nodules are large, painful bumps that go deep into the sebaceous gland. For cysts or nodules, please visit a dermatologist for treatment.

Maintaining a good skincare routine, with a gentle yet powerful exfoliant is your best defense against all forms of acne.

Source: Image Skincare April Blog, www.imageskincare.com

Client of the Month—



Debbie -

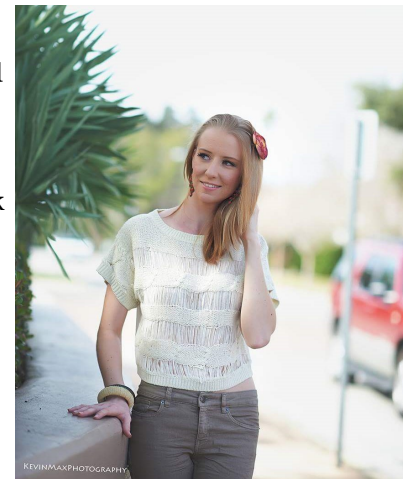
Thank you so much for all the time, effort, and love you put into my skin for my wedding! You really have changed my life and helped me feel extra-Super confident in my skin! I wish you all the success with your business!

♡ Ashley + Brian

Oh, how I love when my clients are happy clients! This is why I do what I do! Ashley Goodrich recently became Mrs. Ashley Morisette last month at a beautiful outdoor wedding at The Acre in Orlando.

She is a student at Valencia College studying Design in Architecture. Her hobbies are sewing and crafting, and she enjoys jazz music and delicious meals.

Ashley was a delight to work with in helping her achieve great looking skin. She listened to my recommendations and followed the protocols to a "T". I'm so happy she felt confident and beautiful on her special day.



Don't Forget Your Flaxseed

Do you have dry itchy skin? Red blotchy skin? Acne? Rosacea? Eczema? If you answered yes to any of these questions, you may be deficient in omega-3 fatty acids. The best source of omega-3 fatty acids is fish or fish oil. However, some individuals can't eat fish or take a fish oil supplement, and so must turn to plant-based sources of omega-3 fatty acids—enter **flaxseed**.

Flaxseed contains the highest concentration of all of the plant-based omega-3s and is rich in alpha-linoleic acid, one of the essential fatty acids that cannot be produced within the body and must be acquired through diet. Flaxseed is also the richest dietary source of lignans, a group of chemical compounds that can bind to estrogen and flush excess amounts of estrogen from the body, reducing the risk of menopausal symptoms such as hot flashes and night sweats. Lignans have shown anti-inflammatory and antioxidant activity in research on human diseases, and may even be associated with a reduced risk of breast cancer.

Flaxseed's anti-inflammatory properties have the ability to quicken wound healing, and the omega-3 content of the flaxseed keeps your skin well hydrated and moisturized. This leads to a protection barrier against environmental pollutants and irritants, and locks in water decreasing the appearance of wrinkles.

In a study published in the *British Journal of Nutrition*, Silke De Spirt and a team of researchers studied the effects of flaxseed oil and borage oil on the skin. They noted diminished skin redness, reduced blood flow and significantly increased skin hydration after 12 weeks of use. Also noted was decreased transepidermal water loss and significantly decreased roughness and scaling. If this study doesn't pique your interest, then how about flaxseed's status as one of Hippocrates's original medicines? It was widely used during the height of the Roman Empire for its healing benefits. (con't. on next page)

Quote of the Month

Rarely, are the first steps in a journey anything like the final ones,
either in direction, pace or grace.

So please believe me when I tell you that none of those things
are even half as important as is that there are steps at all.

The Universe

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

GIFT CERTIFICATES—Gift Certificates make great gifts any time of the year especially for Mother's Day. 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

Don't Forget Your Flaxseed (con't).

Flaxseed in Your Diet

There are a number of ways you can introduce flaxseed into your diet. You can use flaxseed flour for baking, you can grind flaxseeds into a flaxseed meal, or you can add flaxseed oil to everyday dishes like rice, salad dressing or steamed vegetables.

Start your day off with 2 Tbs. of flaxseed meal in your smoothie and add 1 Tbs. of flaxseed oil to your lunch or dinner salad. Flaxseed meal and oil have a refreshing, nutty taste. Not only will your skin benefit from this plan, your digestive system will also thank you—2 Tbs. of flaxseed meal has 3 grams of protein and 4 grams of fiber.

A word of caution: you should never cook with flaxseed oil, as the high fatty acid content makes it extremely susceptible to damage, even from low heat. Ensure it is kept in a dark bottle and refrigerated, as it can become rancid quickly, and avoid the temptation of buying a supersized bottle!

Source: Shelley Burns, a doctor of naturopathic medicine, who completed studies at the Canadian College of Naturopathic Medicine and has certification in complementary and integrative medicine from Harvard University. (Excerpt from Skin Deep Magazine)

