

Beautiful News

Debbie McLaughlin, Licensed Aesthetician



Movin' On Up!

I have wonderful news to share! I have moved to the Oviedo area and have my own space!

I've always wanted a place to call my own, and after sharing a room with another aesthetician, I now have my own little room of lavender tranquility located at the J. Lauren Salon, 7505 Red Bug Lake Rd., #1021, in Oviedo, FL.

Along with my new location, I hope you like my new newsletter format! I just love new things, don't you?!?!

I am currently working every Friday after 1:00 and every Saturday at the salon.

As my business continues to grow, I will be adding Wednesday evenings as well.

My specialties are:

*** Relaxing yet effective facials suited specifically for your skin type, using the UltraSonic Spatula, which has a slight peeling effect;

*** Exfoliating chemical peels and enzymes to reveal a healthy glow, slough off those dead skins cells and help to regenerate new cells;

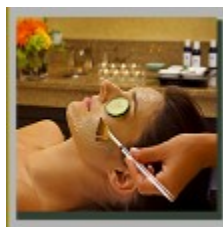
*** Image Skincare, made right here in the USA, a pharmaceutical grade skincare line, that is available in 27 countries, is paraben free, (has no chemical preservatives), and is only sold to

physicians and licensed aestheticians, so you know you're prescribed exactly what your skin needs!

*** Waxing

All new clients receive \$10 off and during the month of September, you'll also get a free eye brow wax!

Stop by and see me at the J. Lauren Salon whenever you're in the area! I'm so passionate about skincare and love sharing and educating my clients! ♥



Interesting Tips and Facts

* What are you using to remove your make-up? Check the ingredient list on many makeup remover wipes. Products containing alcohol not only remove make-up, but actually degrade the acid mantle and disrupt the skin's natural barrier, potentially causing breakouts.

Source: Skin Scripts RX via my fellow aesthetician and new friend, Sheila Gordon

* The Pomegranate—A Super Food! Perhaps the most famous benefit of pomegranate is its superior antioxidant power. Pomegranate has approximately three times as much antioxidant effect as either wine and green tea. By neutralizing these unpaired electrons in the body, the incidence of premature aging and chronic disease can be greatly reduced. This potent free radical fighter has been shown to inhibit several different types of cancer.

Source: DermaScope

September 1, 2012

Welcome Fall!

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For services and any skincare concerns, contact me at:

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What To Steer Clear Of If You Want A Clearer Complexion

Even though you may be past puberty, you can still have acne issues as an adult. Dermatologists recommend people with acne and acne-prone skin avoid:

***** Astringents, masks, toners and exfoliators that contain scrubbing particles**—Unless the product contains an ingredient to treat acne, like salicylic acid or benzoyl peroxide, these products don't help reduce acne and can irritate skin, making acne worse. These products also may make it more difficult to tolerate prescription acne medications.

***** Greasy hair care products**—Pomades and oil-containing gels can drip onto skin and cause acne by clogging pores.

***** Picking, popping and squeezing acne** can irritate skin, make acne worse, delay healing and increase scarring risk.

***** Skincare products that contain oil**—Many skincare products, including makeup and sunscreen, contain pore-clogging oil. Opt for products that are “oil-free”, “will not clog pores” or are “non-comedogenic” (doesn't cause pimples).

***** Rubbing Alcohol**—Using this to dry out oily skin won't help clear acne or prevent breakouts. In fact, rubbing alcohol can irritate skin and cause breakouts.

***** Touching your face throughout the day**—You can transfer oils, bacteria and dirt from your hands to other skin areas and clog pores.

Source: American Academy of Dermatology



Life's Little Instructions

- * Become the most positive and enthusiastic person you know.
- * Never waste an opportunity to tell people you love them.
- * Don't be afraid to say, “I made a mistake” or “I don't know.”
- * Leave everything a little better than you found it.
- * Take responsibility for every area of your life.
- * Commit yourself to constant improvement.
- * Never underestimate the power of love.
- * Compliment even small improvements.
- * Keep your promises no matter what.
- * Strive for excellence, not perfection.
- * Remember other people's birthdays.
- * Be there when people need you.
- * Be forgiving of yourself and others.
- * Say “please” and “thank you” a lot.
- * Return all things you borrow.
- * Don't expect life to be fair.
- * Learn three clean jokes.
- * Avoid negative people.
- * Have a firm handshake.
- * Look people in the eye.
- * Be the first to say “hello.”
- * Marry only for love.
- * Keep it simple.
- * Count your blessings.

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Source: Attributed to William Snell

Find The Right Diet For Your Skin Type

Using great skincare products in the morning and evening has great benefits, but many beauty professionals also believe that a diet rich in vitamins and minerals is beneficial to your skin as well.

Susan Mahy, board director at Cosmetic Executive Women UK, commented: "Our panel of executive women in the cosmetic, fragrance and hairdressing industries concluded that the essential nutrients you need for healthy skin, hair and nails are most beneficial when ingested as part of your diet and have a direct effect on the skin."

Nutritionist Amanda Ursell agrees that the best way to effectively boost the condition, health and glow of your skin, hair and nails is to eat or drink essential vitamins found in everyday fruit and vegetables.



Here are her suggestions on how to eat your way past the four most common skin problems...

Oily Skin... One thing that has never been proven is that chocolate gives you spots. However, diet may play a role in problems with spots and oily skin when it is related to polycystic ovary syndrome (PCOS), says Ursell

Often difficult to diagnose, the symptoms of PCOS can include weight gain, difficulty conceiving, mood swings, excess body hair, irregular periods, low energy and acne and spots.

If any of these symptoms sound familiar, do get a check-up with your family physician. Losing weight by following a low glycemic index diet can help to address the hormonal imbalances that trigger spots and acne

and help both to improve.

Dark Circles Under Eyes... A lack of sleep and feeling permanently tired anecdotally also triggers dark circles. When this is the case then turning to a simple remedy like chamomile tea may help.

Cutting back on caffeine and having your last caffeine-containing drink eight hours before you go to bed can help to improve your chances of getting to sleep and sleeping well -- so swop coffee for a herbal equivalent.

Also, avoid alcohol at bedtime. One glass of wine may help to relax you, but more than this can interrupt deep sleep and leave you feeling exhausted, leading to those dark circles.



Fine Lines and Wrinkles... "It may seem hard to reverse wrinkling, but you may be able to slow up the formation of further wrinkles by changing the way you eat," says Ursell.

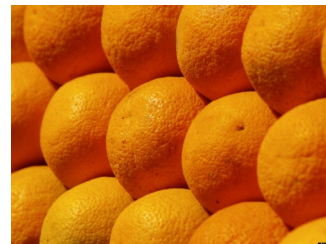
Vitamin C found in citrus fruits like oranges, orange juice, berries, peppers, dark green vegetables and even potatoes could help.

Vitamin C is crucial for the production of collagen, one of the so-called connective tissues in the skin, which help to give it structure. When collagen production slows up as we grow older, our skin is more prone to developing fine

lines and wrinkles.

Eating more soya-based products may be also helpful. This pilot study reveals that plant oestrogens in foods like tofu, soya milk and yoghurts could be linked to skin structure.

Dry Skin... Ursell suggests eating more omega-3 essential fats, which can be found in salmon, tuna, mackerel, seeds, nuts, could be beneficial.



"Dry skin may be your body's way of telling you that you are not getting enough essential fats in your daily meals and snacks," she says, citing recent research. "Research has also suggested such fats could play a role in controlling the redness and inflammation in people who have skin health conditions such as psoriasis, dermatitis and acne," she says.

Source: Excerpts from International Dermal Institute



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Image Skincare's Vital C Line—A product line high in anti-oxidants for ultimate protection and nutrition—

Combats the visible effects of stress, fatigue, smoking & other dehydrating environmental factors.



Product Showcase

Vital C Hydrating Anti-Aging Serum—A pharmaceutical grade Vitamin C serum that immediately minimizes and soothes the visible effects of environmentally damaged skin. Vitamins A, C and E and anti-oxidants nourish the skin to create healthy, youthful glowing skin. Voted **BEST** Image product! Ideal for ALL skin types.



Benefits:

*** Rejuvenates Dull, Tired, Dry Skin

*** Paraben Free

*** Combats Dryness with Acneic Skin

*** Minimizes and Smooths Visible Effects of Stress and Fatigue

*** Fights Free Radicals Daily

*** Great for Rosacea

*September is National Skin Care Awareness Month!
Have any questions or concerns about your skin type
or condition? Let me analyze your skin so that you
can feel confident that your skin is getting what it
really needs!*



*This was in my August newsletter, but I just had to
share it again, I love it so much!*

*"Inner beauty, too, needs occasionally to be
told it is beautiful." -Robert Brault*



*Two beautiful women with inner
(and outer) beauty...
my mom and my daughter.*

I'm on the Web!

www.debbiemclaughlin.skincaretherapy.net